

30TH JUNE - 10TH JULY 2020

What's On.

QUINTESSENTIALLY EVENTS →

The virtual event series by Quintessentially,
exclusive to you, our members.

TRAVEL →

Wanderlust persists: fuel your imagination
with these ideas.

TOP 10 →

Our weekly edit of entertainment and educational
distractions for you to enjoy at home.



TUESDAY 30TH JUNE, 17:00–18:00 BST

Navigating the New Normal: A Conversation *with* Quintessentially Travel

Quintessentially Travel invites members to an in-depth conversation with travel industry experts to discuss the future of travel. As restrictions are lifted, and travel begins again, navigating the new normal will bring many questions to the fore. With the assistance of Rosewood and a trusted villa partner, we will discuss how the landscape of travel's immediate future will look—and how you can begin to explore again in confidence.



SUNDAY 5TH JULY, 10:00–11:00 BST

Soul Sunday Sound Healing Meditation *with* Elizabeth Martin

Again in our weekly series, Meditation Mentor and Wellbeing Consultant Elizabeth Martin will beam a beautiful sound healing meditation to you. Guided by her many years of experience, she will personally guide you through the meditation, soothing your soul and nurturing your mind. Increase your energy and life force whilst boosting your immune system and protecting your wellbeing in this lovely way to begin your Sunday.

£5 or £10 donation



THURSDAY 9TH JULY, 18:30–20:30 BST

Taco Masterclass with Dinner Ladies

Dinner Ladies host an evening of Mexican fun. Beginning with a Paloma cocktail or mocktail, you'll learn how to make flour tortillas from scratch. Then, fill them with juicy spiced beef and their absolute favourite, fried fish. Make each tasty topping and filling from scratch including a chipotle slaw, spicy pico de gallo, aubergine and jalapeno crema, and salsa verde. A Mexican playlist will be curated to enjoy as you cook. Vegan and vegetarian options available.

Participation options - makes eight tacos (2 people)

£13 access only, £32 access & food ingredients delivered, £42 access, food & cocktail ingredients delivered.

All prices include a £5 donation to [The Felix Project](#)



FRIDAY 10TH JULY, 18:30–19:30 BST

A Tequila Tasting Master Class *with Hedonism*

This bespoke tequila tasting will explore the full range of expressions from Blanco to Extra Añejo, led by Hedonism's Spirit Specialist Steven Whitbread. He will uncover the history of tequila and how it has evolved to become a premium global spirit. The five tequilas being tasted are benchmarks for their respective styles and industry leaders, such as Clase Azul Reposado, Casamigos Añejo and Don Julio 1942.
Become inspired and knowledgeable in choosing which tequila to love.

Five 100ml tasting bottles for 1-2 people, £130



Vincent Van Gogh, The Night Café, 1888, Yale University Art Gallery, Connecticut

FROM FRIDAY 26TH JUNE

Mini Art Master Class: The Foundational Modern Art Movements

At the turn of the century, we see the foundations of Modern Art solidify and establish identifiable characteristics and ethos. Study the development of Impressionism, Post-Impressionism and Cubism through key works and fundamental moments within the western canon. Through ground-breaking painterly techniques, these 'isms' of art gradually introduced notions of abstraction, paving the way for the post-war and contemporary era. Discover some of the most important artists of the period, including Picasso, Matisse and Monet.

Can be booked at your convenience via Zoom

And Don't Miss...



27TH JUNE – 11TH JULY

The Royal Opera House: Live from Covent Garden

Whilst the Royal Opera House remains closed to the public, *Live from Covent Garden* presents three enigmatic ballet and opera performances streamed from the iconic venue. The performances will be curated by artistic directors of the Royal Opera House: Antonio Pappano, Music Director of The Royal Opera, Oliver Mears, Director of Opera, and Kevin O'Hare, Director of The Royal Ballet. The programme will include compositions by the likes of Bach and Verdi.

[View Here](#)



29TH JUNE, 20:00–21:00 BST

Wimbledon: The Best of the Championship

As we're no longer able to attend Wimbledon this week as initially planned, the BBC is providing the opportunity to relive some of the greatest matches in the championship's 143-year history. Sue Barker will be live from Wimbledon with a host of tennis legends from past and present, looking back at the best and most exciting players and moments, as well as exploring the storied grounds whilst they are empty.

[View Here](#)



Installation View, Sarah Lucas, Honey Pie, Sadie Coles Hq All Images © Sarah Lucas,
Courtesy Sadie Coles Hq, London / Photo By Robert Glowacki

FRIDAY 3RD JULY – 28TH AUGUST

Private Tour of Sarah Lucas at Sadie Coles HQ

Featuring a new group of sculptures made from stuffed tights and found objects, Sarah Lucas' show at Sadie Coles can be privately toured at your convenience. Utilising everyday materials, the soft and brightly-coloured sculptures explore the artist's fascination with the human body, uncovering career-defining themes including the anthropomorphic charge of found objects, the objectification of the female nude and the fine line between comedy and abjection.

Travel

Wanderlust persists: click any of the below to fuel your imagination.

Daydream Destination – Canada

A journey through the Canadian Rockies is on many travel bucket lists. You'll traverse through this UNESCO world heritage site, discovering breathtaking natural wonders whilst visiting Calgary, Banff, Lake Louise and Whistler before finishing in Vancouver. Canada's stunning scenery is a feast for the eyes, and you will be spoilt for choice with the beautiful vistas on display.

