

SOUL

· WELLNESS HUB & CAFE ·



BOOKING
GUIDE
2026/27

WWW.SOULWELLNESSHUB.COM





Welcome to SOUL Wellness

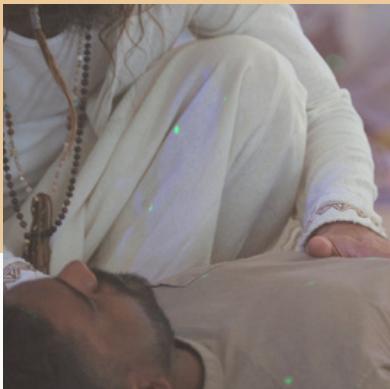
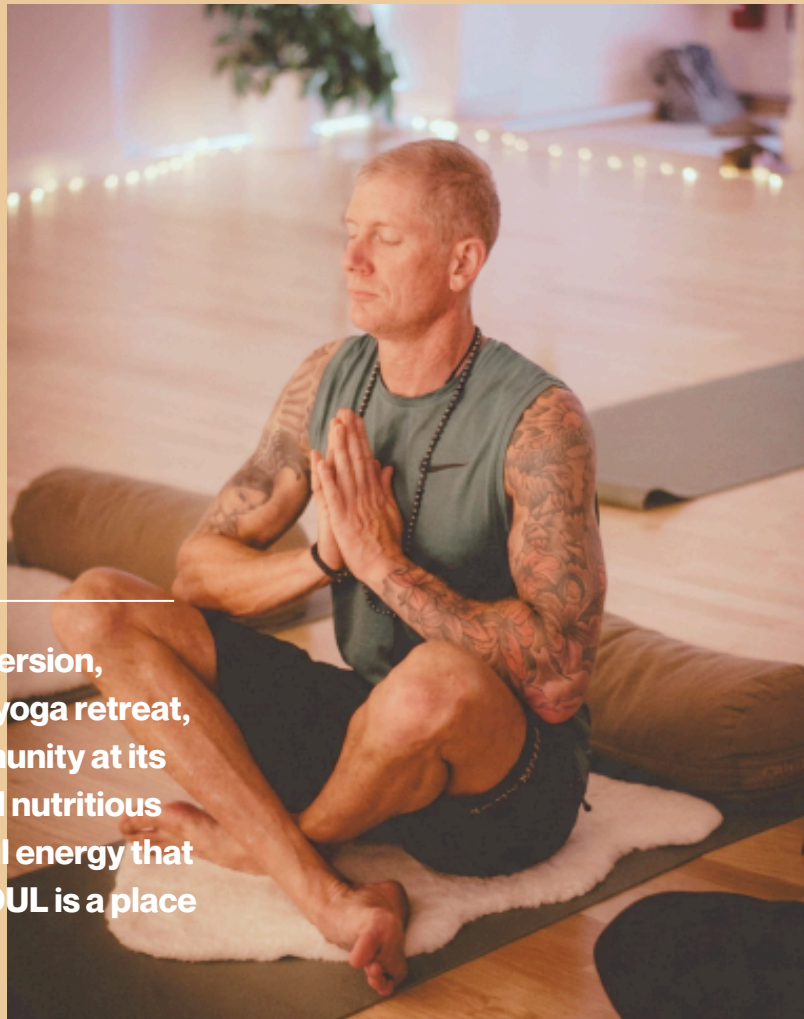
**A place for your
authentic heart to shine!**

Our holistic wellness centre and vegetarian café is nestled in the beautiful Calder Valley in the heart of West Yorkshire.

With a float tank, infrared sauna, hot tub, cold plunge, two yoga studios, bohemian clothes shops, health shops, café, and live music venue, an outdoor garden space with a fire pit, and numerous therapy rooms, you're sure to find yourself at home at SOUL.

Make your event a magical experience

Whether you're creating a weekend immersion, holding a ceremony, a circle, dance, or a yoga retreat, our space has it all. With a growing community at its core, multiple spa facilities, delicious and nutritious catering options, and a safe and powerful energy that supports your growth and expansion, SOUL is a place where your vision can truly come to life.



