

GONG SPACE HOLISTICS



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GONG SPACE WELLNESS RETREAT & TRAINING ACADEMY

*Improving health, fostering
connection, empowering people*



Wellbeing & Healing Programmes

Yoga & Pilates

Inclusive classes, with specialist sessions for pregnancy, and mum-and-baby.

Sound Therapy & Healing

Soothing gong sessions to support relaxation, reduce stress, and improve emotional balance.

Holistic Weight Management

A 12-week programme for sustainable health and wellbeing.

Meditation & Mindfulness

Courses and drop-ins to build calm, focus, and resilience.

Reiki Training (Levels 1 & 2)

Recognised qualifications for self-empowerment and healing.

Community Support & Accessible Services

Tailored Day Retreats

Bespoke sessions for carers, young people, recovery groups, and community partners.

Affordable Counselling

Confidential mental-health support for adults and young people.

Discounted Room Hire

Subsidised rates for charities and voluntary groups to hold meetings, workshops or events.



Why Partner With Us?



We're a community-interest company based in Derby, dedicated to making holistic wellbeing accessible to all. Our warm, inclusive centre offers professional facilitators, flexible programming, and a supportive environment.



We work collaboratively with charities, social enterprises, support groups and local services to co-create sessions tailored to your group's needs - helping people feel better, build confidence, and connect with others.

Partner Benefits

Purpose-built spaces – fully equipped studios and treatment rooms ideal for classes, workshops, meetings or one-to-one therapies.

Tailored programmes – co-design sessions that meet the specific needs of your beneficiaries.

Evidence-based wellbeing – deliver interventions proven to reduce stress, improve mental health and foster social connection.

Staff development – provide certified training opportunities (e.g., Reiki Level1&2) for staff, volunteers and beneficiaries .

Shared outreach – benefit from joint marketing and wider community engagement.

Ethical partnership – collaborate with a CIC that reinvests profits to expand free and subsidised services for disadvantaged groups.

Let's Work Together

Whether you're looking for a partnership, room hire, or a taster session, we'd love to hear from you.

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