

southall & soul

meet your new membership

a place that nourishes and nurtures

Every individual is different. But there are a few shared needs that we must all prioritise to live happy and fulfilling lives.

&Soul has been developed to meet those needs. From the basics of healthy nutrition and secure shelter to more abstract factors, like friendship, good relationships, and a sense of purpose that helps us take pride in our accomplishments. All ultimately building up to the highest of our needs – self-actualisation and the fulfilment of our potential.]

DEFICIENCY NEEDS

GROWTH NEEDS

Self transcendence

Helping others,
spiritual experience

Self actualization

Achieving individual potential

Aesthetic needs

Pursuit of beauty and creativity

Cognitive needs

Pursuit of knowledge and understanding

Esteem needs

Self-confidence, respect from others

Social belonging needs

Family, friendship, intimacy

Safety needs

Security, finances, freedom from fear

Physiological needs

Air, food, water, shelter, sex

membership features



private studios with 24-hour security

Your own fully furnished and secure space to sleep, work, and cook



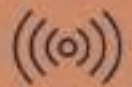
all-inclusive

Fixed-price utilities and studio, plus access to our daily classes and events programme, all in one easy monthly payment



flexible terms

No fixed term; choose your length of stay



work-ready

Fully-equipped co-working spaces with both quiet and collaboration zones, as well as a desk in your studio



gym, spa

Spaces to come together, stay active, and relax



daily wellness classes

Unlimited access to fitness, meditation, breathwork, and more – every single day



cutting-edge event programme

Keynote speakers, live music/DJs, on-site artist exhibitions, brand activations, workshops, and ceremonies



meaningful community

Connect with a thriving network of like-minded souls, seeking more from life



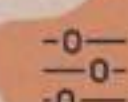
spaces for creativity

Recording, podcasting, graphic design, and artist studios



giving back

Opportunities to volunteer with local charities and meaningful causes, with a portion of event proceeds going to a charity chosen by the community



work exchange programme

Subsidised accommodation in return for bringing your skills to the community



studios & artist-in-residence programme

Subsidised studios, public exhibitions, and workshops

amenities

Enjoy an extraordinary 1850 sqm of amenities, designed to meet your needs for nourishment, self-care, personal development, human connection, work space, exercise, creativity, and letting loose

- Co-work
- Wild spa
- Sauna & ice baths
- Movement studio
- Shala
- Gym
- Screening room
- Recording & podcast studio
- Graphic design & digital art studio
- Non-alcoholic elixir bar
- Live music stage
- Kitchen garden
- Multi-functional event spaces
- Communal kitchen & dining room



the hearth



the shala

programming

The beating heart of &Soul is our rich events programme. We invite talented facilitators to stay in the building, offering their diverse and inspiring wisdom to the community all day long, every day of the year

Our programming covers everything from tai chi to tantra, ecstatic dance to conscious speed dating, and is based around the following 6 core pillars



ceremony & ritual



learning & development



fitness & self care



wholeness & healing



dance & play



connection & communication

sample weekly programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00	SUNRISE YOGA	PRIMAL MOVEMENT	HATHA YOGA	ASHTANGA YOGA	POWER HIIT	COMMUNITY GARDENING	ARTIST IN RESIDENCE OPEN STUDIO SESSIONS
8:30	BREATHWORK	MORNING MANTRA	MORNING MEDITATION	BREATHWORK	RUNNING CLUB		
10:00	ALIGNED ACTION CHECK-IN		ARM BALANCE AND HEADSTAND CLASS		LOCAL PARK LITTER CLEAN UP		ACROYOGA JAM
11:30							
13:00	POWER YOGA	HOLISTIC HIIT	TAI CHI	QI GONG	ANIMAL FLOWS	CRAFT CLUB	
14:30	POLE FITNESS	GENTLE YOGA	SOMATIC GROUP THERAPY	BOXING BASICS	KICKBOXING	ECSTATIC DANCE JOURNEY	COMMUNITY CHOIR
16:00							COMMUNITY DINNER
18:30	OPEN MUSIC JAM	IMPROV GAMES	SONG & POETRY WRITING	SKILL UP - BUSINESS DEVELOPMENT TALKS	CONSCIOUS CONNECTIONS: TANTRA WORKSHOP		
20:00		SALSA JAM		SOUND BATH		AMBIENT DJ SET	SAUNA JOURNEY & MOVIE NIGHT
21:30	DJ WORKSHOP		YIN YOGA				



the co-work

bedrooms

Choose from six room sizes – Ensuite, Snug, Cosy, Roomy, Spacious, and Deluxe, designed to accommodate a range of needs and budgets. Each room is also available in one of four unique themes – Earth, Fire, Air, or Water, allowing you to select an ambience that resonates with your elemental spirit

