



SHOREDITCH, LONDON

SHOREDITCH & SOUL

andsoul.com

stay@andsoul.com

[@andsoulcommunity](https://www.instagram.com/andsoulcommunity)

YOUR MONTHLY MEMBERSHIP INCLUDES

ALL BILLS COVERED

All utilities and taxes included. One fixed monthly payment, no surprises.

100+ CLASSES EVERY WEEK

Yoga, movement, dance, art, and music classes with Sanctuary Premium Unlimited.

WEEKLY CLEANING

Weekly communal area clean to keep your shared spaces pristine.

PRIVATE ENSUITE ROOM

Your private sanctuary in a shared villa, fully furnished with access to a fully equipped kitchen.

SENSORIUM SPA & GYM

Immersive sauna, ice baths, and an outdoor calisthenic gym with free weights.

01 OF 02

EVERYTHING YOU NEED. NOTHING YOU DON'T.

One membership. One monthly payment. A fully supported life in London from day one.

02 OF 02

WORK. WELLNESS. COMMUNITY.

Everything designed to support your ambitious lifestyle.

SHOREDITCH & SOUL · MEMBERSHIP

MORE OF WHAT MATTERS

INCREDIBLE COMMUNITY

An inspiring, ambitious community of like-minded humans.

DAILY CAFE

Serving hot drinks, organic snacks, healthy food, non-alcoholic elixirs, juices, and smoothies.

COWORKING SPACES

Dedicated areas to focus, create, and collaborate.

PRIME LOCATION

Brick Lane 5 min, Shoreditch High Street 8 min, Liverpool Street 12 min.

SHOREDITCH & SOUL · VALUE

UNBEATABLE VALUE

STAY WITH US FROM

£1,800

per month, with all of this included...



WHAT YOU GET

Rent (Zone 1/2)

Council Tax

Gas, Elec, Water

High-Speed Wi-Fi

Gym & Wellness

Coworking Space

Weekly Cleaning

WHAT YOU'D SPEND

£1,400

£120

£150

£40

£150

£200

£80

&SOUL MEMBERSHIP

INCLUDED

INCLUDED

INCLUDED

INCLUDED

INCLUDED

INCLUDED

INCLUDED

TOTAL

~~£2,140+~~

FROM £1,800

THIS WORKS OUT AS A OVER 15% COST SAVING EVERY MONTH



TRADITIONAL STAY

- Rent in Shoreditch
- Council Tax
- Gas & Electricity
- Water & Wi-Fi
- Gym & Wellness Membership
- Coworking Space
- Weekly Cleaning

&SOUL MEMBERSHIP

- One fixed monthly payment
- Everything included
- No hidden fees
- No setup costs

From £1,800 / month

SHOREDITCH & SOUL · LOCATION

GETTING TO & SOUL

114-116 CHESHIRE STREET

SHOREDITCH, E2 6EJ

BRICK LANE

A 5-minute walk from the villas

SHOREDITCH HIGH STREET

An 8-minute walk to the Overground

LIVERPOOL STREET

A 12-minute walk to the Elizabeth Line and National Rail

PRIME LOCATION

THE BEST OF EAST LONDON

Right on your doorstep. From world-class dining and vintage markets to the city's best nightlife and creative hubs.

COLUMBIA ROAD FLOWER MARKET

3 MINS

SPITALFIELDS MARKET

10 MINS

OLD STREET ROUNDABOUT

15 MINS

SHOREDITCH & SOUL · SPACES

AMENITIES

PRIVATE ENSUITE BEDROOMS

FULLY EQUIPPED COMMUNAL KITCHEN

SHARED DINING ROOM

COWORKING SPACES

SENSORIUM SPA

SAUNA & ICE BATHS

OUTDOOR CALISTHENIC GYM

MOVEMENT STUDIO

DAILY CAFE

NON-ALCOHOLIC ELIXIR BAR

COURTYARD

EVENT SPACES



SHOREDITCH & SOUL · MEMBER BENEFIT

THE SANCTUARY

RESIDENT UNLIMITED PREMIUM

Designed exclusively for those who call The Sanctuary home, this is our most complete expression of the space, a fully integrated wellness, social, and lifestyle membership. It gives you unrestricted access to everything The Sanctuary offers, with elevated privileges tailored to your everyday rhythm.

