

REVITALISE

JANUARY WITH MASLOW'S



MEMBER'S BREAKFAST

JAN 08

Complimentary fresh pressed juices & much-loved treats inspired by Mortimer House Kitchen and Nessa, plus a spot of coffee, to help you start with a spring in your step.



SUNDAY WELLNESS RETREAT

JAN 12

A day of Breathwork, Somatic Movement, Reiki and Sound Bathing hosted by Soula Wellness. Enjoy fresh juices from Nessa and a Maslow's treat if you book a table in Nessa after your experience.



LUNCHTIME SOUNDBATH

JAN 13

Start the week well with a meditative lunchtime experience in which we bathe in sound waves orchestrated by Soula Wellness.



COCKTAILS & COLLAGING

JAN 13

Sip, savour and get creative while we set the tone for the year you wish to create. Collage your inner world to actualise your outer world.



THE MIND OF A GRANDMASTER

JAN 15

Unlock your inner strength and discover the power of Qi Gong with Shifu Yanzi, Grandmaster of the Shaolin Temple, UK.



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SPICEOLOGY MASTERCLASS

JAN 16

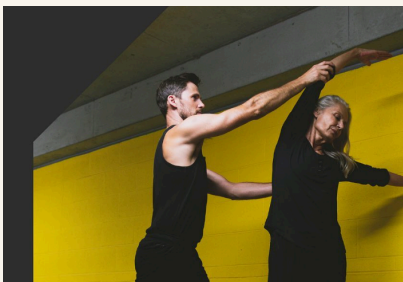
Become a mixologist, infusing herbs into your own cocktail, crafted with guidance from REN's Kitchen & paired with complimentary vegan bowl food from the Queen of Spice herself.



MASLOWS X SCHOOL OF LIFE

JAN 21/28

The January edition of our career development series with School Of Life sees us launch the New Year : New You series, with Self Awareness & Purpose being the focus as we look inwards this month.



STRETCH LAB SESSIONS

JAN 23

Regular stretching can both counteract damage & prevent potential injury, aiding recovery from intense physical activity or repetitive stress. Book your complimentary session at Maslow's.



THE FUTURE OF WELLBEING

JAN 29

Discover the latest in avant-garde wellbeing treatments with White Night, masters of IV Vitamin absorption, for faster, natural recovery & regeneration.



THE STIL APP EXPERIENCE

JAN 30

Relax and unwind as you practice techniques to aid restful sleep with the team behind The Stil App.

