

Vitality House

Vitality House is a cowork and wellness destination hub that brings work and life into balance. A unique combination of facilities and services to support your life and work and the connection with a community of like-minded people.

Our philosophy

Our foundation is connection with self, community and nature. We value the power of feeling socially connected and supported, in an increasingly isolating world. When we care for others, we feel a sense of belonging, purpose and joy. Exploring a deep sense of connection with self; allows for greater awareness and appreciation of the natural world.

Our True North is wellness, we prioritise our health, that feeling of vitality. Integrating movement and mindfulness; because without self-love and reliance, we are no good to ourselves or others.

The sun rises in the east with purpose and sets in the west with joy of life. We move with intention, passion, vigour and drive. We are living in the moment and soaking up the simple joys of life. We are grateful for each day and each moment.





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8.00 - 5.00
8.00 - 12.00

NO PARKING
NO STOPPING

AGENCY

Our Venue

Vitality House is located in the thriving inner-city suburb of West Leederville, 2km from the CBD, well serviced by public transport, with Leederville train station, high frequency bus routes along Cambridge Street as well as the green CAT bus all within short walking distance.

Vitality House, Teams

Team building and strategy days provide an opportunity for you to give back to your employees and are a great way to strengthen team morale. Team days hosted at Vitality House are designed to energise and inspire, calm the mind, create vitality within and act as a mental and physical reset whilst strengthening team connection.



Take
time to
reflect.

For
all
Ch.

Team Packages

Create & Inspire

Good for: quarterly planning and strategy days.

Creativity thrives when done in-person and in a new environment. Our boardroom is located within our architecturally designed coworking lounge with adjacent on-site café, and is a space that fosters collaboration, productivity, and creativity.

Description:

- Full-day private boardroom booking
- Private breathwork class in the Mindfulness Studio
- Morning and afternoon tea, including coffee & tea all-day
- Healthy share-style lunch

Enquire for pricing

Minimum of 8

For smaller teams and other requests, please contact us to curate your own day.

Collaborate & Balance

Good for: team building and workshops.

Pair your boardroom booking with a team wellness experience to support your team's health and wellbeing, while strengthening the culture within your workplace. We believe achieving a holistic state of balance has a ripple effect, both mentally and physically. Balance brings deeper levels of joy, creativity, connection, and overall well-being.

Description:

- Half-day private boardroom booking
- Private class in the Mindfulness Studio (option for yoga or breathwork)
- Morning tea and share-style lunch
- Wellness experience (sauna and/or ice baths)

Enquire for pricing

Minimum of 5

For smaller teams and other requests, please contact us to curate your own day.

Vitality Retreat

Good for: team building, corporate wellness programs, milestone, or Christmas celebrations.

Treat your team to a day of wellness at Vitality House. Enjoy access to our Wellness lounge and premium health offerings, with many options to escape, reset, move, or recover. With an emphasis on mindfulness, we offer a variety of treatments and services that will elevate feelings of joy and vitality.

Description:

- Private yoga and breathwork class in the Mindfulness Studio
- Healthy morning tea served in the Wellness Lounge
- Team Wellness Experience: guided ice baths with pranayama breathing techniques
- Singing bowl sound journey to finish

Enquire for pricing

Minimum of 10

For smaller teams and other requests, please contact us to curate your own day.



Other Options

Corporate Classes

- Option for Yoga, Breathwork or Combination
- Up to 20 participants

Enquire for pricing

Quarterly Subscription

- Lock-in 4 x Team days for the year and receive a 10% discount.

Additional Info:

Boardroom bookings include Wi-Fi, printing and the room is setup for wireless presentations. The room comfortably sits 8 – 10 people. Our kitchen (on-site) serves fresh juices, smoothies, barista-made coffee, and a food menu that focuses on fresh, local, and seasonal ingredients.













Vitality House™
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