

PlaceMakers

OONA SERIES



a DESTINATION GUIDE
'London'

BY ROSEWOOD HOTELS & RESORTS



WHAT IS PLACEMAKING? 04



04

THE POWER OF HEALING THROUGH FLUIDITY 08



08

A GUIDE TO MAKING

- 20 *Introduction*
- 22 *How to Relax & Recharge*



20

A GUIDE TO LONDON 24



24

THE COMMON PLACE

- 38 *Introduction*
- 40 *Rosewood London*



38



01 OONA SERIES - Catie Miller & Boniface Verney-Carron

WHAT *is* PLACE MAKING?

Creativity and culture is the lifeblood of a city. It inspires the stories born from adventure. It speaks to the very soul of the explorer.

PlaceMakers are the embodiment of Rosewood's commitment towards elevating culture and community.

By partnering with PlaceMakers, we together explore the stories of local destinations — with the intention of crafting inspired Rosewood journeys that promote immersive property experiences, meaningful connections, and individual well-being.

Our ecosystem stems from our PlaceMakers. We invite you to explore the world with Rosewood through a local lens — to uncover the traditions, to both learn and create alongside the innovators of art, style, food, family, sustainability and health.

This approach pairs seamlessly with Rosewood's core philosophy, that A Sense of Place® exists beyond the physical form and is also discovered in the intangible essence of community.

Let Rosewood be your cultural concierge. Discover our curated experiences and in-depth destination guides, enriching your global exploration.



OONA SERIES

words by
DIVYA BALA

topic
HEALTH &
WELL-BEING

the POWER of
HEALING *through*
FLUIDITY





03 CATIE & BONIFACE - in their London studio

In the wake of a year of heightened collective trauma, urban communities are beginning to reignite their sense of place. Oona Series, a collaboration between barre and pilates expert Catie Miller and holistic osteopath and acupuncturist Boniface Verney-Carron seeks to provide a space of healing, balance, and forward growth. With particular attention to the creation of community as a base of healing, Oona Series is a wellness platform seeking to centre the self through physical and mental wellness.

introducing PLACEMAKER, OONA SERIES

“You have arrived where you need to be,” are among the first words that welcome visitors into the Oona Series community. The brainchild of dancer and professional showgirl Catie Miller and registered osteopath and holistic coach Boniface Verney-Carron, Oona Series is a London-based, global-streaming space of movement, healing, and what the duo describe as “whole-being wellness”.

At the time of the conversation, the fledgling initiative is still technically in pre-launch stage, having soft-launched pre-pandemic,

only to pivot from a physical studio to an online space in a matter of days. Despite this, the interest is palpable, the first live class with Miller featuring 100 online attendees. With interest in Oona Series growing exponentially, this community of experts across various disciplines is dedicated to the alignment of physical, mental, and social well-being through fitness classes and holistic guidance.

Here, Miller and Verney-Carron discuss the healing power of movement.

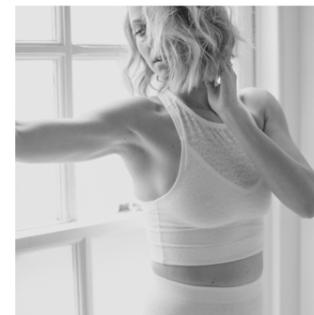
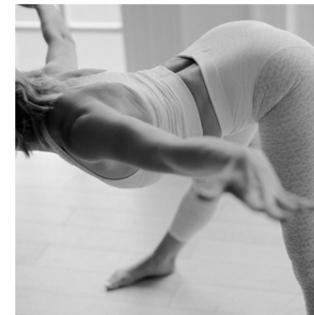
How did the idea for a community of movement come about?

CATIE: I'm a dancer. I grew up with dance, and it has always caught me when I needed it. It's something that has given me rhythm and discipline and an opportunity to move my body. It's very powerful. When I first moved to London, I would go to lots of different studios, and though they were gorgeous and the classes were great, they were lacking a sense of community.

04 CATIE - in practice



OONA SERIES



05 STRETCH - daily meditation

And maybe put that down to my American tendencies, but I just wanted someone to look at me and say 'Hey Catie, how are you today?' Just those simple moments of being seen and heard.

