

SOUTHALL, LONDON

# SOUTHALL & SOUL

a place to land so you can leap

SOUTHALL & SOUL · MEMBERSHIP

# YOUR MONTHLY MEMBERSHIP INCLUDES

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## ALL BILLS COVERED

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

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## 40+ CLASSES EVERY WEEK

Yoga, movement, dance, art and music classes, all included in your membership.

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## WILD SPA — SAUNA, ICE BATHS & GARDEN

A full recovery and reset space on site. Sauna, cold plunge and outdoor garden to recharge.

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## FULLY EQUIPPED GYM

Brand new gym with free weights, machines and boxing equipment. Open daily.

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## DAILY COMPLIMENTARY BREAKFAST

Muesli, overnight oats, fruit, toast, butter and jams served each morning. Plus a daily cafe on site.

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01 OF 02

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# 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.

The infrastructure for a balanced, productive life.  
Built in from day one.

SOUTHALL & SOUL · MEMBERSHIP

## MORE OF WHAT MATTERS

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### 24/7 CO-WORKING & CREATIVE SPACES

Co-working space, podcast and audio studio, meeting room and games area with ping pong and pool table.

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### BI-WEEKLY STUDIO CLEAN

Professional clean every two weeks with fresh linen and towels provided.

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### AN AMBITIOUS COMMUNITY

A growing network of inspiring, driven people under one roof. Real connection built into daily life.

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### FLEXIBLE TERMS

No fixed term. Choose your length of stay and move at your own pace.

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### REGULAR EVENTS PROGRAMME

Live music, talks, artist exhibitions, workshops and social events. Something on every week.

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SOUTHALL & SOUL · VALUE

# UNBEATABLE VALUE

Stay with us from

**£1050** with all of this

included...



## WHAT YOU GET

## WHAT YOU'D SPEND

## &SOUL MEMBERSHIP

Ensuite Studio Apartment

£1,200

INCLUDED

Co-working Space

£150

INCLUDED

Gym, Yoga & Movement Classes

£60

INCLUDED

Wild Spa (Sauna & Ice Bath Access)

£40

INCLUDED

Podcast & Meeting Room (4 hrs/month each)

£100

INCLUDED

Daily Breakfast (£2 per day)

