



The Retreat

Health and wellbeing makes its home on level 4 at +U. With a dedicated yoga studio, healthy option vending machines and a constant sense of zen, here you'll find the time to take a breath and slow down while still staying on top of things. Find a desk or BYO Swiss Ball and crunch some numbers at the same time as your abs.

L4

Perfect for Dieticians, Yogis, Physios, PTs and generally anyone that has their heart set on creating and spreading wellness.

Exclusive Features

- Yoga studio
- End of trip facilities (showers, hair straighteners, dryers)
- Healthy option vending machines
- Consultation rooms