This is a really important key element for everybody, to find that commonality and that eye contact and be present through discussion. It packs a lot of punch.

In the last year, Boniface started coming to my classes and I started going to him as a client and sending my clients over to him because I saw the benefit of pairing and nurturing the physical element — I can see you sweating in a class, for example — but there's so much more that we have to think about mentally and emotionally and socially too.

How have you maintained connection through confinement?

BONIFACE: The digital world is a bit of a paradox. It's a tool, and like any tool, it can be extremely powerful and beautiful, but it can be very dangerous if misused. Traditionally, we're so connected, physically, when working — Catie with her students and me with my patients — so we did ask ourselves how we could remain connected when the pandemic shifted us into the digital world. Is this going to work? Can we convey energy, knowledge, and what we've been trying to do one-on-one or in small groups? We still ask ourselves this but so far, it seems to be working very well. But it's a matter of keeping balance. Right, Catie?



07 BONIFACE - client practices



08 OONA SERIES - live class

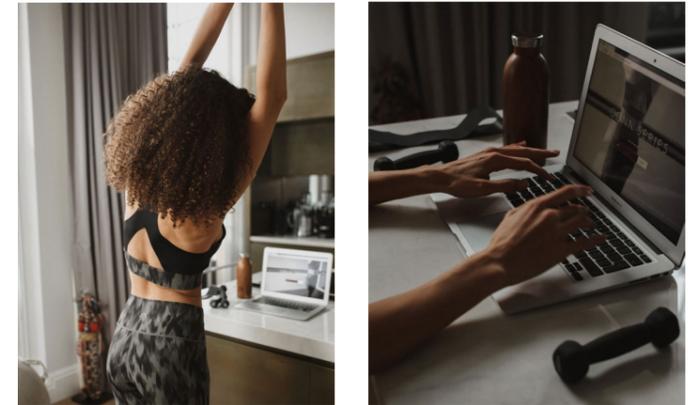
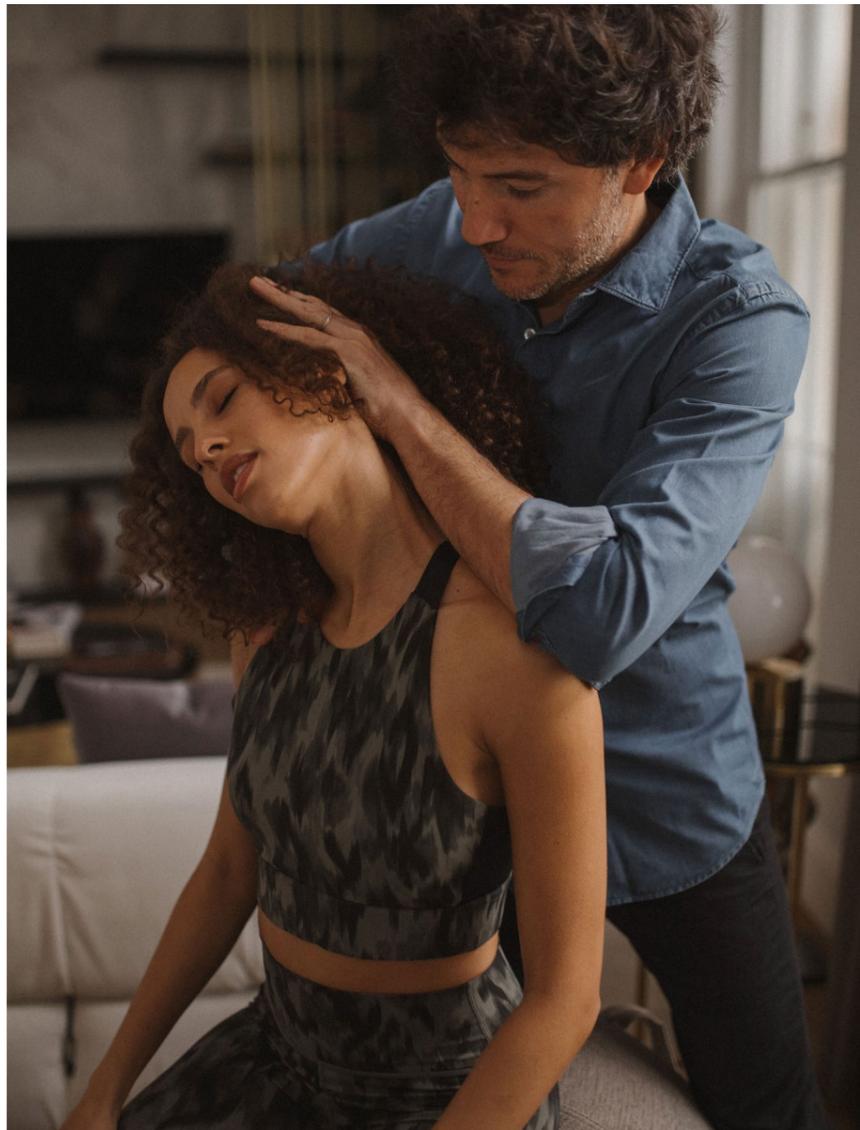
CATIE: Yes, completely. It's the balance of finding the healthy aspects of the digital space. Rewind to a year ago, and none of us anticipated [the pandemic] — there was no rulebook, so we just jumped into it and held onto each other, our families, and the support systems that we had. And, just for perspective, we had to close down on a Friday, and on the following Sunday, I taught my first virtual class and had 100 participants dial in. That was a huge moment, personally and professionally, to see people showing up to be with me, but most importantly, showing up for themselves. Watching that connection and community really carries us through. We are nothing without our community.

