



HEALTHY  
*Hedonism*

*Brought to you by*  
The London Essence Company



*Book your place*

[www.theallegorybar.co.uk](http://www.theallegorybar.co.uk)

*Hosted at*

THE \_\_\_\_\_  
**ALLEGORY**

*Brought to you by*

— THE —  
**LONDON  
ESSENCE**  
Co.

1A Principal Place, Worship Street  
London EC2A 7DX

   [theallegorybar](https://www.theallegorybar.co.uk)

Join us this spring / summer from **May 1- July 31** and enjoy some healthy hedonism. Turn your face to the sun and experience a range of **mindfulness and wellness sessions** guaranteed to lift your spirits or simply sit back, relax and enjoy some of our gorgeous light and low cocktails.

## Classes

### London Essence Master Classes

May 14th, June 5th & July 17th  
6pm - 7pm

London Essence presents drinking differently create tasty and interesting Zeroproof drinks alongside their team.

### Train Body Brain

May 15th 6pm - 7.30pm

The Train Body Brain™ method builds resilience mentally, physically and emotionally. Each class arms you with tools for living your life with ease, putting you firmly in charge of your well-being.

### DOGA

May 18th 10am - 12pm

Doga with Mahny is a human yoga practice that helps support the natural bond we have with our dog. As seen on TV. ALL DOGS MUST BE SOCIAL, NEUTERED, VACCINATED AND INSURED.

### FitBEAT

May 22nd 6pm - 7pm

At Your Beat dance studio present a calorie-burning endorphin rush to increase your general fitness levels and stamina! Colourful lights and pumping tunes.

### Bootcamp

May 28th & June 26th 6pm - 7pm

With Simon Todd, boot camp is a group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training.

### Yoga

June 11th & July 10th 6pm - 7pm

Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

### Zumba

June 19th 6pm - 7pm

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

### GLOW Organic Make up class

July 2nd 6pm - 7.30pm

GLOW ORGANIC was born through the love and passion for supporting women to making the switch to living a healthier and more sustainable lifestyle.

We aim to encourage women to embrace their natural beauty and feel confident in their own skin.

### Boxercise

July 16th 6pm - 7pm

Classes involve a variety of moves and techniques, such as shadow-boxing, skipping, hitting pads, kicking punchbags, pressups, shuttle-runs and sit-ups. It is a safe, fun and challenging way to get a good, all-over workout.

Each guest will receive a specially created yoga mat and scented candle containing the delicate and exquisite essence of fine fruits and botanicals