



THERAPY

*where every event
means something.*

An intimate venue in Eltham reimagining what it means to gather.
Weddings, celebrations of life, private dinners and corporate days —
held in a space unlike anything else in Melbourne's northeast.

80

SEATED DINING

140

CEREMONY

180

COCKTAIL

ELTHAM

VICTORIA

THE PHILOSOPHY

Not a function centre.

A team, not just a venue. THERAPY™ was built as a sanctuary for the body and the nervous system — and that same considered design carries into every event held inside it. The result is a space that feels entirely different. Warm. Quiet. Intentional. Guests arrive and something in them softens. They stay longer than they planned to. That is the point.

01 · CLINICAL

A team, not just a venue.

On-site psychology, physiotherapy and functional nutrition. A genuine clinical team, woven into the fabric of your event if you choose. Nowhere else in Melbourne offers this.

02 · EXPERIENCE

Moments they remember.

Breathwork. Nervous system regulation. Sound. Biohacking. Moments your guests will still be talking about a month later. Nothing about the day feels corporate. Nothing feels like filler.

03 · DESIGN

A room with intention.

Every surface, every light, every textile considered. Photographs like an editorial spread. No carpet tiles. No conference tables. A space that holds whatever you bring into it.

VENUE HIRE

The space, on its own terms.

For the events that already know what they want to be. Bring your own celebrant, your own caterer, your own vision — and borrow a room built on purpose. Every hire is exclusive use. No shared events. No function-centre compromises.

WEEKDAY · MON-THU

Quieter rates. Lower demand days.

Evening hire	\$1,800
5pm–10pm · 5 hours	
Half day	\$2,400
9am–1pm or 1pm–5pm	
Hosted full day	\$3,800
8am–6pm · coordinator on site	

WEEKEND · FRI-SUN

Premium demand. Sunday is the marquee day.

Friday evening	\$2,200
5pm–10pm · 5 hours	
Saturday half day	\$2,800
9am–1pm or 1pm–5pm	
Sunday half day	\$3,600
9am–1pm or 1pm–5pm · premium	
Saturday full day	\$4,500
8am–6pm · hosted	
Sunday full day	\$5,400
8am–6pm · hosted · premium	

CLEANING & RESET — MANDATORY

Every booking includes a cleaning fee scaled to the event type. Non-refundable. Charged at the time of booking.

Standard reset	Meetings · workshops · dry hire without food	\$180
Catered reset	Private dinners · evening events with food and beverage	\$320
Celebration reset	Weddings · celebrations of life · 50+ guests	\$520

ADD TO YOUR HIRE

Build the day you actually want.

Every venue hire can be elevated with à la carte services. Choose what matters, leave what doesn't. Pricing is transparent — every line is itemised, nothing hidden, nothing inflated.

Quoted at the time of booking and locked into your contract.

INCLUDED WITH EVERY HIRE

Tea & coffee service · filtered & sparkling water · table linen
Alcohol served only via licensed bar service — no BYO.

CATERING — FROM THE THERAPY™ CAFÉ

3-course curated light bites Wellness-focused breakfast or workshop catering	\$49 pp
5-course curated light bites Brunch-style, complete morning experience	\$75 pp
Full seated lunch or dinner Two-course shared or plated, midday or evening	from \$110 pp
Premium multi-course Three-course full service for weddings and farewells	from \$135 pp

BEVERAGE & RITUAL

Adaptogen mocktails Cold-pressed, botanicals, lion's mane & reishi	from \$16 each
Functional coffee & tea upgrade Specialty coffee, adaptogenic & botanical teas — upgrade from the standard tea & coffee service	+\$10 pp
Licensed bar service Beer, wine, spirits — coordinated through our provider. The only way alcohol is served at THERAPY™.	POA
Champagne toast on arrival Per guest, served on entry	from \$18 pp

WELLNESS & FACILITATION

Guided breathwork Group session, nervous system regulation	from \$450
9D breathwork experience Immersive sound & breathwork journey	from \$750
Sound bath Singing bowls, integration session	from \$550
Meditation & mindfulness Guided seated practice	from \$380

WELLNESS & FACILITATION — CONTINUED

Yoga or Pilates Group movement class, mat-based	from \$420
Nervous system reset practices Tailored regulation work	from \$480
Neurowellness centre modalities From the THERAPY™ clinical menu	POA
Psychology support on the day Grief-informed, on-call for families	POA

STYLING, COORDINATION & SERVICE

Styling by THERAPY™ Table, florals, candles, objects	from \$800
Day coordination On-site coordinator across the event	from \$800
Celebrant referral From our preferred network	POA
Recovery package — for the couple Next-day recovery session at THERAPY™	from \$400

Mix any element of a curated package with any base hire.

