



COWDRAY

COWDRAY HALL & THERAPY ROOMS

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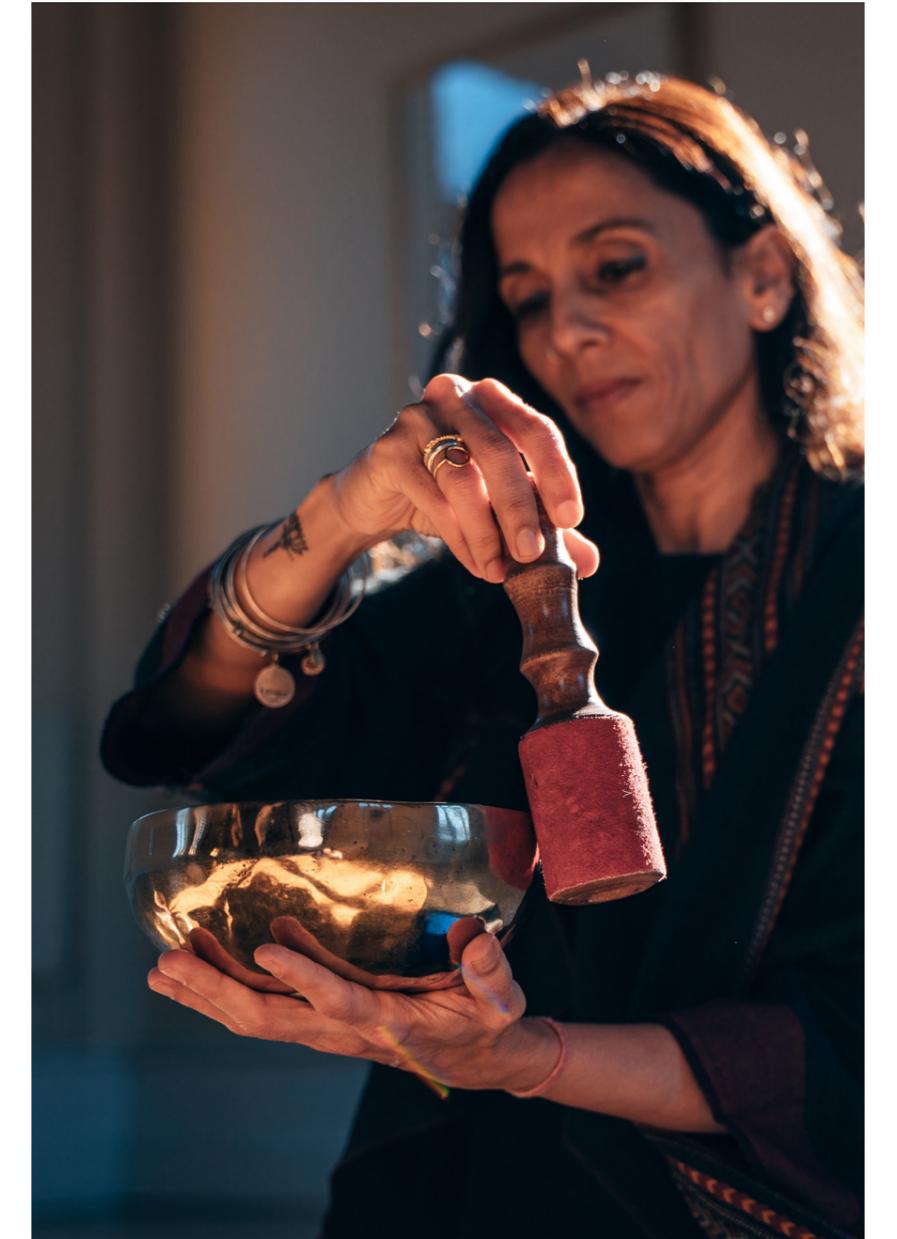
Welcome

Wellbeing is an important part of Cowdray's ethos reflected in the establishment of Cowdray Hall and Cowdray's Therapy Rooms which provide a focal point for all areas of self-development.

Situated at the heart of the Estate, Cowdray Hall offers a welcoming and nurturing environment for all those seeking personal growth and holistic wellness. From immersive retreats and weekly classes to reflective workshops, the Hall supports a wide range of wellbeing practices.