Retreats & Workshops

Hold day events, retreats, workshops, and ceremonies, with catering available.

Luxury Spa Facilities

Add a hot tub, infrared sauna, or cold plunge sessions to your event.

Birthdays & Celebrations

Hire multiple spaces, PA systems available for usage. Catering & cakes available.



Studios | Garden | Café

Large and medium studio, café space with stage, beautiful outdoor garden with a fire pit and stunning views, children's play and learn space, infrared sauna, hot tub, cold plunge/ice bath, co-working and meeting/conference rooms, all available to hire. Browse through our different spaces and select the ones for your experience today.

Please note: SOUL is a sober alcohol-free space, alcohol must not be brought on to our premises.

Book for multiple hours and receive discounts





The Temple

Studio 1



The Womb

Studio 2



The Café

Café & live music venue



Eden

Hot tub, cold plunge, fire



The Pod

Children's space



Co-Working Space

Work & conference room



THE TEMPLE

Studio 1: The Temple

A heavenly sacred sanctuary

High in the upper reaches of our converted church, this is a truly wonderful and expansive studio space, imbued with a powerful and blissful energy. A sense of divine peacefulness fills the room, uplifting your soul as you enter.

The Temple is our main ceremonial and studio space, a large and spacious studio measuring 1,450 sq ft, boasting a beautiful bespoke wooden sprung floor, a powerful two-speaker PA system, and an eight-channel mixing desk with Bluetooth compatibility, and a Shure SM58 professional dynamic microphone. There are also 25 foldable full-size chairs, two large foldable tables, and a projector with a screen available for use on request.

This space is your alchemical canvas. Hold transformative ceremonies, weekend immersions, ecstatic dances, sound baths, yoga, breathwork, or anything else your heart desires.



Booking Cost per hour

£20-£25

- £20 per hour Monday - Thursday
- £25 per hour Friday - Sunday
- 10% discount for 5+ hour bookings
- 20% discount for 10+ hour bookings



THE WOMB

Studio 2: The Womb

Be held in the sacred
womb space.

Our second studio space is a sacred cocoon,
partially set below ground level; you are truly held
in the womb of the Earth Mother.

The space is perfect for women's circles, men's
work, intimate workshops and ceremonies, smaller
yoga classes, dances, group sessions, or speaking
events.

At 390 sq ft, this is a beautifully contained studio.
We have a Behringer MPA100BT two-channel PA
speaker, with a wireless microphone and Bluetooth
compatibility. Ten floor chairs are set up in the
space as standard. There are also 25 foldable full-
size chairs, two large foldable tables, and a
projector with screen available for use on request.



**Booking Cost
per hour**

£15

- 10% discount for 5+ hour bookings
- 20% discount for 10+ hour bookings





THE CAFÉ

FOOD | DRINK | SHOPPING | LIVE MUSIC

Café Space

The heart centre of our healing space

Our bohemian café is a beautiful eclectic space, ready to meet your event's every need.

The café is a truly magical place to relax, connect, and enjoy lovingly prepared vegetarian and vegan food, along with a warm cup of cacao, coffee, or herbal tea. There are several dining tables, two clothing shops, and a health store; a stage area with PA system and lighting perfect for live music, a lounge area, and a traditional log-burning stove. The bar serves a wide array of hot drinks, healthy cold drinks, and health-conscious snacks and cakes.

Whether you are holding a talk, putting on a live music event, or enjoying a birthday celebration, the café is the space for you.

You can also book our large 10-person table for smaller art-based workshops or meet-ups.

