

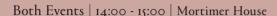
JUNE HOUSE PROGRAMME



1 SUNDAY · 15 SUNDAY

CRYSTAL SOUND HEALING WITH LILIT.IUM

Elevate your Sundays with Crystal Sound Healing, guided by international & Maslow's favourite Lilit.Ium, as part of our Weekend Wellbeing series. Immerse yourself in crystalline frequencies and deep sonics designed to calm the mind and restore inner balance in our breezy loft space. Members attend free plus, show your ticket to enjoy a complimentary juice or hot drink with weekend dining at Mortimer House Kitchen.



5 THURSDAY

BRAVE X SAMAH RAFIQ: KILDINE DE SAINT HILAIRE TALK

Join us for an intimate Brave Talk with artist Samah Rafiq, hosted by curator Kildine de Saint Hilaire, as they explore Samah's journey, practice, and reflections on identity and imagery in contemporary art. This in-person session offers insight into navigating the art world as an emerging artist and the power of reimagining the familiar. The evening continues with a late-night takeover by Nessa Salon of the Unruly.

18:30 - 20:30 | 1 Warwick



MASLOWS X KAIZN: THE UNWIND CLUB LIVE

As part of Weekend Wellbeing, join KAIZN's Unwind Club for a transformative breath and meditation journey guided by founder Alex Potter. Through active imagination, conscious connected breathwork, and immersive sound, you'll explore practices that release limiting patterns and awaken clarity. This full sensory experience invites deep self-connection, reflection, and renewal.

12:00 - 14:30 | Mortimer House

14 SATURDAY 🛞

ENERGY WORK TALK WITH COMPLIMENTARY MASSAGE

As part of Weekend Wellbeing, The Energy Experience invites you to rebalance, recharge, and reset in a transformative two-hour workshop guided by Sun Kyeong practitioners. Discover powerful insights and practical techniques to release stuck energy, shift your emotions, and restore inner harmony. Show your ticket to enjoy a complimentary juice or hot drink with weekend dining at Mortimer House Kitchen.

14:00-17:00 | 1 Warwick

20 FRIDAY

KNIT AND CROCHET COCKTAIL CLUB

Discover the art of knit and crochet with SULK Knitwear founder Sarah Beasley, whose bold, rebellious designs have been featured in Vogue and worn by the likes of Emily Ratajkowski and Fontaines D.C. Self-taught during the pandemic, Sarah brings her signature style and passion for community creativity to this relaxed, hands-on session. All levels welcome stitch, connect, and create with a Maslow's complimentary cocktail or mocktail upon arrival.

18:30 - 20:30 | 1 Warwick



QI GONG: GENTLE MARTIAL ARTS

As part of Weekend Wellbeing, experience Qigong with Shifu HengZheng (Tianhao Xu) a practice of flowing movement, breath, and meditation rooted in traditional Chinese medicine and philosophy. Open to all levels, this session cultivates balance, clarity, and inner calm through gentle yet powerful techniques. Dress comfortably and show your ticket for a complimentary juice or hot drink with weekend dining at Mortimer House Kitchen.

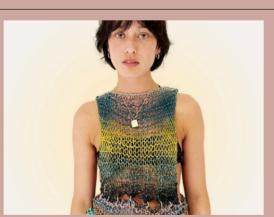
13:00 - 15:00 | Mortimer House













1 SUNDAY · 6 FRIDAY · 29 SUNDAY

STYLED FOR SCREEN: CONVERSATIONS IN COSTUME

Join us for Styled for Screen, a three-part cinematic series exploring the art of costume design in The Ballad of Wallis Island (Sun 1st) with Gabriela Yiaxis, and The Salt Path (Fri 6th) with BAFTA-nominated Matthew Price and FI with Julian Day on the 29th. Each screening is followed by a Q&A with the designer, offering a behind-the-scenes look at dressing complex characters for screen. See Members' App for promo code.

All Events | 19:00 - 21:00 | Regents Street Cinema

6 FRIDAY

MASLOWS X PARRA VIE B2B HUGO DJ SET

Parra Vie and HUGO take to the decks for a 3-hour B2B set, blending Afro House and Tribal rhythms, with EBZ opening the night with an evocative support set. Beyond the music, explore a curated silk kimono showcase by RAI Kimonos plus striking tribal art by Nazanin. Come for the sound, stay for the style, this is more than a party, it's a full sensory

18:30 - 23:30 | 1 Warwick

11 WEDNESDAY

FOUNDERS 500: RISK, REWARD, AND RAISING \$38M.

Step into an evening of insight with Founders 500 x Maslow's, featuring Ed Leon Klinger, CEO and co-founder of Flock, the tech-driven insurance disruptor reshaping risk. From launching in drone insurance to securing \$55M in funding, Ed shares his journey of bold ideas, smart scaling, and real-world impact. Expect candid lessons, practical takeaways, and connection with fellow creative founders.

18:00 - 21:00 | 1 Warwick

19 THURSDAY

MASLOW'S SOCIAL: CELEBRATING INDIVIDUALITY

Celebrate individuality and self-expression with complimentary drinks, a pop-up blow dry salon by SALON 64, and an artistic showcase from LOSTART, all soundtracked by our favourite local DJs blending musical storytelling with signature style. This special evening also marks the closing of Nessa Salon of the Unruly, so join us after to toast the finale in style. For extended guest list access, email programming@maslows.com.

18:00 - 21:00 | 1 Warwick

21 SATURDAY

SOTHEBY'S PRIVATE TOUR

Maslow's return to Sotheby's for an exclusive Private Tour, hosted ahead of their landmark summer Modern & Contemporary auction. Discover rare works from leading artists in an intimate setting, guided by Sotheby's specialists. The afternoon concludes with a champagne reception in the ramarkeble Preferred Lounge, a work of art in itself, featuring diamon-studded butterfly installations by Damien Hirst.

From 14:30 | Sotheby's

28 SATURDAY 🕸

FINDING QUIET: INSPIRED BY NATURE

In a world that moves fast, Finding Quiet offers you a gentle pause - a space for you to relax, reflect and reconnect. Designed to help you tune out the noise and tune into yourself, this session blends guided meditation, nature-inspired soundscapes, and mindful journaling to help you align with the subtle shifts of the natural world as we welcome in the summer

11:00 - 13:00 | 1 Warwick

INDIVIDUO

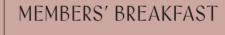
"Clothes are the closest things we have to our body, it's our second skin and we use clothes as an outward display of our self and our identity"

Dr Caroline Mair

SOCIAL HOUR

All your favourite cocktails & mocktails: Negroni, Tommy's Margarita & Aperol Spritz are available for £10 every day.

5pm - 7pm 1 Warwick, First Floor Bar Mortimer House, 5th Floor Bar



Tues 4 June, 9-10 AM

Fuel your individuality with connection and conversation, key foundations in Maslow's hierarchy of needs. Shared meals boost belonging and creativity; 74% feel more connected when eating together (Oxford University, 2017).

Book your spot via the Members App.

LOOKING FOR FITNESS?

This June, express your individuality through movement and music. Our expert-led classes are designed to help you build confidence, tap into your unique rhythm, and enhance emotional wellbeing. Research shows that engaging in music and creative physical expression can reduce symptoms of anxiety by up to 68% and significantly boost mood and self-esteem (Source: Frontiers in Psychology, 2024).

Scan the QR code below to view the schedule in our Gym and Studio.