£60

INCLUDED

Bi-Weekly Studio Clean, Linen & Towels

£60

INCLUDED

Daily Commuter Taxi to Elizabeth Line

£100

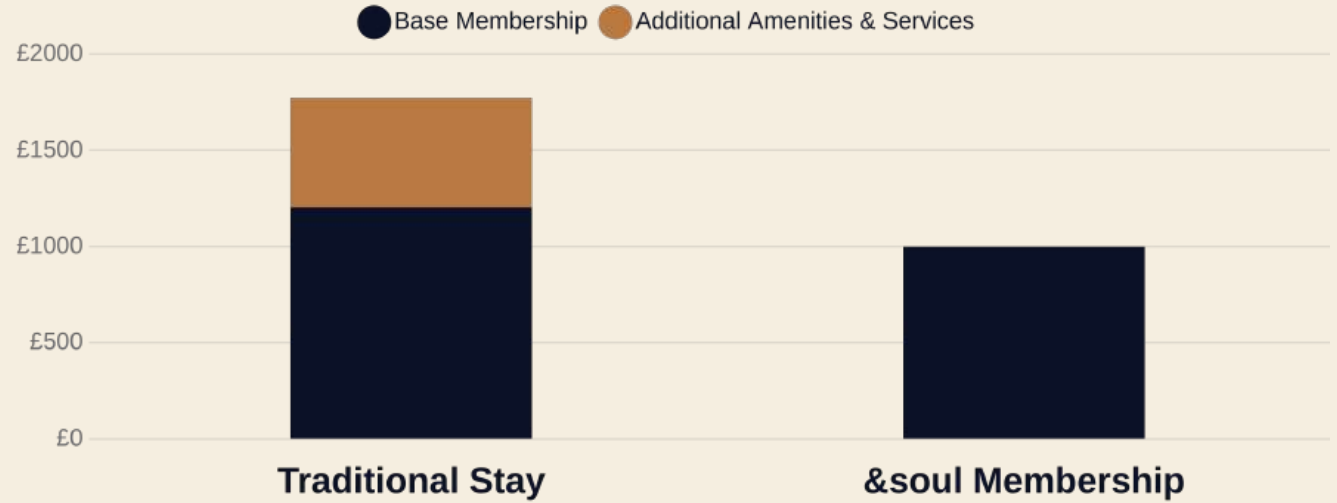
INCLUDED

TOTAL

£1,770

£995pcm

# THIS WORKS OUT AS A **OVER 40% COST SAVING** EVERY MONTH



### TRADITIONAL STAY

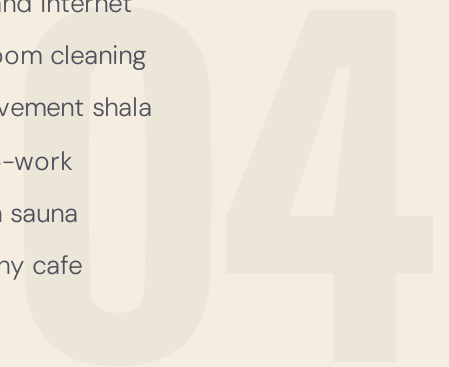
Unfurnished studio, excluding:

- Extensive shared space
- Rich programme of daily classes and events
- Ambitious community

### &SOUL MEMBERSHIP

Furnished studio-style room, including:

- Utilities, tax, and internet
- Fortnightly room cleaning
- Gym and movement shala
- Dedicated co-work
- Wild spa with sauna
- On-site healthy cafe



SOUTHALL & SOUL · LOCATION

# GETTING TO & SOUL

FIND US

**27 UXBRIDGE ROAD**  
SOUTHALL, UB4 0JN

## ELIZABETH LINE

A 20-minute walk from Southall station

## LIME BIKE

A 10-minute ride from the station

## BUS ROUTE

Accessible via the 427 bus



MEMBER PERK

# FREE DAILY COMMUTER TAXI

Direct to the Elizabeth line station at Hayes & Harlington.

MORNING DEPARTURES

EVENING RETURNS

**6:00 AM**

**6:00 PM**

**7:00 AM**

**7:00 PM**

**7:45 AM**

**8:00 PM**

Complimentary for all members. Booking required 24 hours prior. Service runs Monday to Friday.

# AMENITIES



CO-WORK

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WILD SPA

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SAUNA & ICE BATHS

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MOVEMENT STUDIO

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SHALA

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GYM

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SCREENING ROOM

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RECORDING & PODCAST STUDIO

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GRAPHIC DESIGN STUDIO

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NON-ALCOHOLIC ELIXIR BAR

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LIVE MUSIC STAGE

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KITCHEN GARDEN

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EVENT SPACES

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COMMUNAL KITCHEN

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19,000 sqm of amenities designed for nourishment, self-care, work, connection, and creativity.

19,000 sqm of amenities designed for nourishment, self-care, work, connection, and creativity.

SOUTHALL & SOUL · MEMBER BENEFIT

# THE SANCTUARY

SHOREDITCH, E2

A social wellness house in the heart of Shoreditch, blending movement, sauna and cold plunge. Strengthen the body, calm the mind, and connect with your community.

## MOVEMENT

Yoga, HIIT, qi gong, dance, handstands, reformer pilates and sound baths.

## WELLNESS

Sauna, cold plunge, and daily recovery sessions. Open Mon to Fri from 7am.

- **12-month members** receive Sanctuary membership included as part of their &soul stay.
- **Blue light workers** receive Sanctuary membership included as standard, regardless of term length.



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](https://andsoulsanctuary.com)



## MON

- **6:00am** Open Movement Space

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- **7:30am** Ashtanga Yoga

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- **6:00pm** Boxing

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- **7:00pm** Speed Dating

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- **8:00pm** Muay Thai Conditioning

## TUE

- **6:00am** Open Movement Space

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- **7:30am** Morning Coffee Meet-up

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- **6:00pm** New Member's Pizza & Chat

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- **7:00pm** Yoga (Slow Flow)

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- **8:00pm** Yin Yoga **SHALA**

## WED

- **6:00am** Open Movement Space **SHALA**

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- **7:30am** Meditation

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- **8:00am** Breathwork & Ice Bath

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- **6:00pm** New Member's Meet-up

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- **7:00pm** Community Dinner

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- **8:00pm** Music Jam

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- **8:00pm** Martial Arts

## THU

- **6:00am** Open Movement Space

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- **7:30am** Tai Chi

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- **8:00am** Gentle Yoga

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- **6:00pm** Zumba - Let's Dance! **SHALA**

## FRI

- **6:00am** Open Movement Space

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- **7:30am** Self Led Silent Meditation

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- **6:00pm** Friday Social **HIVE**

## SAT

- **6:00am** Open Movement Space

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- **9:00am** Martial Arts

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- **6:30pm** Live Music

## SUN

- **6:00am** Open Movement Space **SHALA**

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- **6:00pm** Sauna

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- **7:00pm** Games Night **HIVE**

## KEY

- Self-led members event
- Perfect for new members
- For deeper sharing
- Open to the public

SOUTHALL & SOUL · STUDIOS

# YOUR PRIVATE STUDIO

Fully furnished, private spaces 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 • NOOK • NOMAD



SOUTHALL & SOUL · STUDIOS

# DELUXE

Our Deluxe rooms offer our most generous layouts and considered amenities. Designed to feel open and effortless, they provide room to settle in, unwind, and make the space your own.