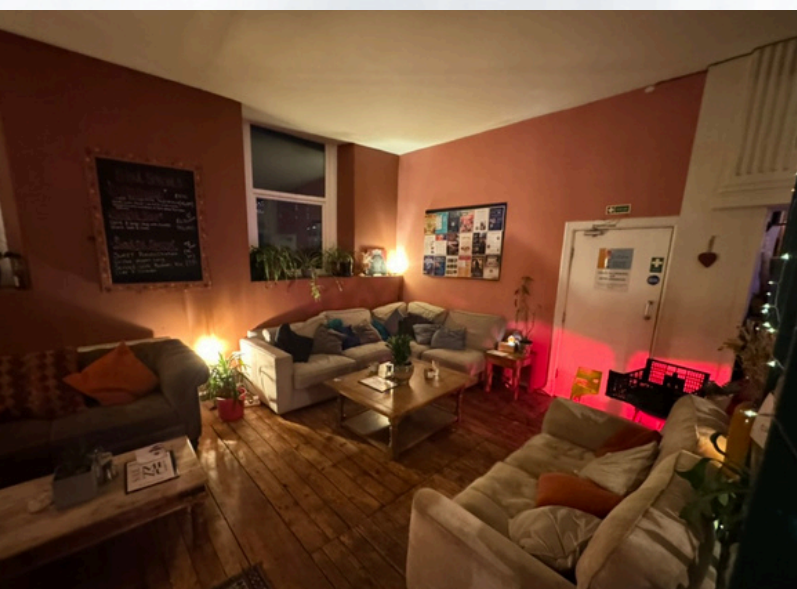


Booking Cost per hour

£8-£25

- £8 per hour large table <10 people
- £25 per hour full cafe use, from 5pm*
- 10% discount for 5+ hour bookings
- 20% discount for 10+ hour bookings

*café will still be open to the general public until 7pm



EDEN

Garden Space

Return to paradise in Eden

With a covered stage area, seating area, mini kids' play space, and a food truck, our secret café garden is a peaceful and inspirational place to be.

Whether you're relaxing in our hot tub, taking an ice bath in our top-of-the-range luxury cold plunge, huddling around our bespoke fire pit in ceremony, or simply taking in the beautiful surroundings and views with a delicious meal and warm drink from our café, we have a little slice of paradise for you to enjoy.

The garden is perfect for extensions to your retreat or event, holding a fire circle, taking a dip in the hot tub, adding ice bath dips to your day, we have all you need.

Non-exclusive use of the garden area, for non-disruptive sessions (i.e. will not disturb the general atmosphere), available all day. "After hours" exclusive use from 7pm.



Booking Cost per hour

£20-£25

- £20 per hour - reserving the fire circle or stage area until 7pm*
- £25 per hour exclusive use from 7pm
- £5 per hour for fire wood
- 10% discount for 5+ hour bookings
- 20% discount for 10+ hour bookings

*café garden will be open to the general public until 7pm





The Pod

CHILDREN'S PLAY & LEARNING SPACE

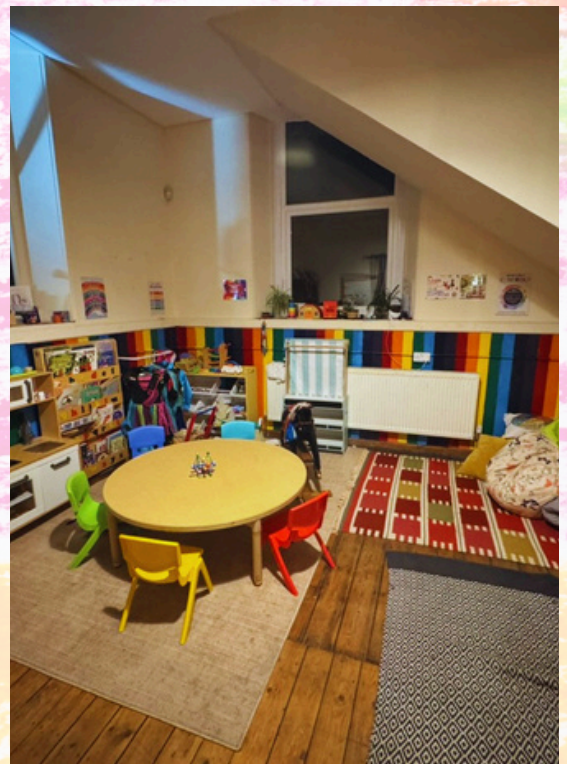
Kids Play Space

Explore, learn, and play

The Pod is a cosy little world of imagination within SOUL Wellness Hub. A nurturing space where children can explore, create, and connect.