Adjacent to the Hall, sits our peaceful Therapy Rooms which offers a calm and restorative setting ideal for therapeutic practice. These rooms are available to hire by qualified practitioners and are used for a variety of treatments including both traditional and alternative therapies. Our rooms provide the perfect setting to support your clients.

We warmly welcome wellness professionals and facilitators to hire our spaces to deliver their sessions, classes or events. If you'd like to find out more, we'd love to hear from you.



The History

Cowdray Hall is centrally located in Easebourne, close to the Estate Office and Polo Club. Originally built in 1908 by the 8th Earl of Egmont, the Hall was constructed alongside a small Catholic chapel, which itself had been established between 1767 and 1880. Three Catholic priests who served this chapel are laid to rest in the nearby churchyard of St Mary's.

The premises were used by the Easebourne Village Institute mainly for Estate workers until it was handed back to the Estate in 2008. Since then, the Hall has evolved into a thriving hub for classes and workshops. On 17th September 2010, the Chapel was dedicated by the Tibetan Buddhist Jigmet Pema Wanchen, his holiness the 12th Gyalwang Drukpa.

In 2018, it underwent an extensive refurbishment, designed to enhance its character and create a warm, welcoming space for all who visit.





Our Spaces

The intention of Cowdray Hall is to offer a non-denominational space to all members of our local community and to those from further afield. A place where you can come to step aside from the challenges of daily life, to take time out to deepen your connection with yourself, your community and the wider world.

1. Main Hall - The Main Hall is a beautiful, light filled space with polished wooden floors and an impressive lofty beamed ceiling. Large arched windows flood the room with natural light throughout the day, creating an uplifting and calm setting.

2. The Chapel - Suitable for smaller groups, this warm, intimate room has a superb energy with a suspended wooden floor and natural light.

3. Meeting Room - A versatile, carpeted space with adjustable lighting for the perfect atmosphere. Ideal for classes, workshops, meetings, or as a larger dining area option with double doors opening directly onto the sunny courtyard.

4. Courtyard - The spacious courtyard offers a sunny, secluded outdoor space with direct access from the Hall, ideal for outdoor entertaining or even classes.

5. Kitchen - At the heart of the fully equipped kitchen is a large dining table, ideal for gathering around with guests. It's the perfect space for a nourishing bowl of soup after a class, a chat over a cup of tea, or a whole grazing table filled with salads. Available for use by groups using any of the main rooms it has a cooker, dishwasher, fridge freezer, crockery and cutlery. This is a space where connection and comfort naturally come together.

Cowdray Hall Floorplan

Space to Unwind

Whether you are looking to run a weekly class, a workshop, or weekend retreat, Cowdray Hall is designed to inspire calm, connection and creativity. The Chapel, Main Hall and Meeting Room can be hired individually, or if you prefer, the whole building for your exclusive use.