- 25 sqm
- Super king bed
- Double wardrobe
- Ensuite bathroom
- Large bench sofa
- Large dining table
- Bedside table
- Desk / dressing table
- Large kitchenette



MEMBERSHIP

from £1549 pcm



PRIVATE STUDIOS · 02

# SPACIOUS

Spacious rooms balance comfort and simplicity, featuring the same thoughtfully designed amenities as our Deluxe rooms in a more compact footprint.

**FROM £1250 PCM**

- 16-20 sqm
- Double wardrobe
- Bench sofa
- Bedside table
- Kitchenette
- Double/king bed
- Ensuite bathroom
- Small dining table
- Desk and breakfast bar

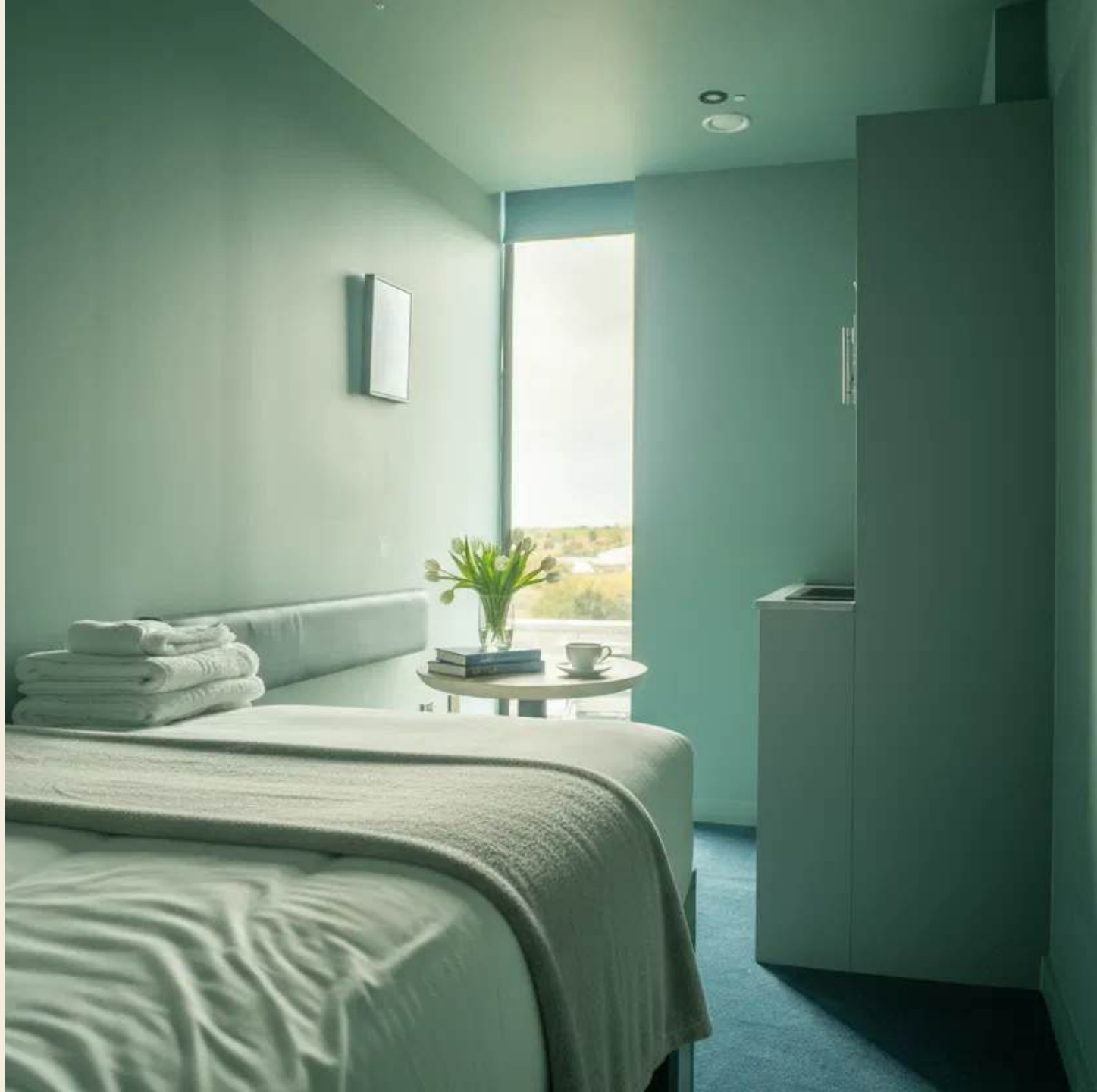
PRIVATE STUDIOS · 03

# COSY

Cosy rooms are perfectly proportioned for everyday life, offering a smart layout that maximizes space without compromising on the premium finishes of our larger studios.

**FROM £1150 PCM**

- 12-15 sqm
- Double bed
- Double wardrobe
- Ensuite bathroom
- Desk / breakfast bar
- Small kitchenette
- Vanity desk



PRIVATE STUDIOS · 04

# NOOK

Nook rooms offer a highly efficient layout, providing everything you need in a compact, smartly designed space. Perfect for those who spend their days in our shared spaces.

**FROM £1050 PCM**

- 9-13 sqm
- Single or double wardrobe
- Desk or breakfast bar
- Double bed
- Ensuite bathroom
- Small kitchenette



# NOMAD

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The Nomad studio is our most streamlined offering. Perfect for those who spend their days in our co-working spaces and evenings in the communal kitchen, it provides a private, secure sanctuary to rest and recharge.

**FROM £995 PCM**

- 9-12 sqm
- Single wardrobe
- Workspace desk
- Large single bed
- Ensuite bathroom
- No kitchenette



# MEMBERSHIP PRICING

COMPARE STUDIOS	NOMAD	NOOK	COSY	SPACIOUS	DELUXE
OCCUPANCY	Single	Single	Double	Double	Double
SIZE	9-12 sqm	9-13 sqm	12-15 sqm	16-20 sqm	25 sqm
KITCHENETTE	Shared only	Private	Private	Private	Large Private
