

Ahoi and hello, my darling Rotterdam friends,

One more time we will get together for our **Yoga Pop Up Palooza,**

This is the last one for this year, to ring out 2025 with a proper Yoga party, just before everybody descends into the winter wonderland that is December.

As the last two times: We are meeting again at **Erasmus Sport / Hatta Building** (Burgemeester Oudlaan 50)

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for a strong & playful **Vinyasa Flow**

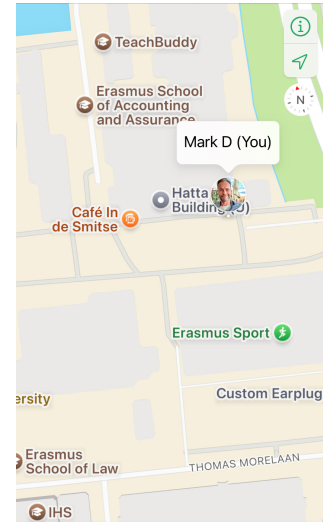
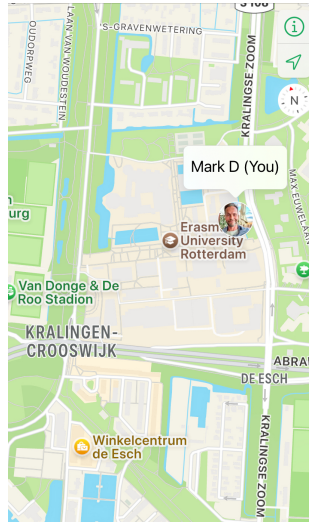
on **Saturday November 29th**

from **13.00h – 15.00h**

(Class itself from 13.45h – 14.45h)

We'll meet at **13:00 to arrive and set up**, then enjoy a spacious **90-minute practice**, with time afterwards to leave slowly and not feel rushed.

What to bring: comfortable clothes (warm option for the relaxation), Yoga mat & block (if you have one), water, a towel and socks for hygiene.



Mats can be rented at the studio for €2 (please reserve in advance!)

 **Price per class:**

“Student ticket”: **€10** *student ID needed

“Regular ticket”: **€15**

“Supporter ticket”: **€20+** (for those who can and want to support me)

You already know my teaching: joy, humour, good music, a well-designed flow, and care for each & every one of you. Feel free touring your family and friends who might love it too. **Let's make this our biggest yoga party yet!!!!**

I'd love to see many of you back on the mat. And even Edgar, our lovely Photographer is back for the last round, so we will have a few more momentos

Thank you, and hopefully see you soon. 

Your Yoga buddy Mark

 **Sign up:** markdoweyoga@gmail.com or 06-1410 7950
(please include the **date(s)** and **pricing option** of your choice)