

COWLEY MANOR

C O T S W O L D S

9.30am

Welcome drinks & registration at The Foodworks Cookery School

10am

Cookery Course:

- Quick and easy meals packed with energy and vitamins proven to support you during pregnancy and breast feeding
- Foodie solutions to morning sickness and heartburn
- Weaning/first food ideas – from adaptations of your own meals to batch cooking

12pm

Lunch

12.45pm

Leave The Foodworks for Cowley Manor

1pm

Arrival at C-side Spa at Cowley Manor

1pm - 5.30pm

Relax at your leisure enjoying full use of the spa facilities

- A 60 Minute Pregnancy Massage specifically designed to ease muscular pain, replenish skin elasticity and sooth tension (treatment times advised at time of booking)
- Full use of the spa facilities
- Mini afternoon tea
- A pregnancy bible packed with helpful information and tips

5.30 - 6.30pm

Leaving gifts

Please advise us of an allergies or medical conditions at time of booking, all materials needed for the cookery course will be provided at Foodworks. Fluffy Robes, footwear and towels will be provided at the spa. Free parking is available onsite at both venues.



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FIND US

The Foodworks Cookery School
Colesbourne Park
Nr Cheltenham
Gloucestershire, GL53 9NP

01242 870 538
admin@foodworkscookeryschool.co.uk

C-Side Spa at Cowley Manor
Cowley Nr Cheltenham
Gloucestershire, GL53 9NL

01242 870 902
c-side@cowleymanor.com

Please note, transport is not included between the sites, however ample free parking is available at each location. Those preferring to taxi between the sites are advised to pre-book (the distance between sites is approximately a 3 minute car journey).