

PRESS RELEASE

INDULGE IN A WEEKEND OF WELLBEING THIS BANK HOLIDAY IN COVENT GARDEN

This May Bank Holiday (3rd- 7th May), Covent Garden will become a wellness hub, as the estate is transformed with early morning outdoor yoga classes, wellness offers, aura readings and more. Shoppers and diners can discover pop-up gardens to relax and recharge in one of London's least polluted districts.

From Thursday 3rd May to Monday 7th May, Covent Garden's East Piazza will turn into a giant outdoor yoga studio for early morning yoga sessions, hosted by **Lululemon** and **Psyche London**. Visitors are welcome to sign up to join the free daily sessions from 8.30am each day. Post-class, yogis can head over to new Australian-meets-South American coffee house, **Abuelo**, to enjoy their selection of organic, farm to table breakfast or to **Avobar**, London's first avocado cafe, on Floral Street, to enjoy a free smoothie and an exclusive 15% discount on food.

Covent Garden's Central Avenue will play host to a pop-up market featuring stands from brands such as Lululemon selling a selection of yoga mats to get shoppers ready for outdoor yoga sessions. **Atelier Cologne's** pure perfumes will be on offer for those looking for a new signature scent, whilst **Crabtree & Evelyn's** wellness inspired products will allow you to escape everyday life.

The newly opened public courtyard Floral Court will be transformed into an enchanted garden of discovery with a magical and ethereal display for the Bank Holiday weekend by **Petersham Nurseries**, celebrating the launch of their two new restaurants – the perfect spot to step into a world of tranquillity and taste their delectable food offerings.

With more beauty retailers per square metre than anywhere else in London, Covent Garden including **Chanel**, **Tom Ford** and **Dior** are encouraging visitors to indulge in a range of invigorating beauty treatments over the break. On Friday 4th May, **Jo Malone London** are inviting scent-lovers to discover their new limited edition Blossom Girls and Hot Blossom fragrances with a blossom event 4pm – 8pm, whilst also enjoying a hand and arm massage. Holistic beauty brand **Aveda** will be offering 15-minute *Glow Facials* for £15 from Friday 4th May. Crabtree & Evelyn are encouraging customers to create their own "La Source Moment" with relaxing and revitalising head-to-toe rituals and **Clinique** welcome those on the go to regain their You Time with 5, 10 and 15 minute skincare and makeup consultations.

For those planning a last-minute getaway, visit newly-opened **Tumi** for a one-stop holiday shop, browse **Linda Farrow** for luxury sunglasses or for those in despite need of a new handbag, **Mulberry** have recently launched a new cult bag family called the Seaton.

The Covent Garden wellness initiative is set to continue long after the May Bank Holiday with Lululemon hosting on-going yoga in Central Avenue every Thursday from 24th May until 21st June. The Piazza and its surrounding areas will see outdoor seating and stunning floral arrangements from last year's prestigious Chelsea Flower Show reinstalled across the area encouraging everyone to reclaim their lunch break and enjoying the fresh air.

Dates for the diary:

Thursday 3rd May, Saturday 5th May & Sunday 6th May: Lululemon morning yoga from 8:30am – 9:30am

Thursday 3rd May – Sunday 6th May: Lauren Baker aura readings from 11am – 6pm

COVENT GARDEN

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Thursday 3rd May – Tuesday 8th May: Petersham Nurseries 'enchanted gardens' from 6:30am – 12:30am

Friday 4th May: Jo Malone London blossom event from 4pm – 8pm

Monday 7th May: Psyche London morning yoga from 8:30am – 9:30am, The Calmery's 'The Sense of Energy' rejuvenation workshop from 2pm

Thursday 24th May: Lululemon morning yoga from 8:30am – 9:30am

Thursday 31st May: Lululemon morning yoga from 8:30am – 9:30am

Thursday 7th June: Lululemon morning yoga from 8:30am – 9:30am

Thursday 14th June: Lululemon morning yoga from 8:30am – 9:30am

Thursday 21st June: Lululemon morning yoga from 8:30am – 9:30am

@CoventGardenLDN

-Ends-

For a full schedule of events and booking details, visit www.coventgarden.london

To book a spot at the Lululemon free Yoga morning sessions from Thursday 3rd – Sunday 6th May follow this link: <https://www.eventbrite.co.uk/e/yoga-in-covent-garden-market-tickets-45552579993>

To book a spot at Psyche London's free Yoga morning session on Monday 7th May follow this link: <https://psyche.london/book-class/34640>.

To book a spot for The Calmery's 'The Sense of Energy' afternoon follow this link: <https://www.brownpapertickets.com/event/3415093>

To book an aura reading at Lauren Baker Gallery (£35 per reading, £20 for students) from Thursday 3rd – Sunday 6th May, email info@laurenbakerart.com

For all media enquiries, request for interviews or images, please contact:

Covent Garden Press Office, Mission: (0)20 7845 7800 / capco@thisission.com

About Capco Covent Garden:

Covent Garden is a leading retail and dining destination and is one of the most vibrant estates in the heart of central London. The area is now home to a wide variety of British, global and independent brands including Chanel, Petersham Nurseries, Tom Ford, Balthazar and Frenchie, with upcoming openings from RedFarm, SushiSamba and Mariage Freres.

Capital & Counties Properties PLC ('Capco') is responsible for the management of over 1.1 million sq. ft. of space at Covent Garden valued at £2.5 billion (as at 31 December 2017). Under Capco's stewardship, Covent Garden has been transformed into a world-class



destination, welcoming over 40 million customer visits a year and 140 new brands since 2006.

About Capital & Counties Properties PLC (Capco):

Capital & Counties Properties PLC is one of the largest investment and development property companies that specialises in central London real estate and is a constituent of the FTSE-250 Index. Capco's landmark London estates at Covent Garden and Earls Court were valued at £3.5 billion as at 31 December 2017 (Group share). The company is listed on the London Stock Exchange and the Johannesburg Stock Exchange.

www.capitalandcounties.com