

Hello my ravishing Rotterdam'ers,

I hope each and everyone of you had a **wonderful** ending of 2025 (leaving **plenty** of things behind that you don't need anymore) and just rolled merrily into this **new year**.

I could have done without the snowy winter-wonderland that was January, but hey, it reminded me to go sweet & slowapparently a bit too slow for some of you, because a lot were asking "You alive?" & "When's the next Palooza?"

So here we are and I won't let you wait much longer:

The **next three Palooza** dates are :

Sunday, **February 15th**, Sunday, **March 15th** & Sunday, **April 19th**
each time from **13.00h - 15.00h** (Class itself from 13.15h -14.45h)

We are meeting again at **Erasmus Sport** (Burgemeester Oudlaan 50)
https://maps.app.goo.gl/DYGV5eXXv8nhKiLD9?g_st=ipc

for a strong & playful **Vinyasa Flow class**, with your best Yoga buddy!!!

As always, 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.

The ONLY difference (and **only** in February): we are **NOT** in the Hatta Building, but across the street in the **Erasmus Sport Building in Hall 4**, so a proper Gymhall, but it really shouldn't matter to us so much where we practice. We are gonna make that fun.

In March & April we will be back in the Hatta upstairs across the street)

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 (need to be reserved in advance!)

They raised the rent for their spaces, but I aimed to stay mainly the same, still a steal !

Now, if there are peeps that are currently on the struggle-bus financially but would love to practice with me... believe me, I get this so well, lets have a talk and find a solution!

Price per class:

"Student ticket": €10 *students ID needed

"Regular ticket": €15 (3-class bundle: **€13,50 each** = 10% off!)

"Supporter ticket": €20+ for those who can and want to support me

HOW TO PAY:

If you wish to pay by PayPal you can follow the link:

paypal.me/markdoweyoga

or via banktransfer

Name: **Mark Dowe** IBAN: NL82 ABNA 0580 3876 23

(please mention your Name and the Palooza(s) you want to attend)

I will confirm your payment asap and that you are signed up for the Palooza.

You already know my teaching: joy, humour, good music, a lovely flow, a little challenge & lots of love & care for each and every one of you.

Feel free to share it with our yoga family, as I don't have every participant's contact or invite a buddy, who might love some joyful Yoga party too.

I'd love to see many of you back on the mat, I can't wait to share practice with you.

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)