And we always start every conversation by saying, by admitting, we don't know it all, but we've found some very useful tools that have really empowered us to feel well during some challenging and difficult times because this is life. We're going to have this constant ebb and flow whether we're going through confinement or, you know, injury, pain, death of a family member, divorce, moving house, birth, whatever it is. There will always be moments in our lives in which we have to hold on to tools we find useful. And with Oona Series, we wanted to have this hub, this breathing entity of people that we trust and a space to share.

“The process of healing begins with introspection. The thing that the pandemic has offered, despite the trauma, is an opportunity. Time stopped, and so did our environments in such a way that you could start this introspective journey, had you not before.”

—BVC

09 BONIFACE - client practices



10 STRETCH - a healing process

And in coming out of the collective trauma of the pandemic, how do we begin to heal as a society?

CATIE: The healing process is a very interesting thing. And [with the pandemic situation] all this collective energy has been contained and will explode. So the healing will be a long process. We've all had challenges to our physical and mental wellbeing but being able to be in touch with people and share vulnerabilities no longer feels so taboo. It feels ok to talk about our mental health, and that's really empowering. I think that's a really big part of the [communal] healing process.



How would you recommend people sustain this connection moving forward?

CATIE: I'm a huge advocate of accountability and showing up — just showing up — day after day. And that in itself is so hard, right? Some days it is a complete challenge to roll out of bed. But making yourself accountable by sharing the journey with somebody else that can show up with you in those moments is really powerful. And sometimes just moving your body and breathing — it sounds very simple and basic — but when you put your mind in your practice and the repetition, what ends up happening is really beautiful.

BONIFACE: The process of healing begins with introspection. The thing that the pandemic has offered, despite the trauma, is an opportunity. Time stopped, and so did our environments in such a way that you could start this introspective journey, had you not before.

And beyond just a big tragedy, this is a very hopeful moment. A lot of things come out of the other side of darkness that are brighter than before, and that's probably what's happening inside us. It seems that when we face pressure, when we are cornered and challenged, the best of us comes out - and I think this is what we will see.



10 CATIE - tangible practises

What are some practises people can use in a moment of difficulty?

CATIE: It comes back to being self-aware. When I feel those moments start to creep in, simple, tangible practises like moving my body once a day — and not always the same way — it packs a lot of punch for my day. It gives me a chance to start my breathing, come into myself, and focus on what I need to power myself through the day. I also do rhythmic breathing in the bath, which I have found to power me through lots of different moments, especially during my pregnancies.

