



Upcoming Events | Regular Yoga Classes | Online & Live

One-Day Retreat - Love And Care For Yourself, 3rd of Nov 2023 | 9:30 - 17:00

W/ Lonneke & Jenny

If you learn to love and care for yourself - Magic happens.

Lonneke and I will guide you through a day full of Self-love, care, and rest.

You will enjoy practices, including the magical morning yoga movements...

[More here](#)

Alchemy Crystal Sound & Self-Care Circle, 3rd of Dec 2023 | 15:00-18:00

w/ Jenny and Lydia

Through the combination of sound, movement, and self-care practices you experience a loving connection with yourself and cultivate a more profound sense of conscious rest, self-love, peace, and joy.

Yogashala 118, Van Beverningkstraat 118, 2582 VK Den Haag

[Reserve your spot here.](#) & [More about Lydia](#) and alchemy cristal sound healing

Meno At Ease Workshop - Coming soon

As women, we should embrace it with knowledge, engagement, and excitement for all that is possible and all that will unfold for us!

This workshop will be held in a small and intimate group to hold space for yourself and the other women.

Location & Time: Den Haag, a Sunday afternoon from 15:00 - 18:00

Price: € 49,-

This event will be held according to your requests. Please show your interest and [sign yourself in here](#)

REGULAR GROUP CLASSES DEN HAAG

In my classes we combine the wisdom of yoga, moving with ease, and the breath to release stress and bring back balance to live a healthy and joyful life.

Feel good in your body, build strength and flexibility while being at ease!

- ***New* Tuesday:** Yin Yang Flow 18:30 - 19:30
- **Friday:** Vinyasa Flow | 09:15 - 10:15
- **Saturday:** Vinyasa Flow | 09:00 - 10:00

Location: Yogastudio 118, Van Beverningkstraat 118, 2582 VK Den Haag

[More here & RSVP](#)

ONLINE & LIVE CLASSES

- Magical Morning Classes, Wednesday | 7:30 - 8:15, [more here](#)
- Ease & Relax Classes, Thursday | 20:00 - 21:10, [more here](#)