EVERY LINE ITEMISED · NOTHING HIDDEN · NOTHING INFLATED

ON OUR PRICING

Why one day costs more than another.

A meeting in our space and a wedding in our space are not the same booking. We price them differently because they cost us differently — and we'd rather be honest about that than hide it inside packaging.

A corporate day uses the room for ten hours, light catering, a coordinator on site, and a wellness add-on if you choose one. The space resets in three hours and we are back to clinic the next morning.

A wedding day uses the room for ten hours, two staff throughout, beverage service, full catering, ceremony coordination, the pre-wedding breathwork session, styling, floral coordination, the post-wedding recovery package, and a complete venue reset that takes most of the next day. Four times the labour. Eight times the consumables. Three times the cleaning.

A celebration of life sits between the two. We price these with the most flexibility — because grief deserves it.

*Every line is itemised.
Nothing inflated, nothing hidden.*

FOR BUSINESS

Corporate packages.

Three pre-built combinations for teams who want a single decision rather than a menu. Each bundles venue hire, catering, and a wellness experience into one fixed price. Add or remove anything — these are starting points.

The Team Reset

Half day · 10–20 guests

The single-decision offer for HR teams and small leadership groups. A weekday half-day, the 3-course curated light bites from the café, and a guided breathwork session to reset the nervous system before the day's real work begins.

INCLUDES

Weekday half day venue hire · 3-course curated light bites · guided breathwork session · standard reset.

BUNDLED from
\$4,200

10–20 guests · Half day · weekday

The Offsite

Full day · 15–30 guests

A full performance day. Your team arrives in the morning, we handle everything from there. The 5-course experience, a 9D breathwork journey, the functional coffee & tea ritual throughout, and a coordinator on site for the entire day.

INCLUDES

Weekday hosted full day · 5-course curated light bites · 9D breathwork experience · functional coffee & tea ritual · day coordination · standard reset.

BUNDLED from
\$7,800

15–30 guests · Full day · weekday

Executive Wellness Day

Half day · up to 30 guests

Built around our signature offering — three hours of private access to the entire wellness centre, with the Recovery Lunch upgrade included. There is nothing else like it in Melbourne.

INCLUDES

Half-day venue hire · The Full Wellness Experience · Recovery Lunch upgrade · catered reset.

BUNDLED from
\$7,500

Up to 30 guests · Half day · weekday

Each starting point. Swap or extend any element at the itemised rate.

FOR COUPLES

weddings at THERAPY™.

Not for everyone. For the couples who want something else entirely — an intimate, intentional celebration in a space that tells a story. We don't do ballrooms. We don't do chair covers. We do the kind of day you'll still feel in your body ten years from now.

The Wellness Wedding

Most requested · up to 80 seated · 140 ceremony

Ceremony and intimate reception with everything taken care of. What makes this unlike anything else: on the morning of your wedding, we offer the couple a private guided breathwork and nervous system session at THERAPY™ — so you arrive calm, present, and completely in your own bodies. Reception follows with full catering, beverage service, and styling. The day after, a recovery package. Just for the two of you.

INCLUDES

Exclusive venue (10 hours) · pre-wedding breathwork session · premium catering · beverage service · full styling and floral coordination · day coordination · post-wedding recovery package · celebrant referral · celebration reset.

ALL INCLUSIVE

\$18,500

Up to 80 seated · 140 ceremony
Saturdays at premium

Just The Two of You

Elopement & micro ceremony · up to 12 guests

A ceremony for up to twelve guests — immediate family, closest friends, no one else. The most intimate version of a THERAPY™ wedding. Short, intentional, meaningful. Followed by a private dinner for your group in the café space. Our preferred celebrant network handles the paperwork. You just show up.

INCLUDES

Ceremony space (2 hours) · private café dinner · beverage service · pre-ceremony breathwork session · celebrant coordination · styling by the THERAPY™ team · catered reset.

FROM

\$6,400

Up to 12 guests
Weekday or weekend

THE DAY ITSELF

How you felt on the day is the story that lasts.



Everyone remembers the dress, the food, the flowers. But the thing your guests actually talk about — years later — is how the room felt. How calm the couple was. How present everyone seemed. That is what a wedding at THERAPY™ gives you. Not a better venue. A different kind of memory entirely.