I would also say, touching a book, the pages, using both hands to flip the page, makes me feel something that you don't have holding your phone.

11 OONA SERIES - live class

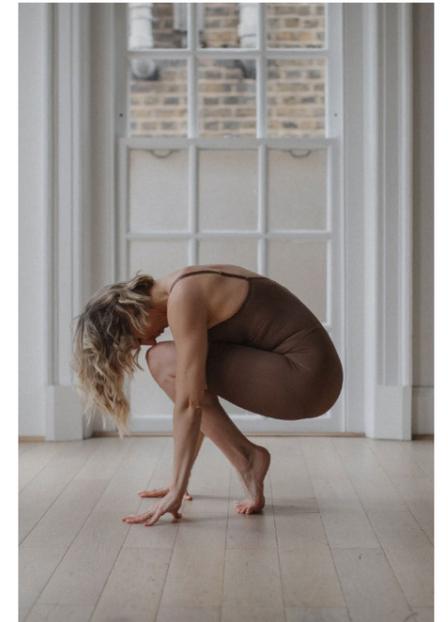


BONIFACE: I know that people might find them difficult — and I hate this word — but I will say routines are good. When everything seems to be falling apart, left, right and centre, routine can help. It anchors something, a succession of little things that empower you every step. Things like waking up and just sitting down and breathing for five minutes, or doing a few stretches or having a cold shower. A cold shower is an interesting thing because it's an incredible way to get to be present very quickly.

How much does your physical environment influence your practise, especially in the context of so many of us being confined at home?

BONIFACE: Everything you do is a communication with your environment. You're constantly in motion with yourself. Right now, having a remote conversation, I'm in motion, sharing something, from one person to another. It's your mindset. You don't need to be on the top of Nepal to start meditating, for example. If you start waiting for external things to be able to do what you need to, you will always find limiting factors.

CATIE: I think one of the things we were trying to convey is that when you take the pressure off yourself, look at yourself, and turn inward and think, 'What is it that I need? Who am I? What is it that I am seeking?' This is when you can start to drown out the noise. It's a life-long process of questioning that and asking it all the time through different moments of your life. It's also really important to surround yourself with people who are questioning that too — that's where the magic happens. That's what we want Oona Series to be. ✨



12 CATIE - tangible practises

A GUIDE TO MAKING

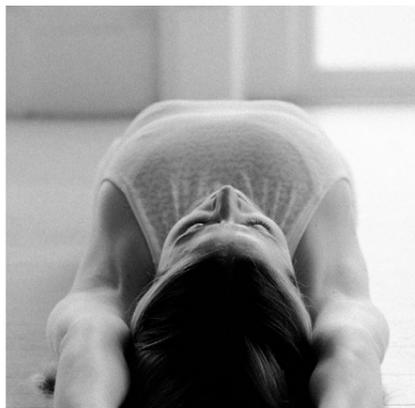
“The physical benefits of deep breathing are often immediate. You activate your parasympathetic nervous system, and in turn, slow down your heart rate and lower your blood pressure creating a feeling of calm.” - CM

In Catie Miller and Boniface Verney-Carron’s practice at Oona Series, breathwork plays a vital role. Strong believers in the benefits of rest and recovery for both physical and mental health, the duo incorporate a suite of breathwork exercises into their barre and pilates

classes. Encompassing all areas of the body, these techniques strive to promote overall well-being by releasing tension from specific muscle groups.

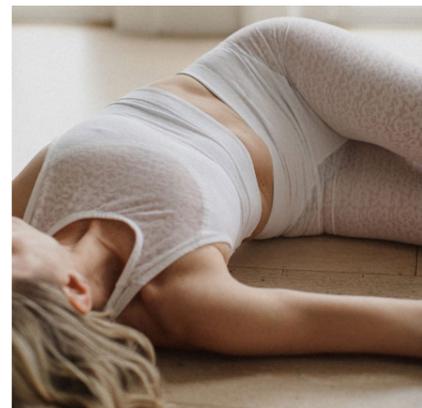


HOW *to* RELAX *and* RECHARGE



CALMING BREATH

Lying on your back with your hands on your ribcage, start breathing slowly in through your nose and out through your mouth. Aim to deepen your inhalations into your lungs — the longer your breaths, the greater the reset you will achieve.



