# Comedian Henry Hayes’s viral satire captures Brighton’s quirky spirit and local legends



Henry Hayes, a comedian renowned for his sharp parodies of London boroughs, has captivated audiences with a humorous portrayal of Brighton residents in his latest viral video. Dressed in a flamboyant striped top and denim dungarees, Hayes takes to the vibrant beach and iconic lanes of Brighton, embodying a caricature of locals he refers to as “vegan eating, cold water swimming, f\*\*ny felting artist-come-breath practitioners.” His performance satirises not just the aesthetics of Brighton's culture but also the broader ethos that many attribute to the coastal city.

In a playful twist, Hayes conducts absurd guided meditations and interpretative dance sessions right on the sand, instructing imaginary students to transform into “the colours of muesli mountain.” This whimsical imagery resonates with Brighton's reputation as a hub of artistic expression and holistic wellness, where yoga classes and organic cafés flourish. Notably, his video pays homage to the city's well-known personalities, including DJ Fatboy Slim—Norman Cook—who resides in the area. Hayes makes a tongue-in-cheek reference in front of Small Batch Coffee Roasters, a local café, exclaiming, “Norman you weapon of choice, how you doing bro?”

This wink to the shared cultural landscape of Brighton is met with enthusiasm; Small Batch Coffee Roasters even quipped in the comments, promising to rename themselves “Norman Weapon of Choice Café” in light of the joke. Cook himself joined the playful banter online, commenting, “viva muesli mountain,” further underscoring the community's appreciation for Hayes' comedic take on their lifestyle.

Flushed and comically clad in a sauna, Hayes continues to push the boundaries of his satire, even eliciting laughs with a cheeky reference to Cook’s ex-wife, radio presenter Zoe Ball. “Zoe, do you mind if I go balls deep into your breath work?” he quips, showing a willingness to blend personal references with broader social themes. The comedic bravado culminates in a scene where Hayes finds himself in a tub on the beach, playing a pan flute while musically reflecting, “That’s Brighton bro.”

The video, which has quickly amassed nearly 3,000 likes, encapsulates the quirky essence of Brighton's cultural landscape—an area celebrated for its eccentricity and creative pursuits. It serves not only as a comedic pastiche but also as a light-hearted tribute to the unique vibrancy of its residents and their shared community spirit.

In summary, Hayes' portrayal of Brighton stands as a testament to the city's character, highlighting the blend of humour and local pride. Indeed, his antics deliver a fresh perspective on a city rich in bohemian traditions and modern-day quirks, capturing the quintessential Brighton experience through laughter and satire.

### Reference Map

1. Paragraph 1: [[1]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss), [[2]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss), [[3]](https://www.theargus.co.uk/news/25158937.comedian-says-brighton-residents-sauna-crazed/?ref=rss)
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