6+ MONTHS	£995 <sub>pcm</sub>	£1,050 <sub>pcm</sub>	£1,150 <sub>pcm</sub>	£1,350 <sub>pcm</sub>	£1,549 <sub>pcm</sub>
3+ MONTHS	£1,050 <sub>pcm</sub>	£1,150 <sub>pcm</sub>	£1,250 <sub>pcm</sub>	£1,450 <sub>pcm</sub>	£1,650 <sub>pcm</sub>
1 MONTH	£1,150 <sub>pcm</sub>	£1,250 <sub>pcm</sub>	£1,350 <sub>pcm</sub>	£1,550 <sub>pcm</sub>	£1,800 <sub>pcm</sub>
NIGHTLY RATE	£60 <sub>/night</sub>	£65 <sub>/night</sub>	£70 <sub>/night</sub>	£80 <sub>/night</sub>	£90 <sub>/night</sub>

All memberships include utilities, tax, internet, fortnightly cleaning, gym, spa, co-working, and daily wellness classes. No hidden fees.

## 12-MONTH OFFER

**COMMIT FOR A YEAR,  
WE'LL REWARD YOU FOR IT**

- 1 month free when you join for 12 months
- £500 Amazon or John Lewis voucher included

\*On specific rooms only. Your free month is your 12th month. Your £500 voucher is paid after your 3rd month, subject to successful income checks upon booking.

SOUTHALL & SOUL · COMMUNITY

# WHAT OUR MEMBERS SAY

★★★★★

"An incredible community and beautiful spaces. The perfect place to land in London. The team goes above and beyond."

**KAIS SADAT**

★★★★★

"Having everything included in one monthly bill makes life so much easier. The co-working space is excellent."

**CALLUM WEBBER**

★★★★★

"A genuinely ambitious community. I've met so many great people since moving in. Highly recommend."

**HAKAM FARID**

★★★★★

"The daily wellness classes and gym are top tier. It's completely changed my routine for the better."

**DARREN HENDRICK**

★★★★★

"The studios are thoughtfully designed and the amenities are unmatched. A truly premium stay experience."

**MOHAMMED AHMED**

★★★★★

"The free commuter taxi is a game changer. The whole experience feels incredibly premium from day one."

**ADAM LIND**



SOUTHALL, LONDON

# SOUTHALL & SOUL

[andsoul.com](https://andsoul.com)

• [stay@andsoul.com](mailto:stay@andsoul.com)

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