



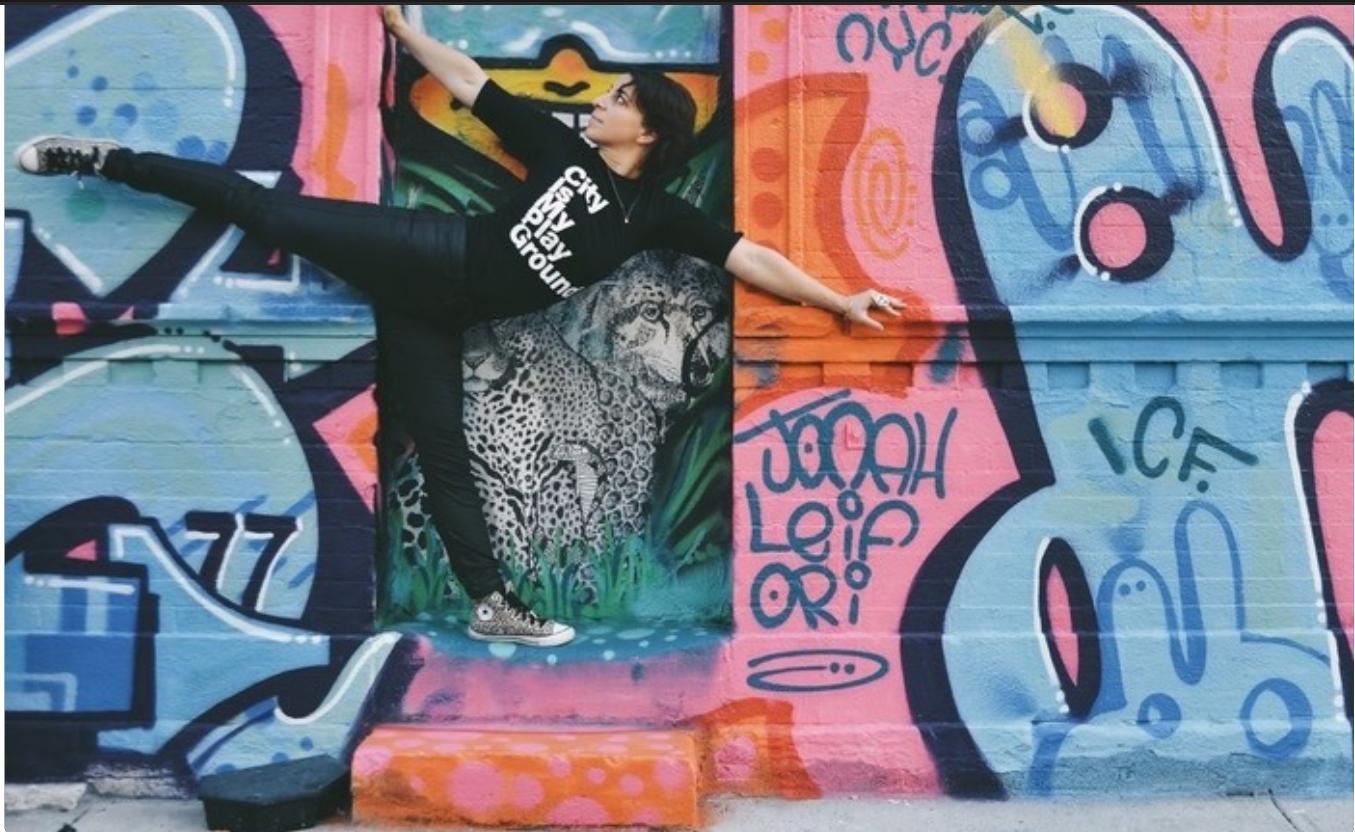
Wellness Weekly: 8-15 January

SAVE TO COLLECTIONS



And we're back. Time to put those resolutions to the test - are you going to be a glowing health god(dess) in 2018, or will you wake up from a shame spiral face down in a pile of Cheeto dust on February 1st? It's like a fun choose-your-own-adventure game, except it's your life. Choose wisely.

DOJO



Re: Solutions

Health and Wellbeing Festival

£9-12 • SHOREDITCH HIGH STREET

New age yogis, lycra-touting Stokey mums, Sweaty Betty trendsters, and people who woke up on January 1st with a festive pot belly - come one, come all, to the mecca of health and wellness, where punters pray at the altar of chia and heed to the gods of wheatgrass. Re: Solutions is a month long health and wellness festival at Juju's Bar and Stage in Shoreditch, and it's going to be goddamn divine. Dip your toes into fitness classes, meditation workshops, gong baths, guilt-free eats, and talks across the month of January.

DOJO



Yoga Centric

Burn Baby Burn



Turn up the heat at this scorcher of a fitness studio in Crouch End, offering hot takes on yoga and pilates. Teachable moment: working out in high temps detoxifies the bod and helps stress release, as well as increasing flexibility and loosening up those muscles. Choose between their signature yoga class that incorporates bikram, power yoga, and ashtanga styles; a free flow class that switches up style according to the instructor; or their candlelit yin class for a super chilled sesh. Their pilates is a classic take on the exercise technique, only a little steamier.



DOJO



The Hive

Veggie Food, Juices, and Wine

CAMBRIDGE HEATH

We're buzzing for this healthy eatery, dishing out vegetarian food, cold pressed juices, coffee, wine, cocktails, and craft beer to health-conscious diners who also like to let their hair down. Breakfast is quite wholesome, featuring all the usual suspects (muesli, acai bowl, avo toast); come lunchtime, we recommend the scrumptious Hive Burger - made with a mushroom, courgette and pumpkin seed patty with homemade mayo. The evening is an altogether more elevated affair, featuring aperitivo and drinks.



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Xylem + Phloem

Yoga • Brunch • Floristry

E70 • HAGGERSTON

The gals behind Xylem + Phloem have taken on your wellness goals. Yes yours. They've designed a monthly session of yoga, brunch and floristry workshops to make your Sundays feel all sorts of zen. Start your day right with an hour and a half of yoga and meditation suitable for all levels (thank Christ). Then nourish the crap out of your body with the likes of fresh fruit, homemade compotes, nut butters, and granola. And finally, get stuck into your floristry session, tying hand-tied bouquets for you or your favourite acquaintance.



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F45 Tottenham Court Road



Functional Fitness Training



This buzzy fitness studio is Australia's latest fitness import (and don't we all want that hot Antipodean beach bod?). It's all about functional training - that's full-body training that stimulates several body parts at a time, therefore training a whole group of muscles at once. Sound good? Not so fast - this class is brutal, fam. You get 45 seconds to work your bum off at each station, followed by a short fifteen second rest.

HOME



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