



Yoga · Breathwork · Gut Health · Rituals

## THE BODYMIND RESET LAUNCH

06.09.25 | Mortimer House London W1

10am - 130pm | £75pp

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The BODYMIND RESET programme launches with a nourishing morning designed to embody its ethos of movement, nutrition, and ritual. Hosted by Laura Dodd, founder of The Yoga Class, and nutritional therapist and author Eve Kalinik, this live workshop will guide you through yoga, breathwork, meditation, and a deep dive into gut health — bringing science and practice together in an uplifting, restorative experience. Guests will also enjoy seasonal plant-rich canapés, mindful tastings, a functional hydration bar, and space to reflect, journal, and connect with like-minded community.

This event is a celebration of the programme's holistic foundation: supporting the body and mind as one. From energising movement and nervous system reset, to practical tools for digestive health and emotional balance, the morning offers a powerful introduction to the 10-day BODYMIND RESET plan. With take-home resources, such as the full programme, nourishing recipes, and a curated goodie bag, guests will leave not only inspired but equipped to begin their own journey of reconnection, restoration, and reset.

THE YOGA CLASS  
— BY LAURA DODD



Eve Kalinik





## THE VENUE

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Located in London's Fitzrovia, Mortimer House is a seven-story Art Deco haven, designed with thoughtfully curated spaces, including the bright, airy, private loft space, featuring paneling and large crittall windows, where we will take the classes.

The Loft is a serene, light-filled space designed for connection, creativity, and calm. With its high ceilings, wooden floors, and expansive windows, the venue offers a sense of openness while maintaining a warm, intimate atmosphere — the perfect backdrop for yoga, meditation, and mindful workshops. Natural light floods the room, creating an uplifting energy that complements the BODYMIND RESET ethos of restoration and balance.



