



SEPTEMBER HOUSE PROGRAMME



2 TUESDAY

FOUNDERS 500: THE MINDSET BEHIND SCALING A BUSINESS

Scaling a business is rewarding but often isolating, overwhelming, and emotionally intense. Through honest conversation and coaching insight, you'll gain practical tools to manage stress, shift limiting beliefs, and lead with clarity through uncertainty. Come to reconnect with your purpose and leave with a clearer, more sustainable path forward.

18:00 - 21:00 | 1 Warwick



4 • 18 • 25 THURSDAYS

NESSA'S NEGRONI LOUNGE X **CAMPARI**

Across the two month series, Nessa Salon of the Unruly partners with Campari to transform Thursday nights into a celebration of bold flavour and creative energy. Step into a lounge where British artists and DJs collide with Negroni culture. Across the series, expect live sets, masterclasses, and three exclusive British-inspired Negronis, crafted in collaboration with Campari.

All Dates | 19:00 - 00:00 | Nessa Soho



9 TUESDAY

SUSTAINABLE SIPPING: AN EVENING OF PLANET-CONSCIOUS WINES WITH CB WINE

Join Maslow's and CB Wine for an evening of planet-positive wines - organic, low-intervention, and full of character. Taste your way through a curated selection and discover the stories behind each bottle. Good wine, good company, and conscious consumption beautifully paired.

18:30-21:00 | Mortimer House



15 MONDAY

HUMBLE GRAPE PRESENTS: THE BLIND TASTING

Sip like you know, swirl like you care - this is wine tasting reimaged. Join us for an evening of sensory exploration, where the labels stay hidden and your palate leads the way. You'll learn how to recognise grape varieties by taste, smell, and intuition alone, building confidence without the jargon. Expect mystery, discovery, and a few surprises along the way.

18:30 - 21:00 | Mortimer House



18 THURSDAY

MASLOW'S SOCIAL X VOGUE BUSINESS: FUTURE OF FASHION WEEK

Maslow's partners with Vogue Business as we celebrate London Fashion Week this September. Join Elektra Kotsoni, deputy director of Vogue Business and Vogue Runway, for a conversation on the future of London Fashion Week and a few cocktails & canapes to celebrate the opening of the SS26 edition.

18:00 - 20:30 | 1 Warwick



20 SATURDAY

MASLOWS X LONDON DJ SCHOOL: GROUP DJ LESSON

Always wanted to try DJing but don't know where to start? This hands-on workshop with The London DJ School breaks down the basics (beatmatching, blending, and mixing) so you can get confident behind the decks. Whether you're a complete beginner or just brushing up your skills, it's all about good music, relaxed vibes, and learning by doing. Plus, Maslow's members enjoy 30% off private 1:1 DJ lessons to take things further.

14:00 - 16:00 | 1 Warwick



4 THURSDAY

KNIT & CROCHET COCKTAIL CLUB WITH SULK KNITWEAR

Join SULK founder Sarah Beasley (whose rebellious knits have appeared in Vogue and on stars like Emily Ratajkowski) for an evening of slow-fashion stitching, sipping, and connection with a Maslow's cocktail or mocktail on arrival. Pop down to Nessa's Negroni Lounge after, or book to dine at Nessa over the weekend and enjoy a complimentary juice or hot drink when you show your event ticket.

18:30 - 21:00 | 1 Warwick



5 FRIDAY



TAI CHI & TEA WITH LEE XINRONG X CANTON

Unwind with a lighthearted intro to Tai Chi - slow, flowing movements that ease the body and calm the mind. Led by martial artist and philosopher Lee Xinrong, expect gentle guidance, good humour, and complimentary herbal teas from Canton. Wear what feels good. Bring a friend. And if you're dining at Mortimer House Kitchen this weekend, your event ticket gets you a free juice or hot drink on us.

18:30 - 20:00 | Mortimer House



12 FRIDAY • 24 WEDNESDAY

MASLOW'S X CAMPARI NEGRONI MASTERCLASSES

Step into the world of Campari with an immersive masterclass celebrating the iconic Negroni. Led by the Campari experts, you'll explore its rich history, watch the classic serve come to life, then mix your own with creative twists and flavours tailored to your taste. This one-hour masterclass is just the beginning, stay for music, prizes, and a splash of Italian flair. More than a cocktail class, it's a celebration of style, craft, and bold flavour.

19:00-22:00 | 1 Warwick



16 TUESDAY • 26 FRIDAY

TEA & SOUND HEALING WITH SELIA SOUND & CANTON

Build inner resilience as Selia Sound brings its signature sonic experience to Maslow's. Facilitated by Lilita, this 45-minute journey blends crystal bowls and ancestral voice to guide you into deep rest, release built-up tension, and restore energetic balance. Complimentary Canton teas will be served. Show your ticket for a weekend juice or hot drink at Nessa.

Both Dates | 18:30 - 19:30 | 1 Warwick



19 FRIDAY

THE ART OF NEGRONI: SIP & PAINT WITH CAMPARI

Join us for an evening where creativity flows as freely as the cocktails. Guided by artist Hannah Robinson, you'll be led through a painting session inspired by Campari's rich visual heritage. With a classic Negroni in hand, explore your artistic side in a relaxed, social setting. Whether you're an experienced painter or picking up a brush for the first time, this is a vibrant celebration of colour, craft, and one of Italy's most iconic aperitifs.

19:00-21:00 | 1 Warwick



23 TUESDAY

RELAXATION FOR BETTER SLEEP WITH ANATOME LONDON

Ground yourself with a calming evening of movement and restorative breathwork, led by Kerry Flower from Together We Breathe. Designed to release tension, calm the nervous system, and support deep sleep, this session features Anatome's sleep formulations and practical rituals. Drinks and teas provided, with gift bags for all guests.

18:30 - 19:30 | Mortimer House



CONSERVATIO/SUSTAINABILITY

“One of the first conditions of happiness is that the link between man and nature shall not be broken”

Leo Tolstoy

SOCIAL HOUR

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

17:00 – 19:00
1 Warwick, 1st Floor Bar
Mortimer House, 5th Floor Bar

MEMBERS' BREAKFAST

Wed 3 September, 09:00–10:00

Sustainable wellbeing starts with connection. People who share meals weekly are twice as likely to feel fulfilled and supported (Oxford University, 2023). This month, we invite you to slow down, gather, and enjoy food that feeds both body and belonging.

Book your spot via the Members App & Portal.

LOOKING FOR FITNESS?

Just 30 minutes of high-intensity movement can reduce your biological age by up to nine years (BYU, 2025). This month's classes: HIIT, rooftop circuits, breathwork, are designed to build energy, clarity, and resilience. Sustainable wellbeing starts here.

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



For more events, please scan the QR code to visit the Maslow's app

MASLOW'S



= Weekend Wellbeing