AS A RESIDENT, YOU RECEIVE:

- Unlimited access to all standard and premium classes
- Reformer access included (up to 2 bookings per class)
- 8 additional workshops per month
- 4 guest passes per month to share the experience

ENHANCED BENEFITS:

- 15% off Palm Greens (exclusive resident rate)
- 30% off all events
- Priority access to key experiences and programming

RESIDENT-ONLY ACCESS:

- Entry to the Residents' Hub — your dedicated co-working and community space
- 24/7 access for work, connection, or quiet reset

**THIS IS MORE THAN A MEMBERSHIP, IT'S YOUR DAILY ENVIRONMENT.
A SPACE TO MOVE, RECOVER, WORK, AND CONNECT, ALL WITHIN YOUR HOME.**



FIND US

114-116 CHESHIRE STREET

Shoreditch, London E2 6EJ

OPENING HOURS

Mon to Fri 7:00am — 10:00pm

Sat & Sun 8:45am — 10:00pm

Bank Holidays 10:00am — 6:00pm

REFUEL

PALM GREENS

Plant-based kitchen with seasonal, nourishing food designed around performance.

andsoulsanctuary.com

WEEKLY PROGRAMME

With over 100 classes a week, The Sanctuary offers a fully integrated wellness, social, and lifestyle schedule. From high-intensity Reformer Pilates to deep restorative Sauna Rituals. You can learn more about the sanctuary at andsoulsanctuary.com.

MON	TUE	WED	THU	FRI	SAT	SUN
<p>08:00 AM X-Club Signature Reformer REFORMER</p> <p>12:15 PM TRX: Strong HEART</p> <p>05:15 PM Infrared: Barre HEART</p> <p>06:30 PM Yoga: Kundalini & Gong SOUL</p>	<p>07:00 AM The Morning Method SOUL</p> <p>12:15 PM TRX: Pilates HEART</p> <p>05:15 PM Infrared: Yoga Sculpt HEART</p> <p>06:15 PM Hot Yoga: Deep Core HEART</p>	<p>07:15 AM Barre: Sculpt HEART</p> <p>09:00 AM Palm Greens Co-work Club SHOREDITCH & SOUL</p> <p>05:15 PM GUIDED: Surrender Sauna SAUNA</p> <p>06:15 PM Fascial Maneuvers HEART</p>	<p>07:30 AM Yoga: Hatha Flow HEART</p> <p>12:15 PM TRX: Sweat HEART</p> <p>06:00 PM OPEN: Silent Sauna SAUNA</p> <p>06:30 PM Sensual Breathwork SOUL</p>	<p>08:15 AM DANCE HEART</p> <p>10:30 AM Ambient + Baby HEART</p> <p>06:15 PM Capoeira HEART</p> <p>07:00 PM RAW: Uncensored Storytelling SOUL</p>	<p>09:00 AM Hot Yoga: Primal60 HEART</p> <p>10:30 AM Sanctum SOUL</p> <p>03:00 PM The Artist of Love SOUL</p> <p>05:15 PM GUIDED: Seasonal Saunagus SAUNA</p>	<p>09:30 AM GUIDED: Contrast Ritual SAUNA</p> <p>12:30 PM Amovement: Ground-based SOUL</p> <p>06:00 PM Vocal Sound Healing HEART</p> <p>07:00 PM Monthly Mixer - Social SOUL</p>

SHOREDITCH & SOUL · ROOMS

YOUR ENSUITE ROOM

Fully furnished, private ensuite rooms in a shared villa with 24-hour security. Designed to feel open and effortless, providing room to settle in, unwind, and make the space your own.

DELUXE · SPACIOUS · COSY



ALL IN ROOM RENT

ALL RATES INCLUDE BILLS, COUNCIL TAX, WEEKLY COMMUNAL CLEANING

COSY

£1,800

PER MONTH



- Up to 11 sqm
- Ensuite shower room
- Single wardrobe
- Double bed

SPACIOUS

£1,900

PER MONTH



- Up to 14 sqm
- Ensuite shower room
- Single or double wardrobe
- Double bed

DELUXE

ALL SOLD OUT

£2,000

PER MONTH



- Up to 15 sqm
- Ensuite large shower room
- Double wardrobe
- Double bed

ALL MEMBERS RECEIVE SANCTUARY MEMBERSHIP INCLUDED AS PART OF THEIR &SOUL STAY.

WHAT OUR MEMBERS SAY

★★★★★

"Best decision moving to London. The community is warm and inspiring."

SARAH T.

Member since 2024

★★★★★

"All bills and weekly cleaning included — moving in was effortless."

ELENA R.

Member since 2024

★★★★★

"The Sanctuary sauna every morning is a game changer for my routine."

JAMES M.

Member since 2025

★★★★★

"Amazing events and socials — always something to join if you want."

DAVID K.

Member since 2025

**JOIN AN
AMBITIOUS
COMMUNITY**

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