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De Nieuwe Yogaschool  
meeting & event spaces

# Welcome

Looking for an inspiring location for a training, meeting, team-building workshop or corporate event? At the heart of the Jordaan, De Nieuwe Yogaschool (DNYS) offers three bright, spacious studios. Spaces where teams can connect, collaborate and get inspired, right in the centre of Amsterdam.

Alongside hiring a meeting space, you can add one of our guided experiences to your programme. Think breathwork to start the day with clarity, a yoga or stress-management session to build resilience, or an ice-bath training for a powerful team-building moment.

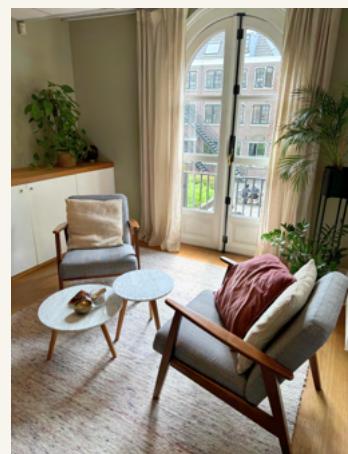
This way, you create a corporate offsite that is not only effective, but truly memorable.

Curious what your meeting or event could look like at De Nieuwe Yogaschool? Have a look at our spaces and events below, or get in touch for a tailored proposal.

## Inhoud

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# Impressions



# About DNYS

De Nieuwe Yogaschool (DNYS) has been a leading yoga school and training institute since 2013, located in a historic building in the heart of Amsterdam's Jordaan district. Our roots in yoga create a distinctive atmosphere. One that helps teams connect in a different, more meaningful way.

In this kind of setting, there is space to think more clearly and have more open conversations. Many teams find that they get to what matters faster, feel more creative and collaborate more effectively than they do in a typical office environment.

## Our vision

We believe that people make more impact when body and mind are in balance. That's why we've created an environment that supports this on every level. With three spacious studios, a warm welcome area and extensive experience in guiding groups, we offer an inspiring and well-organised setting that goes beyond a standard meeting location.

[denieuweyogaschool.nl](http://denieuweyogaschool.nl)



# Getting there

## Address

De Nieuwe Yogaschool  
Laurierstraat 109  
1016 PL Amsterdam

## Parking

Q-parking  
Marnixstraat 250  
1016 TL Amsterdam

It's an eight-minute walk from the parking area to De Nieuwe Yogaschool.

## Public transport

From Central Station, take tram 13 or 17 and get off at Rozengracht - Marnixstraat. It's a two-minute walk from the stop.





Explore the  
studios

# Studio 1

## About the studio

With 183 m<sup>2</sup> of space, Studio 1 is the largest studio at De Nieuwe Yogaschool. The room features high ceilings, a natural bamboo floor and tall windows that let in plenty of daylight. It's used for more than 60 yoga classes each week, making it the perfect setup for working with groups. The studio is available for hire and suitable for a wide range of events, meetings and photoshoots.

### Availability

Friday, Saturday and Sunday evenings.

Other days or times available on request.\*

*\*Looking for a weekday space? Explore Studio 2 and Studio 3.*

### Capacity

- Depending on the setup of your event, Studio 1 can host over 100 chairs or 55-60 yoga mats.

### Facilities

-  Host to welcome your guests in our welcoming lounge area
-  Water and tea
- Use of a utility room, including washing machine and dryer
-  Wi-Fi
-  Audio-visual equipment (projector, sound system)
-  Flip chart and markers
-  Chairs
-  Yoga mats and meditation cushions

# Studio 2

## About the studio

Studio 2 is a bright and inviting 69 m<sup>2</sup> space. This intimate, light-filled studio is ideal for team events, workshops, trainings or photoshoots. The arched windows and bamboo floor create a warm, welcoming atmosphere.

### Availability

Weekdays from 08:00-17:00.

Alternative days or times available upon request.

### Capacity

Depending on the event setup, Studio 2 can accommodate more than 35 chairs or approximately 20 yoga mats.

### Facilities

 Host to welcome your guests in our welcoming lounge area

 Water and tea

Use of a utility room, including washing machine and dryer

 Wi-Fi

Audio-visual equipment (projector, sound system)

 Flip chart and markers

 Chairs

 Yoga mats and meditation cushions

# Studio 3

## About the studio

Studio 3 is a 77 m<sup>2</sup> space with excellent acoustics thanks to its high ceiling. The tall windows and bamboo floor create a warm yet spacious atmosphere. Located on the quieter side of the building and accessed via a silent corridor, Studio 3 offers plenty of privacy. It's an ideal space for team events, workshops and trainings.

### Availability

Weekdays from 08:00-17:00.

Alternative days or times available upon request.