*The rooms in these photos have been dressed to show you how you could style yours



air

floors 2 & 3



fire

floors 4 & 5



water

floors 6, 7, 8



earth

floors 9, 10, 11



our rooms

Every one of our rooms, regardless of size, has a place to sit and work, a wardrobe, and an ensuite bathroom with a rain shower. Most have separate areas to work and dine

Our kitchenettes come with a two-ring induction hob, microwave-grills, sink, kettle, fridge-freezer, and storage space. They have beautiful stone worktops coloured according to their elemental theme

We have a range of different DDA rooms available upon request and would be delighted to hear from you to discuss your needs.

deluxe

Our Deluxe studio-style rooms are our most luxurious, with the best amenities in the most spacious layout. They offer a seamless experience ideal for couples or those who love their space

25 sqm

super king bed
double wardrobe
ensuite bathroom
large bench sofa
large dining table
bedside table
desk/dressing table
large kitchenette

from £1800 pcm



spacious

Our Spacious studio-style rooms offer the same thoughtfully designed amenities as in our Deluxe rooms in a smaller size, for more intimate luxury for singles or couples

from £1600 pcm

19-20 sqm
double/king bed
double wardrobe
ensuite bathroom
bench sofa
small dining table
bedside table
desk/breakfast bar
small kitchenette



roomy

Our Roomy studio-style rooms have a beautiful flow and logic to them,
making them the perfect 1-person studio

from £1500 pcm

15-16 sqm
small double bed
double wardrobe
ensuite bathroom
desk/breakfast bar
vanity desk
small kitchenette



COSY

Our Cosy studio-style rooms are neatly arranged with practical furnishings, creating a charming private haven

from £1400 pcm

12-15 sqm
small double bed
double wardrobe
ensuite bathroom
desk / breakfast bar
small kitchenette
vanity desk

snug

Our Snug studio-style rooms are skilfully designed to maximise amenities in a cosy space, best for those seeking efficiency

from £1300 pcm

9-11 sqm
small double bed
single wardrobe
ensuite bathroom
desk/breakfast bar
small kitchenette

ensuite

The same size as our Snug but without a kitchenette, our Ensuite studio-style rooms offer a peaceful retreat for guests preferring not to cook in their room

9-13 sqm
large single bed
single wardrobe
ensuite bathroom
desk

from £1200 pcm



your room at a glance

ensuite	snug	cosy	roomy	spacious	deluxe
single occupancy	single occupancy	single occupancy	single occupancy	single / double occupancy*	single / double occupancy*
9-13 sqm large single bed single wardrobe ensuite bathroom desk no kitchenette	9-11 sqm small double bed single wardrobe ensuite bathroom desk/breakfast bar small kitchenette	12-15 sqm small double bed double wardrobe ensuite bathroom desk/breakfast bar small kitchenette	15-16 sqm small double bed double wardrobe ensuite bathroom desk/breakfast bar small kitchenette vanity desk	19-20 sqm double/king bed double wardrobe ensuite bathroom desk/breakfast bar small kitchenette bench sofa small dining table bedside table	25 sqm super king bed double wardrobe ensuite bathroom desk/dressing table large kitchenette large bench sofa large dining table bedside table

founding member savings on longer stays

	ensuite	snug	cosy	roomy	spacious*	deluxe*
12 Months 4 Weeks free	£1200 pcm	£1300 pcm	£1400 pcm	£1500 pcm	£1600 pcm	£1800 pcm
6 Months 2 Weeks Free	£1225 pcm	£1325 pcm	£1425 pcm	£1525 pcm	£1625 pcm	£1825 pcm
3 Months 1 Week Free	£1250 pcm	£1350 pcm	£1450 pcm	£1550 pcm	£1650 pcm	£1850 pcm
1 Month	£1300 pcm	£1400 pcm	£1500 pcm	£1600 pcm	£1700 pcm	£1900 pcm

*your weeks free will be deducted from your 2nd month.

*Double occupancy available at an additional £200 extra p/m



the hive

southall &soul

[click to book a call to take the next steps](#)