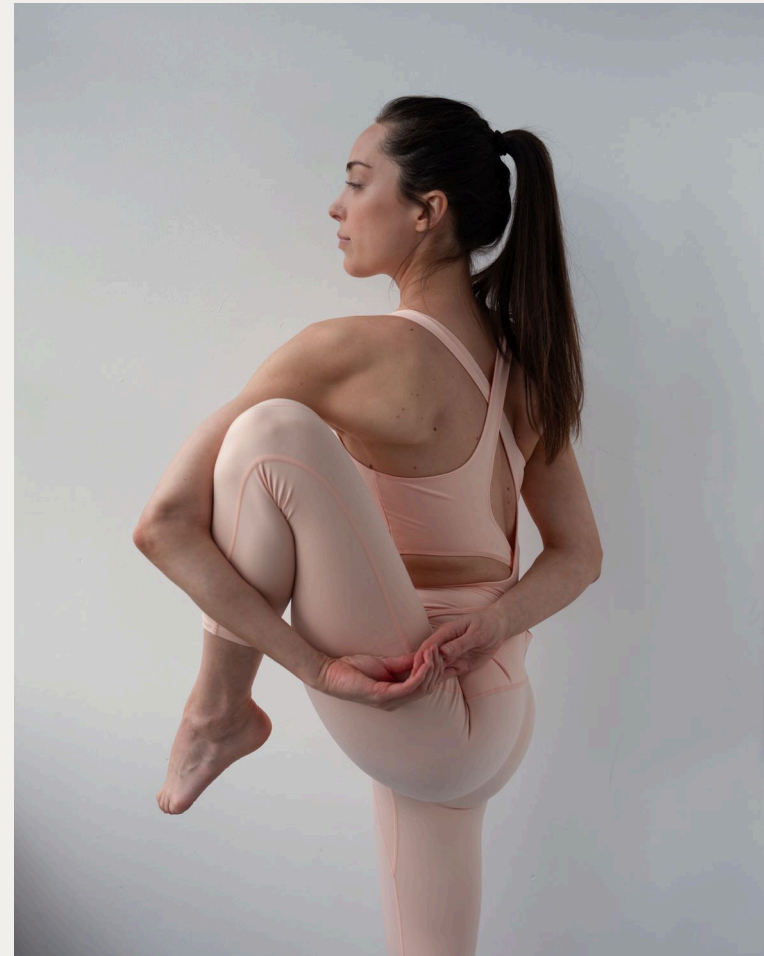


## THE MOVEMENT

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Your movement host, Laura Dodd, is an experienced yoga and meditation teacher and the founder of the award-winning app and retreats platform, The Yoga Class. With over a decade of daily personal practice and hundreds of hours of training and teaching experience, Laura has built a reputation for combining elegance and expertise with authenticity. Her passion for mindful movement is at the heart of The Yoga Class, which was created to empower others to discover the transformative benefits of yoga, meditation, and breathwork. Her retreats have been recognised as Best Wellness Break by Country & Townhouse and Best Wellness Retreat by Hip & Healthy, cementing her place as a leading voice in modern wellbeing. Through projects like the BODYMIND RESET, Laura continues to champion integrated approaches to health that support her community both on and off the mat.

Her teaching blends strength, flexibility, and mindfulness, with a focus on uniting breath and movement to create a meditative flow. More than simply a workout, Laura's classes are holistic experiences designed to strengthen and nourish the body while calming the mind. With her guidance, movement becomes a tool for restoration, resilience, and deeper self-connection.



## THE NUTRITION

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Your nutrition and gut-health host is Eve Kalinik. Eve is a registered nutritional therapist, author, and podcaster with a specialist focus on gut health and the intricate connection between food, mood, and overall wellbeing. With a background in psychology and functional medicine, Eve brings both scientific rigour and a deeply human perspective to her work. She advocates for a joyful, intuitive approach to eating — one that celebrates plant diversity, sustainable food systems, and the bi-directional gut-brain connection that underpins so much of our physical and mental health.

Eve is the author of *Be Good to Your Gut* and *Happy Gut, Happy Mind*, and co-host of the *Wellness Breakdown* podcast, through which she has become a trusted voice in accessible, science-backed nutrition. She is also a long-time member of The Yoga Class community, making the collaboration on the BODYMIND RESET a natural fit. In this programme, she brings her expertise to a 10-day nutrition plan designed to rebalance body and mind after the summer months, featuring gut-loving recipes and practical daily rituals that support digestion, energy, sleep, and long-term resilience.







## THE ITINERARY

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### *110am - Arrival Ritual*

