





# WORK, TRAIN, AND RESET.



## ONE OF A KIND. ALL YOURS.

Take on the day in the coworking space, with its bustling café ambience. In the evening, become a silhouette against the sunset on the rooftop running track.

Hit your fitness goals in style, whenever suits you. Enjoy exclusive access to a Peloton powered gym, indoor cycling and yoga studio.

Cool off on the ground floor – luxurious sauna, steam, and treatment rooms, plus a 20-metre swimming pool are waiting for you.

And, as you'd expect, there's a 24-hour concierge service. So, if you ever need help, you'll find a friendly face (and your parcels).



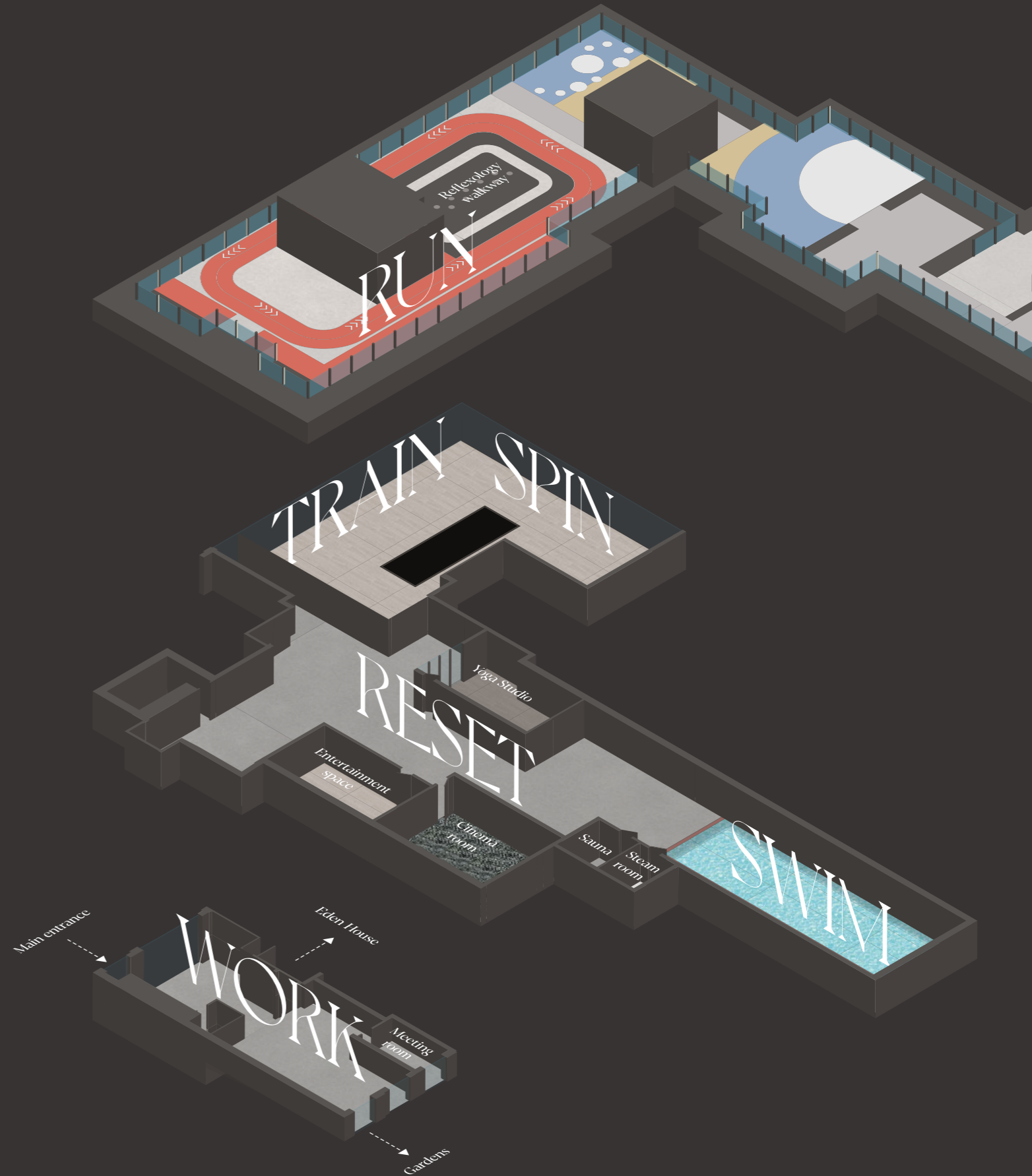
Welcome to Eden House

- Work*
- 1 24-hour concierge
  - 2 Meeting room
  - 3 Flexible workspace

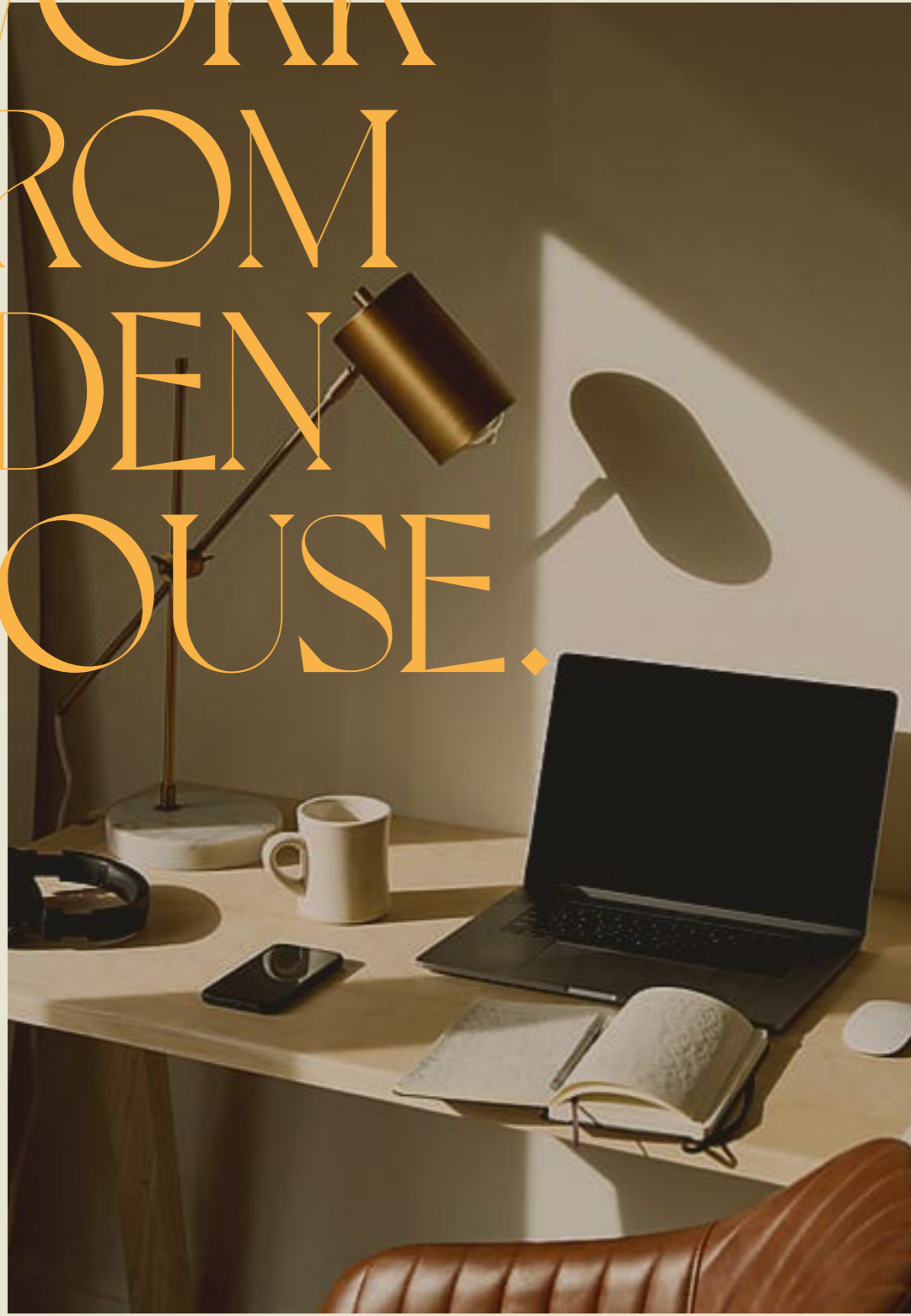
- Train*
- 4 Rooftop running track
  - 5 Peloton indoor cycling studio
  - 6 Gym, powered by Peloton