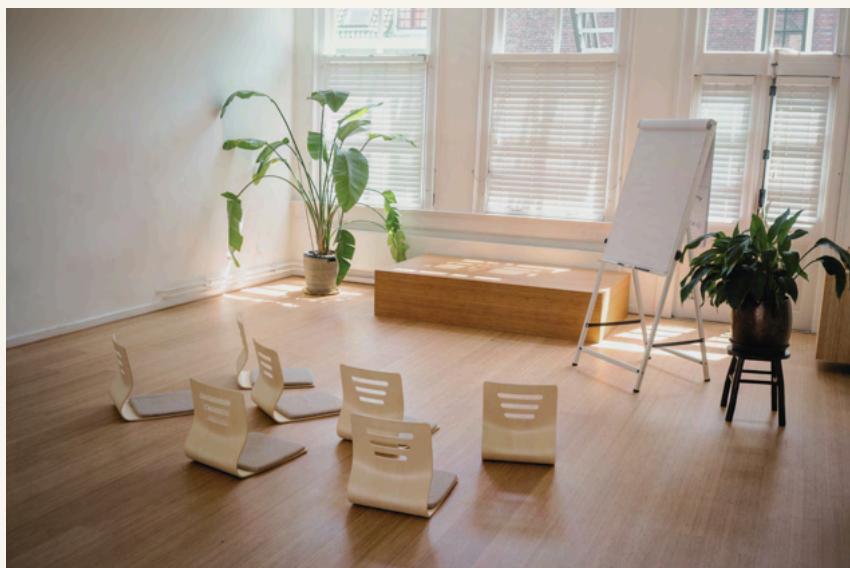
### Capacity

- Depending on the event setup, Studio 3 can accommodate more than 45 chairs or approximately 25 yoga mats.

### Facilities

-  Host to welcome your guests in our welcoming lounge area
-  Water and tea
- Use of a utility room
-  Wi-Fi
-  Audio-visual equipment (projector, sound system)
-  Flip chart and markers
-  Chairs
-  Yoga mats and meditation cushions

# Impression studios



# Rates & pricing

The studios can be booked per half-day, as listed for each space, or for longer periods. Want to explore the options? Feel free to reach out at [administratie@denieuweyogaschool.nl](mailto:administratie@denieuweyogaschool.nl) for more information or to schedule a visit.

## Rates by Time Slot

Duration	Price excluding VAT	Price including Vat
Up to 4 hours	From €300	From €363
Up to 8 hours	From €500	From €506
Up to 12 hours	From €700	From €847

If you'd like to hire the studios for longer periods or at alternative times, we're happy to explore the options with you.



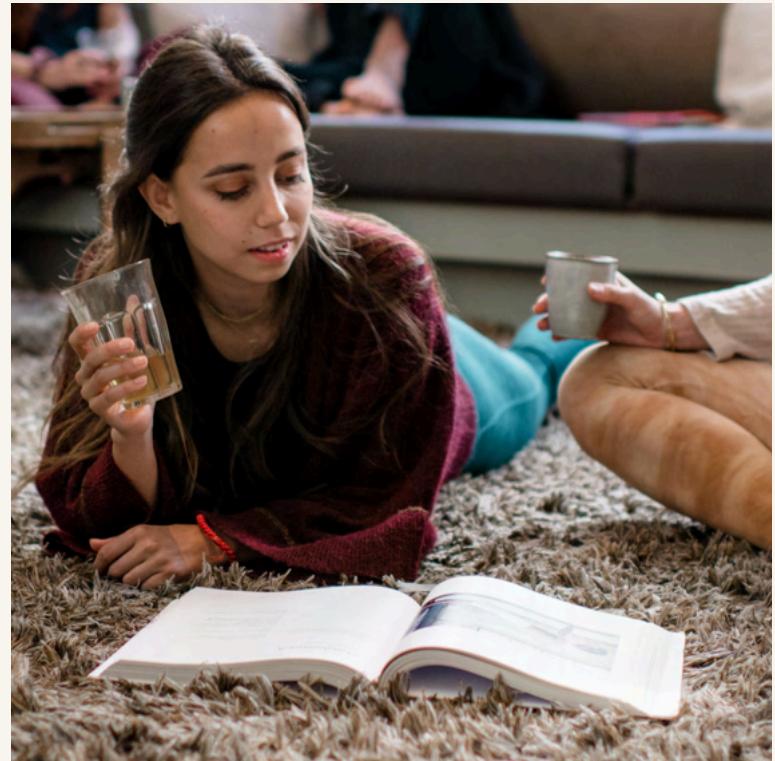
# Add-on experiences

# Catered lunch

Enjoy a nourishing, seasonal lunch prepared with care. Light, flavourful and exactly what you need to continue the afternoon with energy. Curious about the options? Feel free to contact [mariken@denieuweyogaschool.nl](mailto:mariken@denieuweyogaschool.nl)

**Includes** soup with fresh bread, quiche, and coffee or tea.

**Price** per person: €17.50



# Meditation & Breathwork session

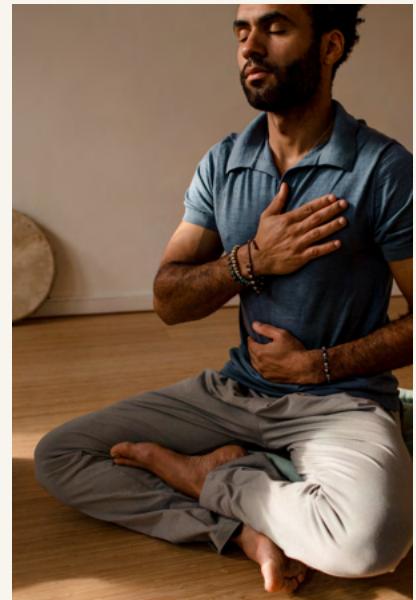
A guided meditation and breathwork session that helps regulate the nervous system and brings mental clarity. Ideal for opening a meeting or brainstorm session, creating a reset moment in between, or closing the day with calm and focus.