*Saying yes is one story.
How you felt on the day is the one that lasts.*

THE SIGNATURE OFFERING

The Full Wellness Experience.

Three hours. Up to thirty guests. Private access to the entire wellness centre. Nothing else like it in Melbourne — and the experience that gives THERAPY™ its name.

A guided rotation through our signature modalities — hot and cold therapy circuit, neurosuites, breathwork, guided meditation. Pulse-point rituals, hand massages and wellness shots woven through. A considered balance of movement, stillness, and sensory restoration in a calm, elevated setting. Every experience is tailored to your group, fully catered, and designed to flow seamlessly from arrival to close.

The Full Wellness Experience

Private group hire · 3 hours · up to 30 guests

Private access · hot & cold therapy circuit · neurosuites · guided meditation · breathwork · pulse-point rituals · wellness shots · full catering · tailored program design.

PRIVATE GROUP HIRE

\$6,500

Optional upgrade

Recovery Lunch

Extend the experience with a nourishing seated lunch, including a functional smoothie or cold-pressed juice per guest. Designed to integrate the work and send your group home well-fed and well-restored.

+ \$1,600 for the group

CELEBRATIONS OF LIFE

A meaningful farewell.

Families are increasingly choosing non-traditional venues for celebration-of-life events — spaces that reflect the person, not convention. THERAPY™ offers something rare: a warm, psychologically-informed, beautiful environment for saying goodbye. With clinical psychologists on our team, we understand grief, family dynamics under stress, and how to hold a room with care.

OUR COMMITMENT

Every celebration-of-life enquiry receives a personal call from our team within twenty-four hours. Pricing is transparent. Deposits are flexible for families in grief. We never charge a booking fee to enquire.

The Gathering

Intimate · up to 40 guests

A quiet, close celebration of life for family and dearest friends. Three hours exclusive venue use. Light refreshments and tea service from the café. Styling by our team. Calm, warm, no fuss.

INCLUDES

Exclusive venue (3 hours) · light refreshments · tea & coffee · styling · standard reset.

FROM

\$2,200

Up to 40 guests
3 hours exclusive

CELEBRATIONS OF LIFE

Celebrations of life.

The Celebration

Standard · up to 70 guests seated

Half-day exclusive venue. Full café catering including shared platters and beverages. Celebrant coordination. AV for photos and music. Space for the service and the wake in the same location — no one has to move, no one has to say goodbye twice.

INCLUDES

Half-day exclusive · full catering · celebrant coordination · AV for photos & music · catered reset.

FLAT

\$3,800

Up to 70 guests seated
Half day

The Tribute

Full · 140 ceremony, 80 seated

Full-day exclusive venue. Ceremony layout for up to 140 guests, then reset for a seated wake of up to 80. Complete café catering across the day. Celebrant coordination. AV with tribute video display. Beverage service including licensed bar. And — if you want it — grief-informed psychology support on the day for immediate family. Quiet, present, available if needed.

INCLUDES

Full day · ceremony & wake layouts · complete catering · tribute video setup · licensed bar · optional psychology support · celebration reset.

FLAT

\$6,800

140 ceremony · 80 seated
Full day

BOOKING TERMS

Simple. Transparent.

DEPOSIT

50% deposit confirms all bookings. Balance due 30 days prior. Memorials — flexible terms, speak to us directly.

CANCELLATION

Full refund 90+ days out. 50% refund 30–90 days. No refund within 30 days. Memorials handled with compassion.

CLEANING & RESET

A mandatory cleaning fee applies to every booking, scaled to the event type (\$180 / \$320 / \$520). Non-refundable. Charged at the time of booking.

CATERING

In-house café catering for all events. External caterers welcome with prior approval. No kitchen hire fee for external caterers.

ALCOHOL

Alcohol is served only via our licensed bar service — no BYO. Bar packages are an added extra, coordinated through our preferred provider and quoted at the time of booking.

SETUP & PACK-DOWN

1.5 hours bump-in and 45 minutes pack-down included. Extended time at \$120/hr. Overnight by arrangement.

EXCLUSIVITY

All events are exclusive use of the relevant spaces. No shared events. Clinical services pause during booked hours unless pre-arranged.

CAPACITY

Seated dining 80 · ceremony seating 140 · cocktail standing 180. All capacities subject to layout and final guest list confirmation.

TO ENQUIRE

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yourtherapy.au · Eltham, Victoria