Thoughtfully designed for play, learning, and creativity, it's the perfect setting for storytelling circles, craft workshops, play sessions, and inspiring activities for young minds. Warm, welcoming, and filled with simple joys, The Pod invites facilitators to create experiences where curiosity blossoms and children feel free to express and be themselves.

Inspired by Steiner, Waldorf, and Montessori philosophies, our intention is to provide a nurturing and stimulating environment that encourages creativity and growth in every child.



Booking Cost per two hours

£15

- 10% discount for 5+ hour bookings
- 20% discount for 10+ hour bookings





CO-WORKING SPACE

Work & Meetings

Work with clarity, create with intention.

Our Co-Working space offers a peaceful and inspiring environment for focused work and collaboration. Designed as a quiet workspace adjacent to our vibrant café, it features a six-to-eight-person conference table, a large wall-mounted whiteboard, colour printer, and laminator, making it ideal for meetings, planning sessions, workshops, or small conferences.

Available for both hot-desk working and hourly private hire, the space allows individuals, organisations, and community groups to gather, create, and share ideas. Usage of the printer and laminator is available (at an additional cost per sheet). Internet speed is approx: 280mbps download speed with 50mbps upload speed.



Booking cost per Hour

£15

- 10% discount for 5+ hour bookings
- 20% discount for 10+ hour bookings
- Single person day drop in £5





LUXURY SPA ADDON FACILITIES

Take your event or retreat to the next level
with our luxury spa offerings.

From £35

Multiple booking discounts available

Find the right spa experiences for your event today. Add multiple spa offerings and receive a discount. Prices displayed here are only for facilitators or event organisers who are also booking at least one of the main spaces.



Select your spa add-ons

Rent an hour or more, in two or more of the; sauna, hot tub, and ice bath, and receive a 10% discount.

**Prices displayed here are only for facilitators or event organisers who are also booking at least one of the main spaces.*



Infrared Sauna

Detoxify and rejuvenate

8-10 person

Detox in our FAR infrared sauna, and enjoy a deeply relaxing experience, with innumerable health benefits.

Hourly rate

£40.00



Hot Tub

Relax in luxury

6 - 8 person

Luxurious outdoor hot tub in our garden space Eden, with additional UV filtration and minimal chlorine usage.

Hourly rate

£55.00



Cold Plunge

Invigorate yourself

1 person at a time

Enjoy the therapeutic benefits of our top-of-the-range ReWylld cold plunge with ozone filtration and minimal chlorine.

Hourly rate

£35.00

SOUL CACAO

ceremonial grade

From £11



Highest quality ceremonial grade in-house SOUL Cacao available.

SOUL Cacao is available for purchase, either in bags, or we can make a large pot of cacao for your ceremony or event. Our raw cacao is the highest quality ceremonial grade, sustainably sourced from family farmers in Venezuela, and lovingly packed here at SOUL in the Calder Valley.





SOUL CACAO

100g Bag **£11**

250g Bag **£22**

500g Bag **£38**

Or special event booking price of **£3.95** per 40g ceremonial dose cup, to have your cacao loving prepared, with plant or cow's milk, and ready for you to serve at your event.





Nutritious & Delicious Catering Options

Food options to meet every budget

From £85

Pick a catering package

We offer several catering package options from our catering team at Peaceful Patisserie. Please note that if you have fewer than ten attendees at your event, we cannot provide catering from the catering menu, but you are welcome to order food from our main café menu and pre-book your food. Food brought from outside cannot be eaten in our space.*

*Food purchased elsewhere, or brought from outside our space must not be consumed on the premises, unless explicitly agreed by us as a reasonable adjustment, required for a medical need, or infant feeding, or otherwise required by law.