- Welcome Mindful Cocktail
- Goodie bag inc. full 10-day BODYMIND RESET

### *1015am - Movement & Mindfulness with Laura*

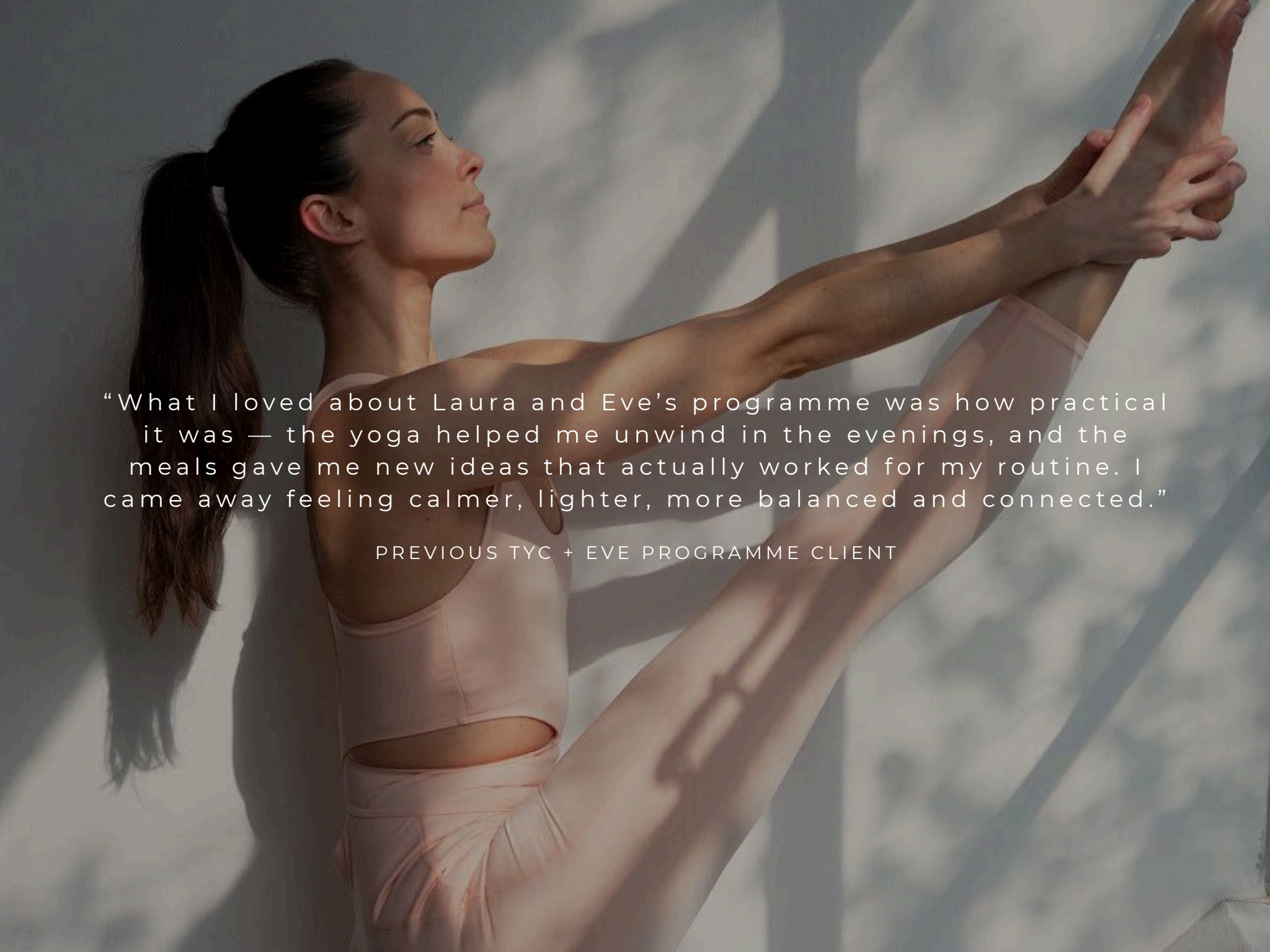
- Yoga flow for digestion + energy
- Breath-work to reset the nervous system
- Guided meditation to ground + set intention

### *1115am BODYMIND RESET Workshop with Eve*

- Mini journaling prompts
- Gut Health Talk – “Your Second Brain”
- Reset rituals for energy + digestion
- Mindful nourishment moment (gut-loving tasting)

### *1215pm Nourish + Connect*

- Seasonal, plant-rich canapés
- Functional Hydration Bar
- Informal Q&A with Laura + Eve
- Time to connect with like-minded community

A woman with dark hair in a ponytail, wearing a light pink athletic top and leggings, is performing a yoga pose. She is standing with her back to the camera, arms extended upwards, holding her right foot with both hands. The background is a light-colored wall with strong, dramatic shadows cast by architectural elements, creating a high-contrast, artistic effect.

“What I loved about Laura and Eve’s programme was how practical it was — the yoga helped me unwind in the evenings, and the meals gave me new ideas that actually worked for my routine. I came away feeling calmer, lighter, more balanced and connected.”

PREVIOUS TYC + EVE PROGRAMME CLIENT



## WHATS INCLUDED

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- 60. min Yoga, Meditation + Breath-work with Laura
- 60 min Mindful Nutrition + Gut-Health Workshop + Tools
- Welcome Mindful Cocktail
- Plant-based Canapés
- Functional Hydration Table
- The full 10-day BODYMIND RESET Plan
- Goodie Bag with mindful, gut-nourishing treats



BOOK HERE

Laura + Eve xx

THE YOGA CLASS  
BY LAURA DODD

Eve Kalinik

MASLOW'S

ANCIENT  
+BRAVE