Main Hall: Suitable for around 20 – 25 people for yoga style activities

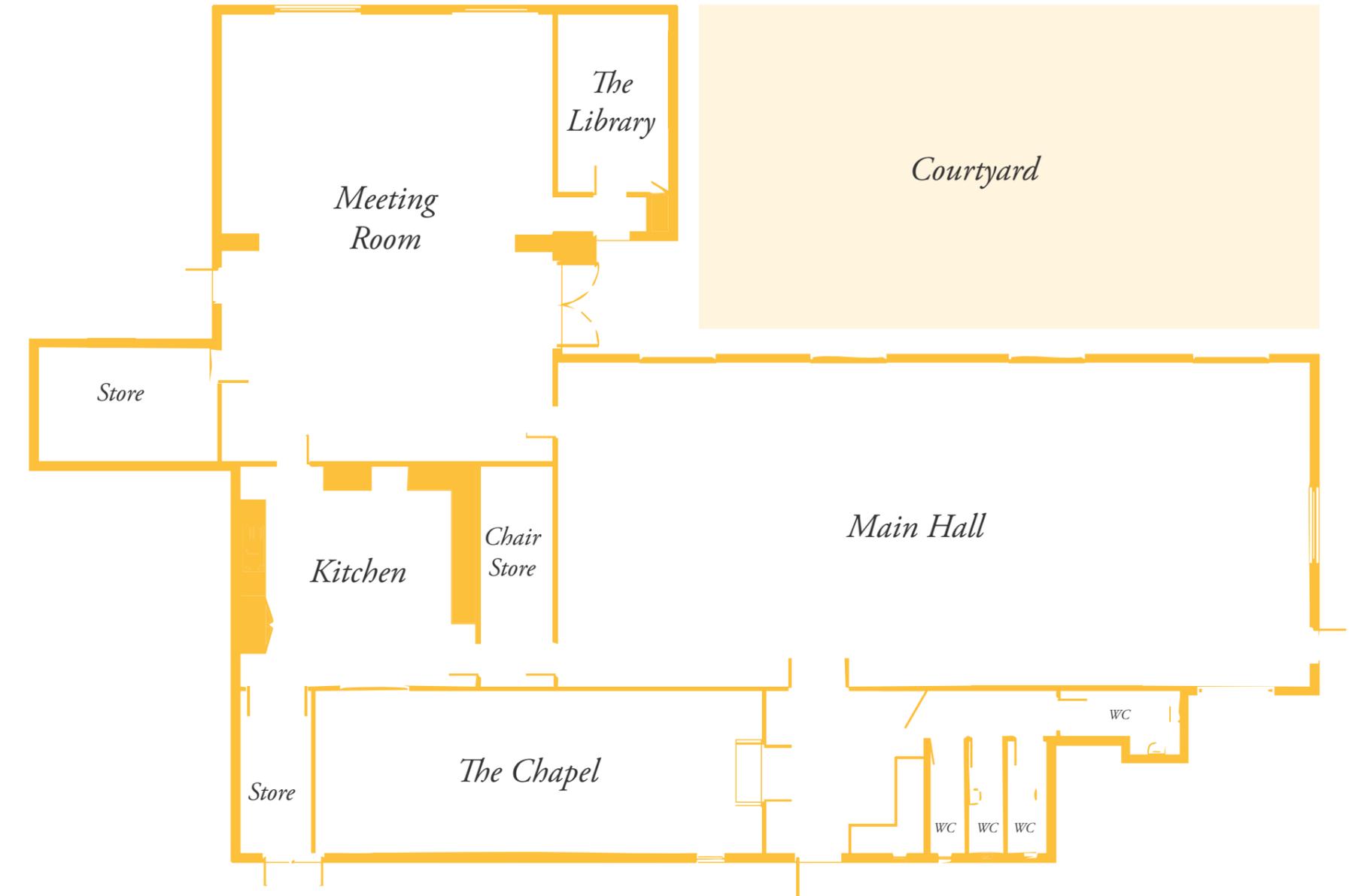
Meeting Room: A flexible space ideal for classes, workshops, meetings, or as a larger dining area. Suitable for around 12 – 15 people for yoga style activities

The Chapel: A cosy, intimate space, ideal for meditation or smaller groups. Comfortably holds 8 – 10 people

Kitchen: Large fully equipped kitchen, perfect for communal dining for up to 12.

Library: Quiet 1 to 1 space and library space.

We regret that Cowdray Hall is not available for weddings, celebrations or similar private functions. Please contact our team on houseevents@cowdray.co.uk for further information on events of this nature.



Bespoke Event Catering

For group workshops and full day retreats, The Yellow Kitchen, Cowdray's in-house catering team, are on hand to deliver excellent service.

Enjoy buffet style grazing tables filled with healthy salads and delicious freshly baked breads and quiches, the team can cater for a wide range of dietary preferences and requirements. With a strong emphasis on healthy, locally sourced food the talented team of chefs can create bespoke menus which draw on Estate-grown produce alongside other premium quality, carefully sourced ingredients.

Guests can enjoy eating around a large wooden table in the newly refurbished kitchen within the Hall or in warmer weather al-fresco dining can be enjoyed in the easily accessible courtyard.