SHOULDER STRETCH

Hugging your knees into your chest, lower them with control to one side. Stretching your arms outwards and gaze over the shoulder opposite to your knees. Close your eyes and take 5–10 deep inhalations.



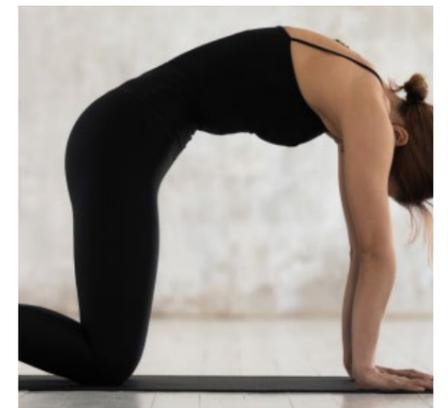
HIP & HAMSTRING OPENER

Lying on your back with your legs extended on the floor, draw one knee to your chest and gently rotate it in large circles. Repeat this 4–8 times each side, remembering to focus on the rhythm of your breath.



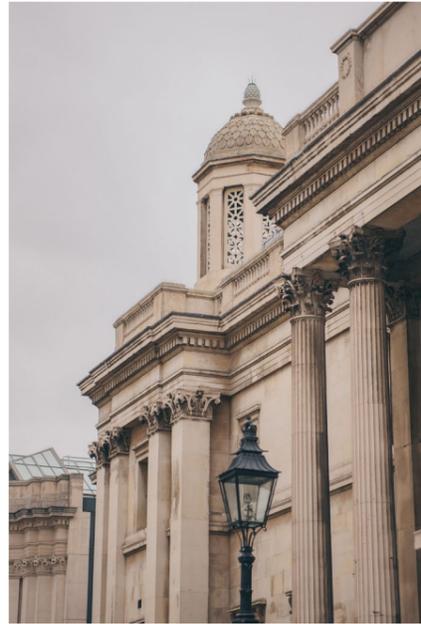
SIDE STRETCH

Starting in a seated position, bend one leg with your knee pointing to the side, and extend the other out to the side with your knee pointing upward. Reach the opposite arm up and over the head, bending towards the leg that is extended.



CAT TO COW

Starting on all fours with a neutral neck, spine, and pelvis, press your palms into the mat, gently moving from a cat to cow position. Focus on your breathwork as you stretch between your upper back and abdominals, repeating 4–8 times.



A GUIDE TO LONDON





13 LONDON- sky line

Through their practice at Oona Series, co-founders Catie Miller and Boniface Verney-Carron continually engage with the London community. Against the backdrop of isolation, their techniques for grounding the body and mind have become increasingly valuable to their local network — providing guidance, training, and mindfulness to those homebound.

Reflecting on how they have drawn inspiration from local spaces, Miller and Verney-Carron describe several key areas that occupy different roles in their daily lives. Visiting natural bathing pools for mental rejuvenation, organic food stalls for physical energy, and contemporary art museums for creative stimulation, the duo remain closely connected with their local community; both giving and receiving ongoing support.

HAMPSTEAD HEATH

CATIE: Hampstead Heath is incredibly magical. Once you're inside that vast green oasis, it feels as if you're surrounded by a never-ending forest. There is a real sense of history too—the more than 30 ponds were first dug in the 17th century. You can still swim in them today, and to be in touch with nature in the midst of the city is such an escape for the mind.

