

Centred Ground

ALLIED HEALTH SPACES

A Professional Home for Your Practice

Centred Ground is a boutique, physiotherapy-led allied health collective in Bowden, South Australia.

Established in 2020, our practice has evolved into a welcoming professional home for independent health and wellbeing practitioners who value thoughtful, person-centred care, genuine connection and collaboration.

Our beautifully appointed consulting and treatment rooms offer the opportunity to establish or grow your own practice within an existing healthcare environment, without the overheads of operating an entire clinic.



More than simply providing rooms for rent, we're cultivating a small, values-led community where practitioners maintain their independence while enjoying the connection and support of working alongside like-minded professionals.

Our intention is simple: to create a space where practitioners feel proud to work, clients feel genuinely cared for, and meaningful professional relationships can flourish.

centred ground

AN ALLIED HEALTH COLLECTIVE

Our Consulting & Treatment Rooms

Centred Ground offers four thoughtfully furnished consulting and treatment rooms of varying sizes and configurations, designed to accommodate different styles of practice within our welcoming allied health environment.

Room availability and configurations can be discussed to suit individual practitioner needs.



Small Room (2.5 x 3.25m)
A cosy, private space thoughtfully furnished for counselling, psychology, coaching, hypnotherapy and other talk-based consultations.



Medium Room (3 x 3.7m)
A welcoming, versatile consulting space featuring comfortable client seating, a desk and additional room for movement or assessment. Well suited to psychology, counselling, coaching and other consultation-based therapies.



Medium Room (3 x 3.7m)
A fully furnished treatment space featuring an electric height-adjustable treatment table. Ideally suited to remedial massage, myotherapy, physiotherapy and other hands-on therapies.



Large Room (3.3 x 4.8m)
Our most spacious treatment room, featuring an electric height-adjustable treatment table and generous room for movement, assessment and hands-on therapies. Availability may be considered by arrangement, depending on practitioner needs.

Room availability and configurations are subject to existing practitioner arrangements. Additional equipment or personalisation may be considered by agreement.

What's Included

Our room hire arrangements are designed to make establishing and running your practice as straightforward as possible, with the essential facilities and shared amenities already taken care of.

Room & Facilities:

- Furnished consulting or treatment room
- Shared client waiting area
- Dedicated practitioner staff room and kitchen
- Tea, coffee and milk
- Utilities and high-speed Wi-Fi

Practice Support:

- Secure practitioner access
- Fortnightly professional cleaning
- Basic business printing (up to 20 pgs/ week)
- Practitioner profile & booking link on the Centred Ground website
- Opportunities for professional connection and cross-referral

Optional services, including towel laundering and HICAPS access, are available by arrangement for an additional fee.

Rental Rates (excl. GST)

Room	1 day/wk	2–3 days/wk	Full week
Small	$120	$110	$420
Medium	$135	$125	$480
Large	$155	$145	$540

*Rates for 1–3 days are per booked day, on a recurring weekly basis. Full-week rates are per week.

We welcome enquiries from practitioners seeking a regular, ongoing professional base, with preference given to arrangements of two or more days per week or full-time occupancy.

Reduced daily rates are available for multi-day commitments, and full-week licences offer a dedicated space for practitioners seeking a more permanent home for their practice.

Room availability is subject to existing practitioner arrangements.

Licence Arrangements & Shared Expectations

Centred Ground operates under a room licence model, providing practitioners with the independence to run their own business while enjoying the benefits of a shared professional environment.

Licence at a glance

6 months
Minimum term

3 months
Probation period

2 weeks
Notice during probation

4 weeks
Notice after probation

Security bond: 4 weeks' equivalent licence fee

Our arrangements are designed to provide stability for practitioners while allowing the collective to develop a consistent and supportive professional community.

Access & Independence

- Standard building access is between 6:30 am and 8:30 pm, with access outside these hours by prior approval.
- Practitioners maintain responsibility for their own client bookings, clinical records, payments and professional obligations.
- Appropriate professional qualifications, registrations (where applicable), and current professional indemnity and public liability insurance are required.
- Rooms are to be used for agreed professional purposes only.

Caring for Our Shared Space

Centred Ground is guided by a culture of mutual respect, personal responsibility and thoughtful collaboration.
We ask practitioners to:

- Keep consulting rooms and common areas clean, tidy and welcoming.
- Respect the privacy, time and professional boundaries of others.
- Take responsibility for their own belongings, equipment and shared facilities.
- Contribute to a calm, respectful and collaborative environment.
- Treat the space with the same care and consideration they would their own practice.

Our shared environment works best when everyone takes pride in the small details that make it a welcoming place to work.
Full terms and conditions are outlined in the practitioner licence agreement provided during onboarding.

Frequently Asked Questions

Can I trial a room before committing?

We prioritise ongoing practitioner relationships rather than casual trial arrangements. All new licence agreements include an initial three-month probationary period, allowing both parties to assess the fit.

Can I share a room with another practitioner?

Yes, where suitable and agreed. Each practitioner enters into their own licence arrangement based on their allocated days. Full-week rates apply to a single practitioner rather than being shared between multiple users.

Can I personalise my room?

Light personalisation and additional equipment may be considered by agreement, while maintaining the overall aesthetic and functionality of the space.

Will I receive referrals from other practitioners?

We encourage thoughtful collaboration and cross-referrals where appropriate for client care. However, referrals and client bookings are not guaranteed, and practitioners remain responsible for developing and managing their own client base.

Can I work evenings or weekends?

Standard access is between 6:30 am and 8:30 pm. Saturdays are available, with Sundays and access outside standard hours considered by arrangement.



Ready to Join the Collective?

If Centred Ground feels like the right professional home for your practice, we'd love to hear from you.

Simply complete the practitioner enquiry form on our **Join the Collective** webpage, sharing a little about your work, preferred days and what you're looking for.

We'll review your enquiry and be in touch to explore whether the opportunity could be a good fit.

Visit: Join the Collective — centredground.com.au