Find out more: www.cowdray.co.uk/theyellowkitchen-event-catering



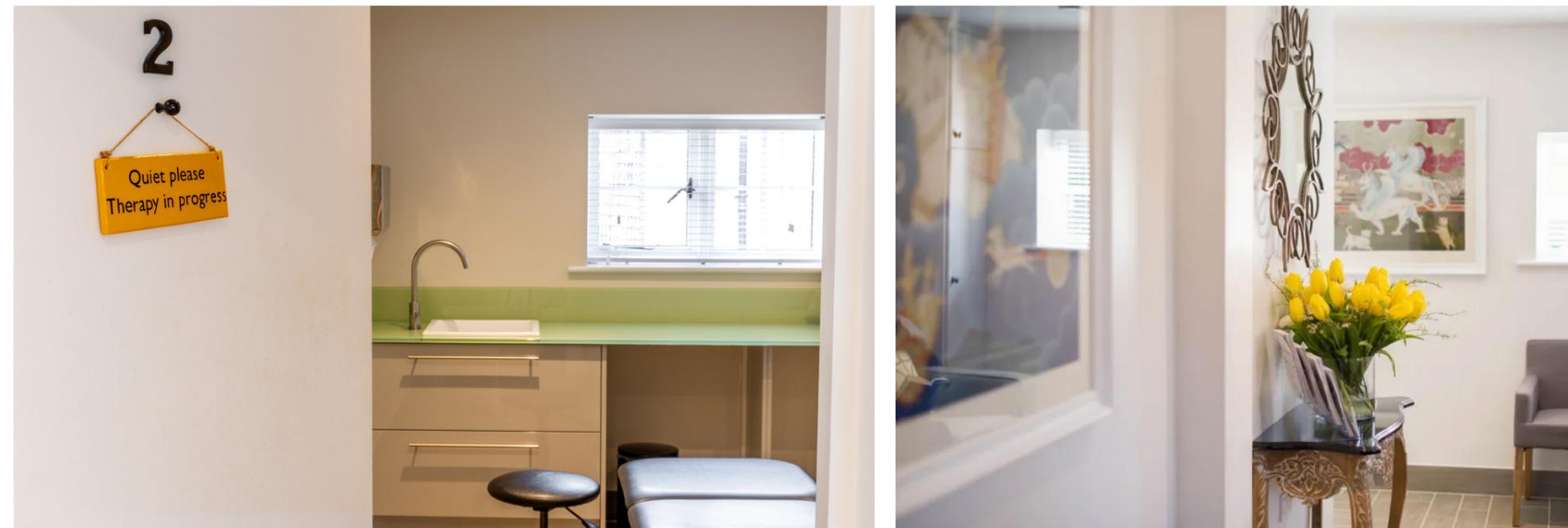
Therapy Rooms

The Therapy Rooms have been thoughtfully designed to be hired by fully qualified and insured conventional and alternative practitioners. Each room offers a beautifully presented, calm and welcoming space where clients can feel comfortable and at ease.

Two of the rooms are equipped with a treatment couch, ideal for body-based therapies, while the third is set up for dedicated talking therapies. All rooms feature under-floor heating, WiFi, hand washing facilities, and disabled access. They are easy to access for clients with free car parking and a secure door entry system.

Available to hire Monday to Saturday, 8.00am to 8.00pm, the rooms can be booked in two-hour slots, half days, or full day bookings, either on an ad-hoc or contract basis. Our online booking system enables therapists to easily make room bookings at their own convenience.

The Therapy Rooms provide an ideal setting for professionals seeking a high-quality space in which to deliver excellence in client care.





Accommodation

For those visiting Cowdray from further afield and wishing to extend their stay, The Lodge is within easy walking distance of Cowdray Hall and Therapy Rooms.

The Lodge comprises of four individually furnished en-suite double rooms, the Polo Suite with its double bedroom and a separate sitting room overlooking the polo fields. The Cowdray Suite boasts double and twin rooms and includes a sitting area.

All rooms have triple glazed windows and are a very short walk from our Golf Clubhouse which is open to all and serves breakfast and lunch.

The Estate also hosts beautifully design luxury treehouses, nestled in the woods overlooking Lawns polo fields, as well as the Benbow Pond holiday cottages, perfect for exploring the surrounding countryside.

Find out more: www.cowdray.co.uk/stay

LIFE ON THE ESTATE



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CONTACT

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