



# The Wellness Work Zone

## Collaborate. Connect. Community.

A shared workspace  
to **GROW** your business.

Resilience Zone, The Glasshouse, Top Floor, 11-12 Lettice Street, London SW6 4EH.  
T: 020 7736 9616 E: [events@resilience-zone.com](mailto:events@resilience-zone.com)



# The Glasshouse



If you're looking for a **collaborative workplace** to offer in person therapy, life coaching sessions, massage, acupuncture, a wellness event, an employee away day, a lifestyle photoshoot or a self-care urban retreat we have everything you need.

Our aim is to create a **wellness community** of highly experienced practitioners, an environment where you reap all the benefits of being part of a team (with the freedom of running your own business). We also invite you to collaborate and become part of our events calendar or perhaps think about teaming up with some of the other practitioners to create an immersive event experience. Our aim is to create a **wellness community where we all thrive together**.

Resilience Zone is set in a beautiful, **listed building** with spectacular floor-to-ceiling windows, this iconic building is full of natural light, high ceilings and boasts modern interiors with a quirky, youthful feel - the perfect backdrop to welcome your clients.

**Situated on the first floor, with video intercom to access, we offer a comfortable reception with tea, coffee, water and excellent WIFI.**





# Room: HQ Studio



**£125** per hour\*

**£500** per half day

**£950** per day

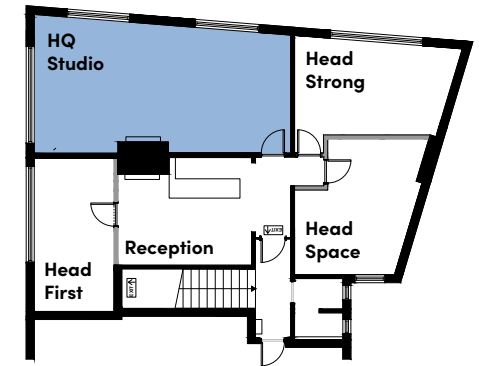
Prices based on room only. \*Minimum 2 hours.

## Measurements:

7.5m x 4m

## Description:

With stunning floor-to-ceiling lead glass windows, HQ Studio offers a bright and airy space that floods the room with plenty of natural light. Original wooden floorboards, whitewash stone walls, high vaulted ceilings you also have the option of atmospheric wall and ceiling lighting. Excellent WIFI.



**Capacity:** 25 seated, 40 standing,  
16 yoga mats



## Extras: Prices on request

\* Additional cleaning cost

- Projector
- Projector Screen
- Chairs x 25
- Yoga mats x 16
- Bolsters x 16\*
- Blankets x 16\*
- Yoga Blocks x 16
- Yoga Straps x 16
- Eye Pillows x 16\*
- LED Uplighters

## Access and set up:

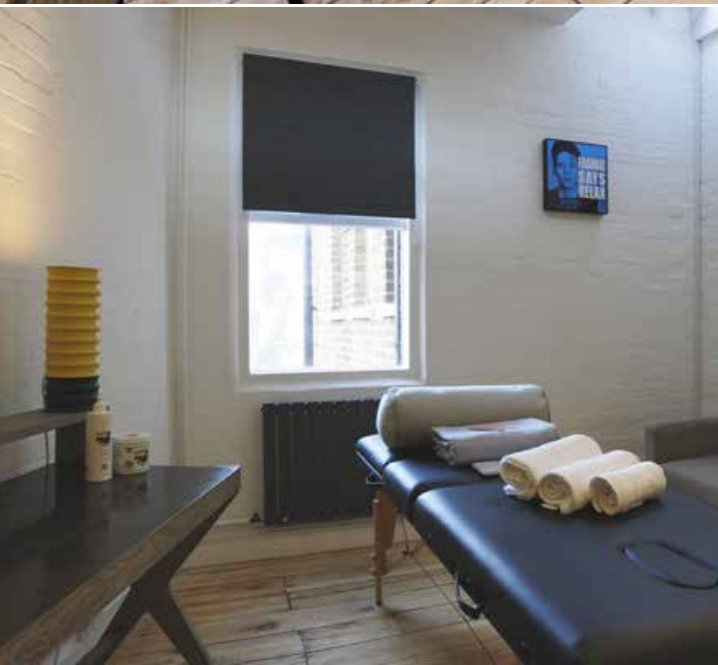
1 hour set-up and breakdown included. Additional time will be charged by the hour.

