



## Upcoming Events | Regular Yoga Classes | Online & Live

### **One-Day Retreat - Love And Care For Yourself, 26th of January 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](#)

### **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!

- **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](#)

