

June 16 2026, 10:00 (CEST)

YOGA at nhow - Elevating Summer Through Wellness, Culture & Connection

This summer, nhow invites guests to experience wellness from a new perspective. Across Europe, nhow's iconic rooftops, terraces, and skyline venues will transform into inspiring spaces for movement, mindfulness, and meaningful connection through a curated series of yoga and Pilates experiences.

Launching on **International Yoga Day, 21st June**, and continuing throughout the season, each event has been designed to reflect nhow's distinctive spirit - where culture, creativity, wellbeing, and unforgettable locations come together. From sunrise flows above city skylines to sunset Pilates sessions by the sea, every experience offers guests the opportunity to disconnect from the pace of everyday life and reconnect with themselves in extraordinary settings.

nhow Frankfurt

At 185 metres above the city, nhow Frankfurt is launching an exclusive Rooftop Yoga, Pilates & Brunch Summer Series in collaboration with Lululemon. The season begins on the 21st of June with a special invitation-only community event, bringing together selected guests, influencers, and wellness advocates for an inspiring morning of movement, networking, and skyline views from Germany's highest rooftop bar – [NFT Skybar](#).

From July onwards, four additional public sessions will follow, combining yoga, Pilates, and brunch in a premium rooftop setting. Each event is designed to foster wellbeing, connection, and community while showcasing one of Frankfurt's most spectacular views.

nhow Amsterdam RAI

In partnership with [Renaissance Studio](#), nhow Amsterdam RAI will host an exclusive rooftop yoga experience on the 10th-floor gym terrace overlooking the city. Taking place on International Yoga Day, the longest day of the year and the official start of summer, the event invites guests to embrace a moment of calm, balance, and elevation high above Amsterdam.

Limited to just 30 guests, the experience is intentionally intimate and carefully curated. Led by Renaissance Studio's expert practitioners, the session combines movement, breathwork, and mindfulness to restore energy, release tension, and create a sense of balance between body and mind.

nhow Berlin

Throughout the summer, nhow Berlin will host a series of Saturday morning yoga and meditation experiences, bringing together movement, mindfulness, and a relaxed social atmosphere. Set on the hotel's terrace, each session offers guests an energising start to the weekend before transitioning into a leisurely breakfast. Guests can choose between a standalone wellness session or a combined yoga-and-breakfast package, creating a flexible experience tailored to different lifestyles.

To reserve a space please visit [HERE](#).

nhow Marseille

Bringing wellness to nhow Marseille, the hotel will partner with wellness influencer [Lou Videau](#) to deliver a series of elevated movement experiences overlooking the sea. Guests can enjoy Pilates sessions paired with curated brunch offerings featuring fresh juices, healthy dishes, sweet treats, and Mediterranean-inspired flavours. As the season progresses, the concept will evolve into a sunset-focused "Pilates & Apéro" format, blending movement, socialising, and coastal lifestyle in a uniquely Marseille setting. To reserve a space please visit [HERE](#).

nhow Milan

Building on the success of previous rooftop yoga activations, nhow Milan will seamlessly combine wellness and lifestyle through an enhanced version of its popular "Elevate Your Brunch" experience. Hosted on the iconic Vertigo rooftop, guests will move directly from a revitalising

yoga session into an extended brunch experience accompanied by live DJ entertainment. The concept creates a complete lifestyle experience that blends movement, music, gastronomy, and social connection, capturing the essence of summer in true nhow style.

The nhow Yoga series is not simply about exercise, it is about creating memorable experiences that connect guests with people, places, and moments. Whether overlooking Amsterdam's skyline, practising above Frankfurt's rooftops, embracing the wellness lifestyle in Marseille, or enjoying brunch on Milan's iconic Vertigo terrace, each activation reflects the nhow philosophy: unique, inspiring, and designed to elevate every stay.

This summer, wellness rises above the ordinary.

-Ends-

Please see imagery [HERE](#).

About nhow Hotels & Resorts

nhow is part of Minor Hotels disruptive hotel brand, known for its iconic establishments. Inspired by the cities in which they are located and designed by the leading creative minds of our times (Foster+Partners, OMA, founded by Rem Koolhaas, Karim Rashid, Sergei Tchoban, Teresa Sapey and Matteo Thun, among others), nhow is simultaneously a hotel and a creative hub. Each nhow establishment becomes a landmark in its city, a melting pot for creativity. At a nhow hotel everything is unexpected, through-provoking and surprising. Every room, restaurant and lobby are an invitation to meditate, a call to take action in our lives, as embodied by the slogan #changenhow. Each guest will live their own personal experiences with one thing in common: the wow factor! Located in key urban districts undergoing a transformation, the nhow hotels quickly emerge as landmarks for self-discovery and experimentation through 'artivism'. Why wait? The time is now, nhow.

For more information, visit www.nhow-hotels.com/en.

About Minor Hotels

Minor Hotels is a global leader in the hospitality industry with more than 640 hotels, resorts and branded residences in operation and committed development across 66 countries. The group crafts innovative and insightful experiences through its hotel brands including Anantara, Elewana Collection, The Wolseley Hotels, Tivoli, Minor Reserve Collection, NH Collection, nhow, Avani, Colbert Collection, NH, Oaks, and iStay, as well as a diverse portfolio of restaurants and bars, travel experiences, and spa and wellness brands. With over four decades of expertise, Minor Hotels builds stronger brands, fosters lasting partnerships, and drives business success by always focusing on what matters most to our guests, team members and partners.

Minor Hotels is a proud member of the Global Hotel Alliance (GHA) and recognises its guests through one unified loyalty programme, Minor DISCOVERY, part of GHA DISCOVERY.

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