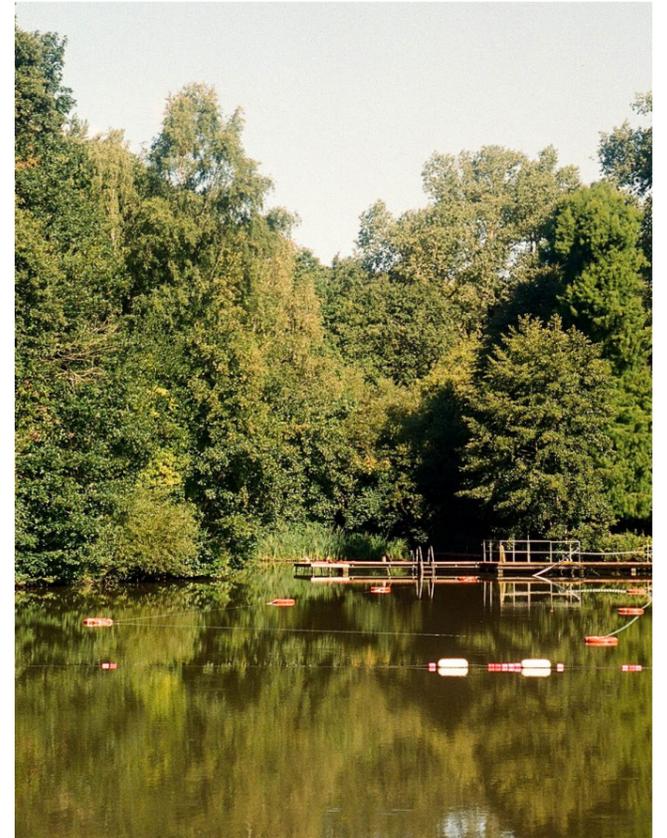
14 HAMPSTEAD HEATH - public spaces



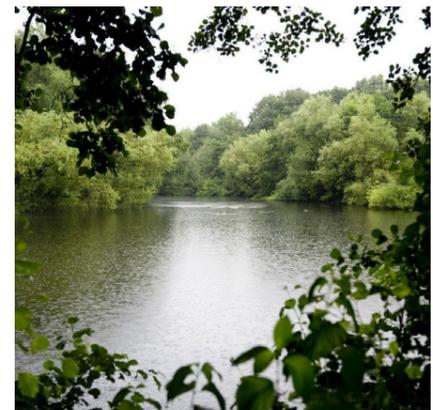
15 HIGHGATE - swimming pond



17 LOCAL - residents surro



16 HAMPSTEAD - the mixed swimming pond



18 PONDS - Highgate Ponds

what
SIGHTSEEING

where
HAMPSTEAD HEATH



19 THE TATE MODERN - exterior of the gallery

the TATE MODERN

BONIFACE: Take a walk along the Southbank from the London Eye to the Tate Modern (making sure to stop at the Hayward Gallery on the way), which is a pretty amazing urban experience. Growing up, my dad had an experimental gallery in Lyon, France, and I cannot imagine how different my life would have

what
SIGHTSEEING

where
THE TATE MODERN

been had I not been exposed to so much intellectual and ethnic diversity in the '80s and '90s. Contemporary conceptual art does trigger a dichotomy and strong feelings in people, and I am no one to judge, but its universal strength is that it triggers questioning.





20 FARMACY - store front



21 KITCHEN - Making flatbreads

BONIFACE: An emblem of the London health-food scene, Farmacy is a dining experience well worth the hype. Delivering gourmet vegan dishes — think freshly grown micro herbs, exotic grains, and full-flavoured dressings — within a leafy modern interior, this restaurant is proven to soothe both stomachs and minds. My favorite cold-press smoothie is the Witches' Brew, with beetroot, lemon, parsley, and cucumber.

22 FARMACY - dining room



DINING *at* FARMACY

what
DINING

where
FARMACY



SHOPPING *in* LONDON

CATIE: We all know that shopping is therapy, and one of my favorite walks combines shopping with a bit of art and exercise. I start on Mount Street, an elegant Mayfair enclave that now rivals Bond Street, and head toward Berkeley Square—passing shiny storefronts like Simon Rocha, The Row, and Goyard. I walk by Hermès, with its unmistakable orange awning, and Chanel before swinging south on Bond Street into Savile Row. I spend most days head-to-toe in athleisure (I'm particular to the British brand Varley), so this isn't necessarily where I go for my standard wardrobe, but it's a great way to take in fresh air, clear my mind, and get a taste of some of the city's most established boutiques—which are so well-appointed, they almost feel like art installations.