Catering MENU

GLOW PACKAGE

ABUNDANT DISHES DESIGNED TO NOURISH

10 persons + choose 1 | 20 persons + choose 2 | 40 persons + choose 3

• **Jamaican and Thai Fusion Curry** •

Sweet Potato, Chickpea and Peanut Curry, topped with Roasted Peanuts and a Slice of Lime. Served with Coriander Rice (VG, GF)

• **Green Goddess Pasta** •

Penne Pasta with a Sauce of Cashew Cream and Seasonal Greens, topped with Rocket, Toasted Walnuts and a Pomegranate Molasses Drizzle (VG, GFO)

• **Burrito Bowl** •

Mexican Spiced Rice, Homemade Salsa, Mixed Beans, Coriander Guacamole, Vegetables and a Chipotle Chilli Drizzle. (VG, GFO)

• **Korean Bibimbap Bowl** •

Sticky Coconut Rice served with Gochujang Cauliflower, Miso Mushrooms, Kimchi, Shredded Rainbow Vegetables and Kimchi Mayo Dressing (VG, GFO)

• **Rainbow Buddha Bowls** •

Coriander and Lemon Quinoa, topped with Rainbow Vegetables, Smokey Sesame Hummus, Sauerkraut, Roasted Chickpeas, Spring Onions and a Tahini, Lemon and Miso Dressing (VG, GF)

• **Golden Noodle Soup** •

Fragrant Turmeric and Coconut Broth, with Wild Mushrooms, Roasted Vegetables, Fried Chilli and Crispy Sesame Tofu (VG, GFO)

£11 PER PERSON





REVITALISE PACKAGE

LIGHTER, BALANCED VIBRANT DISHES

10 persons + choose 1 | 30 persons + choose 2

• **Smokey Veg & Mixed Bean Chilli** •

Served with Coriander Rice (VG, GF)

• **Rainbow Noodle Salad** •

*Rainbow Vegetable Noodle Salad, with Citrus
and Peanut Dressing (VG, GFO)*

• **Roasted Mediterranean Vegetable Salad** •

Served with Warm Flatbread (VG, GFO)

• **Kale Quinoa Salad** •

*Kale Salad, with Vegan Feta, Fresh Citrus and
a Balsamic Dressing, served with Quinoa (VG, GF)*

£8.50 PER PERSON

NOURISH PACKAGE

GROUNDING WHOLESOME COMFORT DISHES

Min 20 persons, choose 1 (self serve)

• **Classic Dhal** •

A delicious traditional red lentil dahl, served with steamed rice (VG, GF)

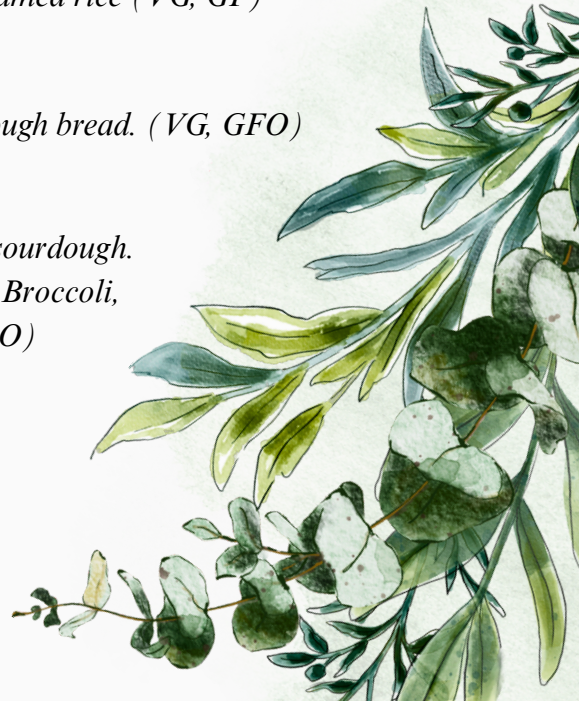
• **Seasonal Stew** •

Hearty homemade stew, served with local artisan sourdough bread. (VG, GFO)

• **Homemade Soup** •

*Homemade soup, served with local artisan sourdough.
Chosse between Leek & Potato, Creme of Broccoli,
or Sweet Potato & Chilli (VG, GFO)*

£6 PER PERSON





TAILORED BUFFET SPREAD

20 persons +

• **Vegetarian or Vegan Buffet Spread** •

*Includes fruit platters, salads, fresh baked pastries, vegetarian charcuterie boards, hummus and dips, choice of pasta or curry
(V, VGO, GFO)*