In conversation; Ian James, General Manager of University Arms, Cambridge, UK

Quintessentially Travel chats with the GM of one of our favourite UK hotels, the lovely University Arms in Cambridge, England. They discuss what future changes in travel might look like, and what this will mean to the individual traveller. They also talk about the hotel's sustainable initiative, Rubbish Cooks, currently taking place as a monthly charitable food event.

The Secrets of London

The Museum of London joins forces with Julie Chandler, a blue badge guide and founder of London Town Tours. Join Julie as she explores some of the weird and wonderful stories surrounding London and its vast history, unearthing secrets of the city that have been personally gathered from her years spent investigating the streets.

Top 10

The best content available online this week: simply click the below to enjoy.

1.

Happy Inside *with*
Michelle Ogundehin

Thursday 2nd July, 13:00–13:45 BST

2.

Royal Albert Home –
Guy Chambers

Thursday 2nd July, 19:30 BST

3.

Pasta Evangelists –
Taste of Puglia Master Class

Saturday 4th July, 16:00–17:00 BST

4.

Melissa Hemsley In Conversation
with Oliver Chittenden – How to
Eat Well

Monday 6th July, 18:30–19:30 BST

5.

Deliciously Ella Live

Tuesday 9th July, 18:30–19:30 BST

6.

At Home With Rory Bremner – In
Conversation *with* Matthew Stadlen

Friday 10th July, 18:30–19:30 BST

7.

Wellcome Collection's Stories

Available now

8.

Anthem's Pride podcast

Available now

9.

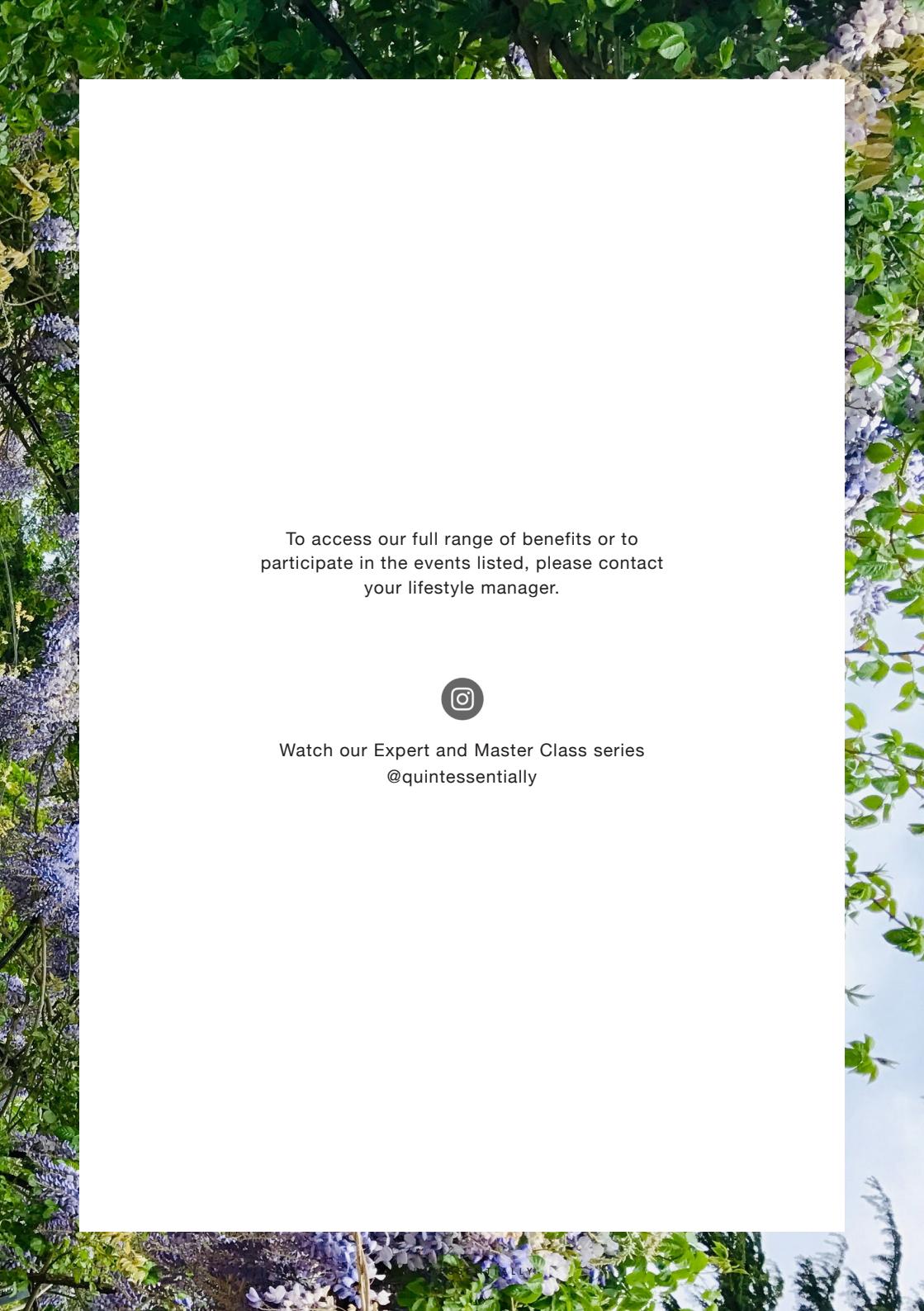
Art On A Postcard

Until 5th July

10.

The Upgrade Podcast by
Suitcase Magazine

Available now



To access our full range of benefits or to
participate in the events listed, please contact
your lifestyle manager.



Watch our Expert and Master Class series
@quintessentially