## Hours:

**Full day:** 9-5pm

**Half Day:** 9-1pm or 2-6pm

**Early Morning:** 6am – 9am  
**& Evening:** 7pm – 10pm  
upon request



# Room: Head Space



**£30** 75mins trial

**£75** per half day

**£150** per day

**£200** Credits – 5 hours

**£350** Credits – 10 hours

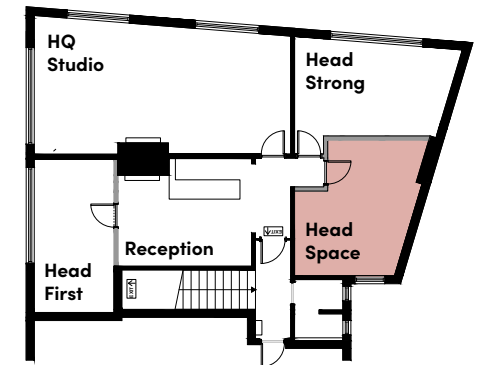
*Prices based on room only.*

## Measurements:

3.2m x 3.5m

## Description:

A quiet beautiful room set at the back of the building, this room has a double seated sofa, desk and chair. With a vaulted ceiling the glass skylight creates excellent natural light, there's also a window overlooking gardens. Excellent WIFI.



## Extras: *Prices on request*

- Massage Table
- LED Uplighters
- Towels

## Access and set up:

1 hour set-up and breakdown included. Additional time will be charged by the hour.

## Hours:

**Full day:** 9-5pm

**Half Day:** 9-1pm or 2-6pm

**Early Morning:** 6am – 9am  
& **Evening:** 7pm – 10pm  
*upon request*





# Room: Head First



**£30** 75mins trial

**£90** per half day

**£180** per day

**£200** Credits – 5 hours

**£350** Credits – 10 hours

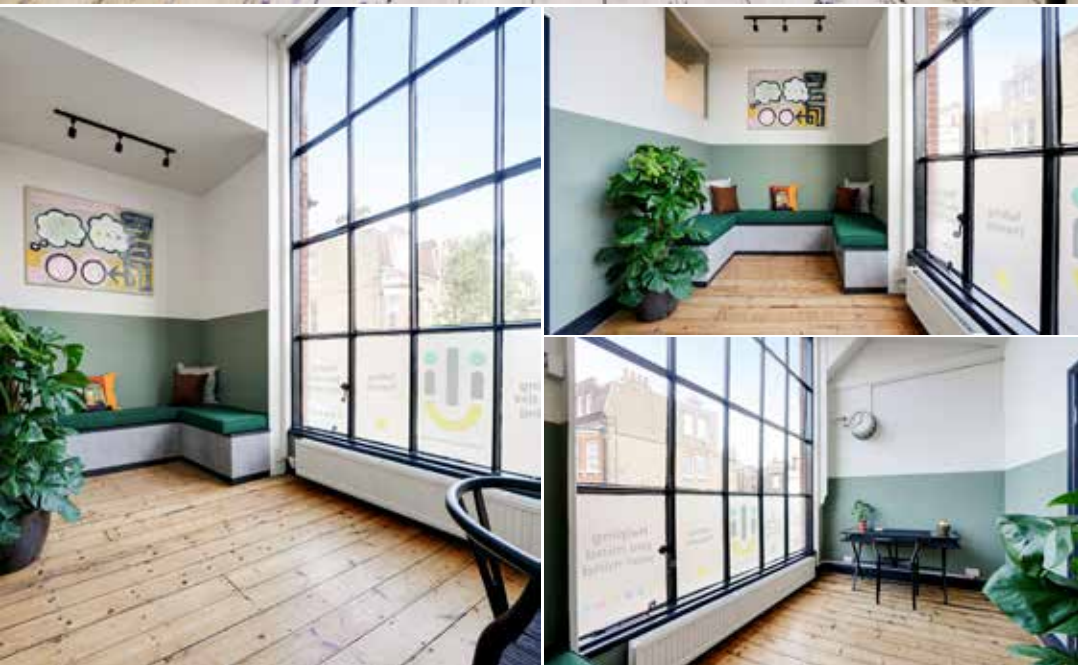
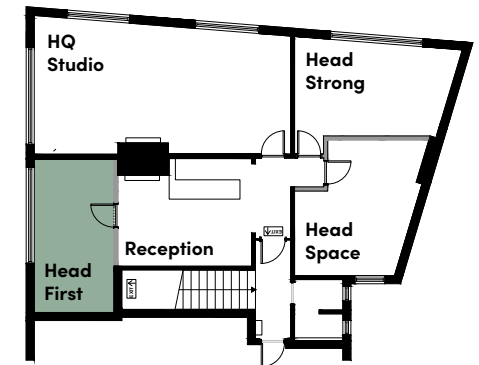
*Prices based on room only.*

## Measurements:

5m x 2.5m

## Description:

Set at the front of the Glasshouse building, this room offers beautiful floor to ceiling windows and plenty of natural light. A built-in seated area offers a shared space to sit with clients as well as a desk and additional chair. Excellent WIFI.