£12.50 PER PERSON

DESSERTS

10 persons + choose 1 | 40 persons + choose 2

• **Salted Date Caramel and Cacao Brownies** •

Served warm with Oat Cream (VG, GF, Refined Sugar Free)

• **Cacao Avocado Mousse Pots** •

*Served with Fresh Seasonal Berries and Peruvian Dark Chocolate Shavings
(V, VGO, GF, Refined Sugar Free)*

• **Caramel Apple Oaty-Crumble** •

*Served with Oat Cream or Vanilla-Coconut Custard
(V, VGO, GF, Refined Sugar Free)*

• **Raw Salted Date-Caramel and Cacao Mousse Tart** •

*Served with Fresh Seasonal Berries
(V, VGO, GF, Refined Sugar Free, Whole-food)*

• **Raw Coconut-Crème-Brûlée Tart** •

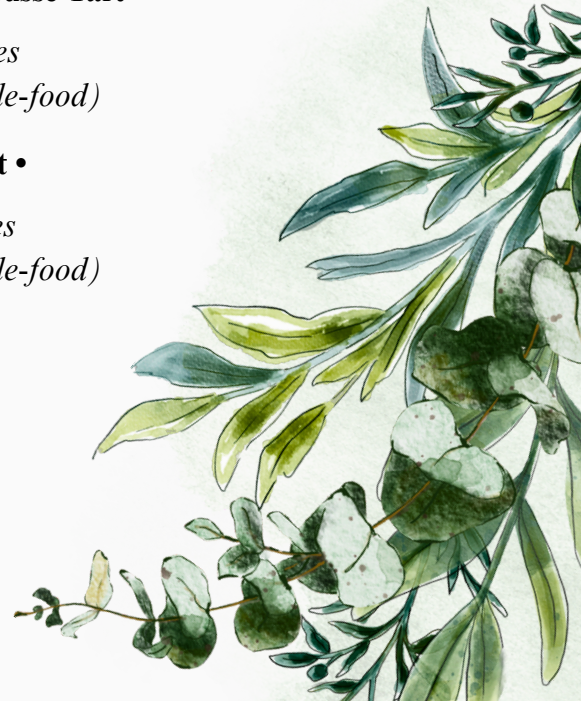
*Served with Fresh Seasonal Berries
(V, VGO, GF, Refined Sugar Free, Whole-food)*

£5 PER PERSON

V=VEGETARIAN
VG=VEGAN
GF=GLUTEN FREE
**O=OPTION AVAILABLE

SOUL
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PEACEFUL
PATISSERIE







Support our team...

Our non-profit, and community space is made possible and supported by volunteers, and a non-monetary exchange economy. If you would like to support members of our wonderful team and offer them a discounted rate on tickets for your event, that would be lovingly and greatfully received.

Please let us know if you wish to do this when booking our space.

Payment

We are taking all event and rental payments via bank transfer or cash. Please note a non-refundable deposit of 20% of the total cost is required upon booking the space.

Facilitators, please use bank transfer with the reference: [RENT/DEPOSIT] - NAME OF EVENT - DATE EVENT IS BOOKED FOR - make sure to include the date.

Eg: **RENT - KIRTAN - 11.11.26** or **DEPOSIT - KIRTAN - 11.11.26**

Please send payment via bank transfer to:

Bank: **Revolut**

Name: **SOUL Wellness C.I.C.**

Sort Code: **04-29-09**

Account Number: **50430823**

Alternatively, you can make payment in cash at the bar.

Invoices

Please send all invoices to: admin@soulwellnesshub.com

Invoices to be addressed to:

SOUL WELLNESS C.I.C.

SOUL Wellness Hub & Café,

Burnley Road,

SOWERBY BRIDGE,

West Yorkshire,

HX6 2TL.

Any invoices sent to SOUL will be paid around the 1st of the month following receipt.

By making a booking, and using our space and services, you agree to SOUL Wellness Hub's Terms & Conditions <https://soulwellnesshub.com/terms-of-service/> and Privacy Policy <https://soulwellnesshub.com/privacy-policy/>

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