what
SHOPPING

where
CENTRAL LONDON



23 GORDON'S - cellar wine bar

GORDON'S WINE BAR

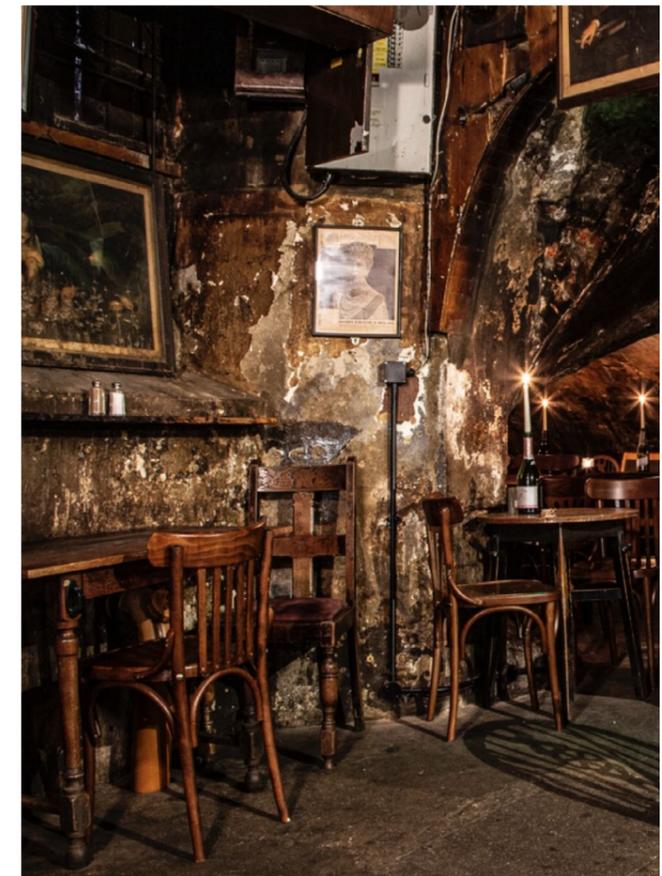
Gordon's Wine Bar is renowned for its history, with a vaulted candlelit cellar and old oak barrels. With walls covered by old photographs and newspaper clippings of historic events, you can take a step back in time, escape the hustle, and enjoy a huge selection of award-winning wines and great food.

what
FOOD & DRINK

where
GORDON'S WINE BAR

BONIFACE: Looking for an aperitivo? One of my favorites is Gordon's Wine Bar, a hidden gem near the embankment station established in 1890. Now you might ask where the wellness benefit is in this suggestion. Let's remember that health is a complete state of physical, mental, and social well-being. Sharing a laugh, a story, a bad day, or a good day, are as important to your health and balance as that morning run. Of course, we keep in mind the moderation that needs to always be in mind — except for laughter, love, and kindness.

24 GORDON'S - candlelit cellar





Our spaces speak in historical volumes. They are living, breathing stories spun in emotion, people, service, and soul.

THE COMMON PLACE

ROSEWOOD LONDON

27 ROSEWOOD LONDON



Rosewood London is at the heart of one of the world's leading cities. Since the early years of the 20th century, the grand Edwardian edifice has been a notable part of the life of the British capital.

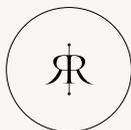
The property features innovative and sustainable practices to reduce environmental impact such as an in-house water-bottling system to reduce plastic waste. Rosewood London also owns an urban rooftop garden where the team harvests honey from beehives and grows herbs and vegetables that are used in the cocktails and dishes throughout the hotel.

As a hotel committed to the Sense of Place® philosophy, the Rosewood London captures and celebrates the historic character and grandeur of this landmark building through its exterior, interior, public spaces, and guestrooms, all designed to create timeless memories of London for the visiting guest.

We invite you to begin your journey with our community, to discover stories that speak to the very soul of the traveler, igniting one's pursuit of crafted experiences, of wonder, and of possibility.



CRAFTING CULTURE THROUGH COMMUNITY



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