## Extras: *Prices on request*

- Massage Table
- LED Uplighters
- Towels

## Access and set up:

1 hour set-up and breakdown included. Additional time will be charged by the hour.

## Hours:

**Full day:** 9-5pm

**Half Day:** 9-1pm or 2-6pm

**Early Morning:** 6am – 9am  
& **Evening:** 7pm – 10pm  
*upon request*



## Room: Head Strong



**£30** 75mins trial

**£90** per half day

**£180** per day

**£200** Credits – 5 hours

**£350** Credits – 10 hours

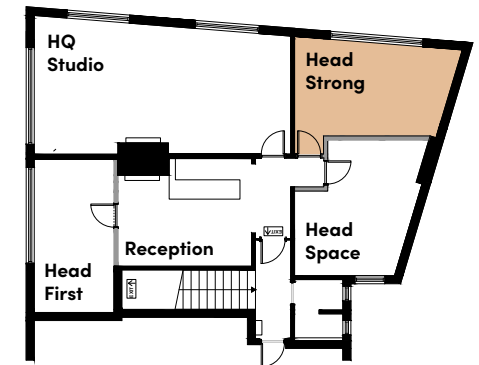
*Prices based on room only.*

### Measurements:

5m x 3.5m

### Description:

Large floor to ceiling windows, plenty of natural light with very high ceilings. Head Strong has a triple seated sofa, single large armchair, desk and chair, making it an ideal space for small group meetings or presentations. The projector screen fits in perfectly.



### Extras: *Prices on request*

- Projector
- Projector Screen
- Massage Table
- Towels
- LED Uplighters

### Access and set up:

1 hour set-up and breakdown included. Additional time will be charged by the hour.

### Hours:

**Full day:** 9-5pm

**Half Day:** 9-1pm or 2-6pm

**Early Morning:** 6am – 9am  
**& Evening:** 7pm – 10pm  
*upon request*





# Exclusive Hire



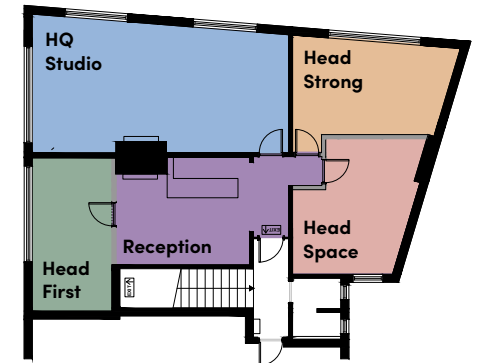
£850 per half day

£1,500 per day

## Description:

If you're looking for exclusive hire of Resilience Zone at the Glasshouse, we have three large consulting rooms, each designed to feel contemporary and tranquil, one large communal space and a reception area that also doubles up as a working space.

Resilience Zone is the perfect location for off-site meetings and presentations, employee away days, an urban retreat a hen/birthday party or private self-care day with a difference. We offer the space as a



dry hire (with no extras), or we can provide a bespoke experience around you and your requirements.

See individual rooms for more details.



## Extras: Prices on request

\* Additional cleaning cost

- |                    |                    |                     |
|--------------------|--------------------|---------------------|
| • Projector        | • Bolsters x 16*   | • Eye Pillows x 16* |
| • Projector Screen | • Blankets x 16*   | • LED Uplighters    |
| • Chairs x 25      | • Yoga Blocks x 16 | • Massage Table     |
| • Yoga mats x 16   | • Yoga Straps x 16 | • Towels            |

## Access and set up:

1 hour set-up and breakdown included. Additional time will be charged by the hour.