**Group size:** Minimum of 6

**Duration:** From 45 minutes

**Price:** On request – please contact [mariken@denieuweyogaschool.nl](mailto:mariken@denieuweyogaschool.nl)

**Language:** Dutch or English



# Ice bath training

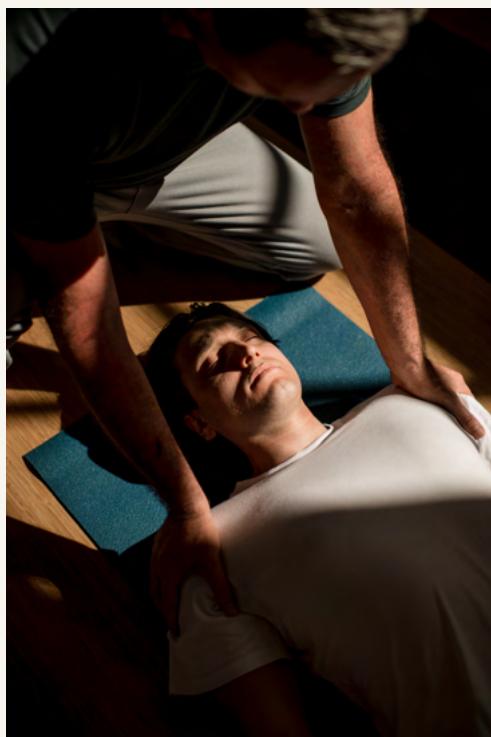
A guided ice bath training that teaches participants how to work with stress through breath, focus and controlled cold exposure. A powerful experience that strengthens resilience, confidence and mental clarity. Ideal for team-building and leadership programmes.

**Group size:** 8 to 18 participants

**Duration:** 3-4 hours

**Price:** On request – please contact [mariken@denieuveyogaschool.nl](mailto:mariken@denieuveyogaschool.nl)

**Language:** Dutch or English



# Stress management workshop

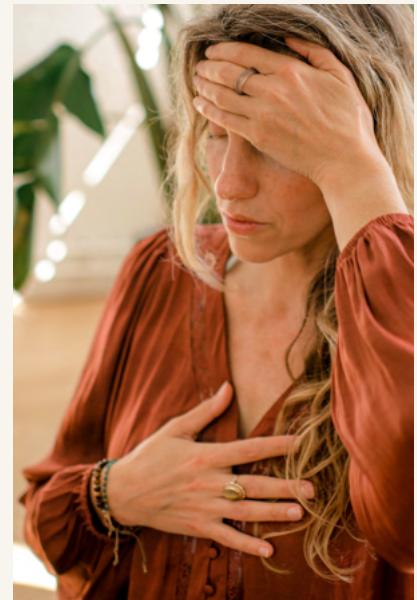
Using practical tools from somatic therapy and gentle yoga, participants learn to recognise, regulate and prevent stress signals. The workshop focuses on sustainable, directly applicable skills for both work and daily life.

**Group size:** Minimum of 8

**Duration:** From 60 minutes

**Price:** On request – please contact [mariken@denieuweyogaschool.nl](mailto:mariken@denieuweyogaschool.nl)

**Language:** Dutch or English



# Basic yoga experience

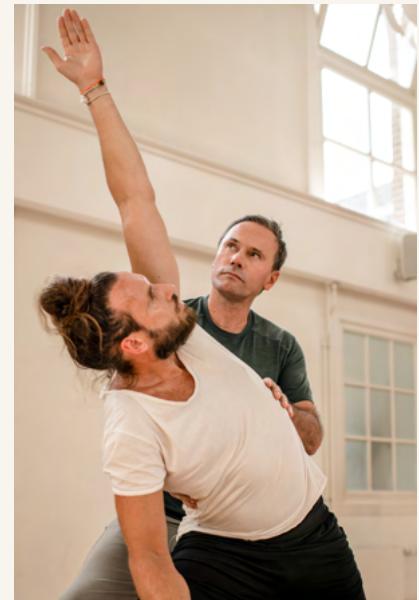
An accessible introduction to yoga, where participants experience how movement, breath and relaxation come together to create more balance. The session centres on body awareness and focus, and is suitable for all levels.

**Group size:** From 6 participants

**Duration:** From 45 minutes

**Price:** On request – please contact [mariken@denieuweyogaschool.nl](mailto:mariken@denieuweyogaschool.nl)

**Language:** Dutch or English





We look forward to welcoming you at  
De Nieuwe Yogaschool