- Reset*
- 7 20-metre swimming pool
  - 8 Sauna
  - 9 Steam room
  - 10 Yoga studio
  - 11 Treatment room
  - 12 Cinema room
  - 13 Entertainment space
  - 14 Reflexology walkway
  - 15 Landscaped gardens

- Get about*
- 16 Car club scheme
  - 17 Cycle storage
  - 18 Crossrail access



# WORK FROM EDEN HOUSE.



Eden House's coworking space lets you dodge the commute, without turning your own home into an office.

Why go any further?



◆ *24-hour concierge*  
So, if you ever need help, you'll find  
a friendly face (and your parcels).

EDEN HOUSE  
LONDON E16

Work



This place is made for modern working. Quiet, cosy spots for long calls. High tables for deep work. A meeting room on hand. And all the wi-fi, tea and coffee you'll need.

With free Wi-Fi, and endless tea and coffee on hand, you'll be ready to take on the day.

→ [Bookable meeting room](#)





# TAKE YOUR TRAINING TO NEW HEIGHTS.

Stretch out on the rooftop running track. Afterwards, take a barefoot stroll down the reflexology walkway, with views of the Thames at every step.



◆ Train

## FREE YOUR MIND AND MUSCLES

It's not just running. London's fittest homes also have a Peloton indoor cycling studio and a 20-metre pool. And with the Peloton app, you'll have access to world class instructors. Choose from thousands of inspiring workouts, from bike bootcamp to barre, and strength to meditation. Find a space and get moving.



DESIGNED  
AND POWERED BY



*Exclusive access to a Peloton powered, and designed, gym, indoor cycling, and yoga studio, as well as 1000s of classes via the Peloton app.*









LET'S  
GO,  
PELOTON.



Wake up to your favourite Peloton class. Compete alongside over 7 million members handing out high fives as you go. Hit a new PB and emerge victorious – swaddled in a fluffy towel ready to take on the day.

And with classes that range from 5 to 90 minutes, you can find a ride that suits you.



20-metre pool with sauna,  
steam room and changing rooms





# RELAX IN STYLE.



## *Reset*

Relaxation is never far away. Decompress with a rooftop stroll along the reflexology walkway, ease your nerves and boost circulation. Or head to the ground floor yoga studio (for one of the regular yoga, meditation or Pilates classes), treatment room or poolside sauna and steam room.

← Rooftop reflexology walkway

↓ Yoga studio



- Poolside steam room and sauna
- ↓ Bookable treatment room



THE THOUGHTS AND FEELINGS THAT EMERGE  
FROM BEING ON THE SAUNA BENCH COULD NEVER  
APPEAR BEING ANYWHERE ELSE IN THE WORLD.

**F.E. Sillanpää**

*First Finn to be awarded a Nobel Prize in Literature*





*Reset*

Bring the drinks and pop the corn. Entertain friends and family in your very own cinema and entertainment space. And say hello to your new neighbours in the flourishing gardens right outside.



*Reset*

## THE CALMING FORCE OF NATURE

Lower blood pressure. Reduced stress and anxiety.  
Better moods. Nature has a measurable positive impact  
on our health, happiness, and well-being.

Wander across the stepping stone paths to discover sun  
traps and wildflower meadows. Lose yourself in thought  
under a silver birch.

Or play it cool with a game of badminton.



LANDSCAPED GARDENS

5,000 sq m

That's equivalent to 20 tennis courts.



## Getting about

Custom House station is only 3-minutes away from Eden House. And from here it's a mere 12-minutes to Liverpool Street and the City. Tottenham Court Road and West End theatres? 15-minutes. London's finest shopping and dining at Bond Street – a 17-minute trip.

There are also plenty of electric vehicle charging points. And a local car club scheme to help you get where you want, when you want, even without owning a car.

For shorter journeys, there are on-site lockers to keep your bicycle secure overnight.



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Find out more about  
Queens Cross