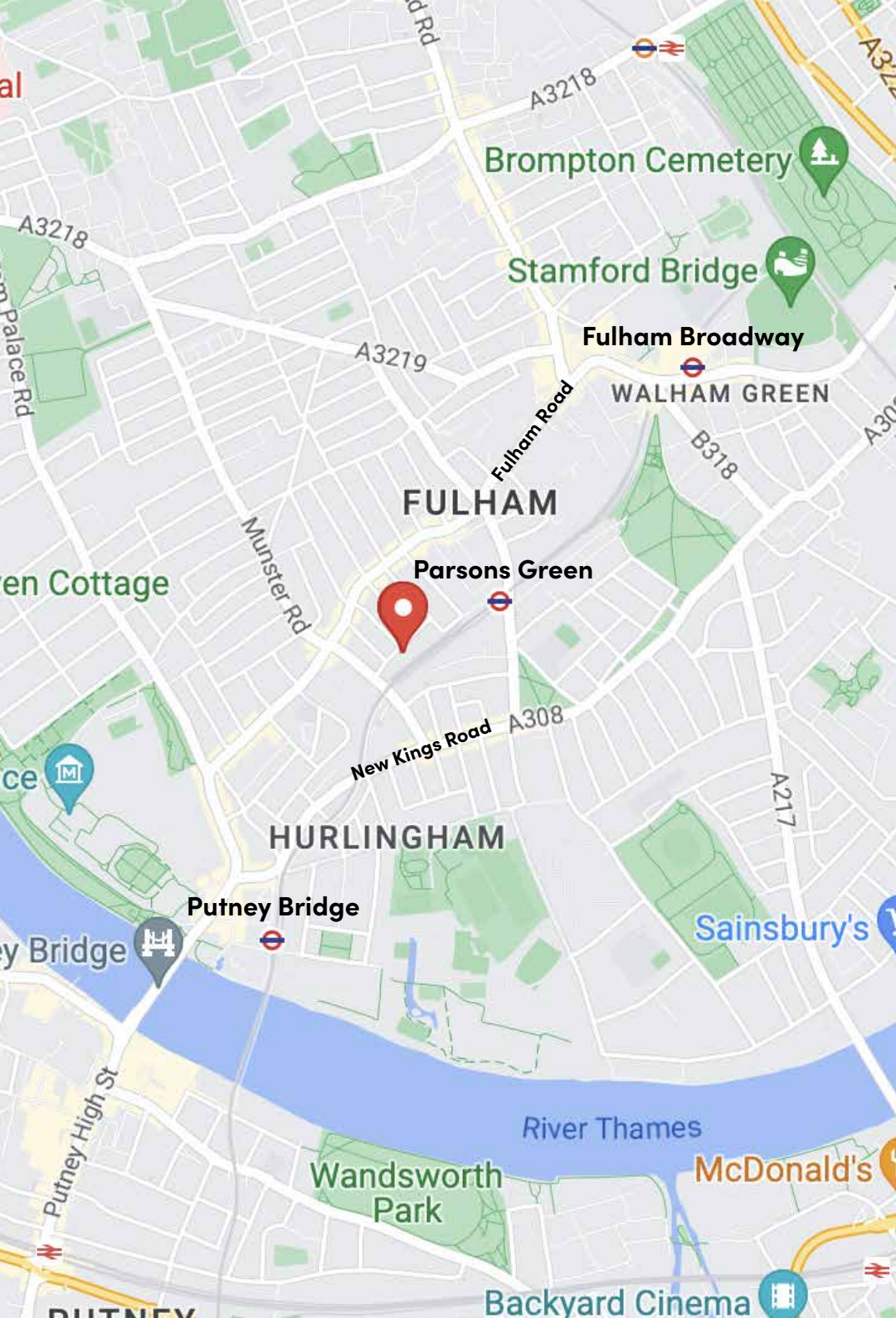
## Hours:

**Full day:** 8 hours between 6am–10pm

**Half Day:** 9–1pm or 2–6pm

**Early Morning:** 6am – 9am

**& Evening:** 7pm – 10pm  
upon request



# Location



## Address

Resilience Zone,  
The Glasshouse,  
Top Floor,  
11-12 Lettice Street,  
London SW6 4EH.

**Please access via door  
with 11-12 plaque** and  
not via the Power Yoga studio.

There are stairs to climb,  
unfortunately **we do not  
have a lift.**

## Tube Stations

### Parsons Green

- 5 minutes walk  
(take the back entrance)

### Fulham Broadway

- 15 minutes walk

### Putney Bridge

- 15 minutes walk





# Price List



## HQ Studio

**£125** per hour\*

**£500** per half day

**£950** per day

## Head Space

**£30** 75mins trial

**£75** per half day

**£150** per day

**£200** Credits – 5 hours

**£350** Credits – 10 hours

## Head First

**£30** 75mins trial

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## Head Strong

**£30** 75mins trial

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**£180** per day

**£200** Credits – 5 hours

**£350** Credits – 10 hours

## Exclusive Hire

**£850** per half day

**£1,500** per day

## Off Peak

Off peak hours are available at reduced fees. Enquire for hours.

*All prices are exclusive of VAT*



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