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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.

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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



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.





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Explore the
studios

Studio 1

About the studio

With 183 m² 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 m² 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 m² 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

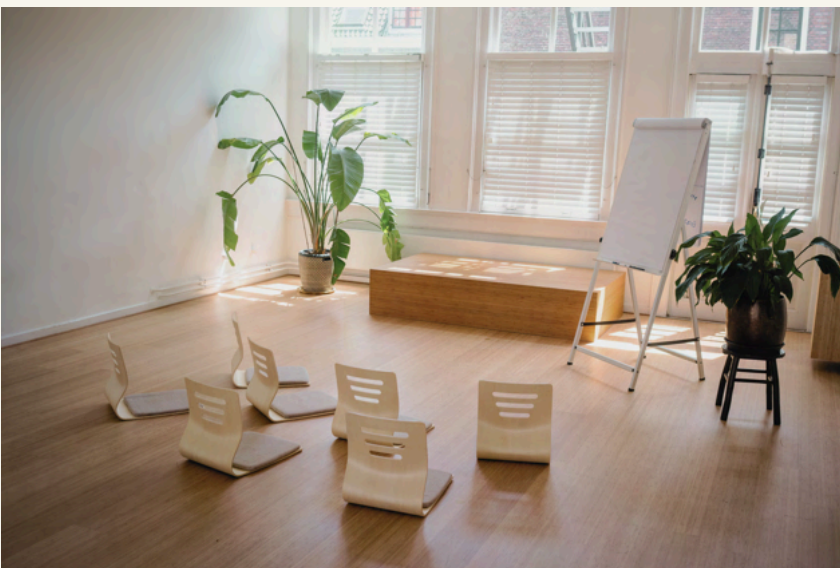
 Audio-visual equipment (projector, sound system)

 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 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

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

Language: Dutch or English



Ice bath training

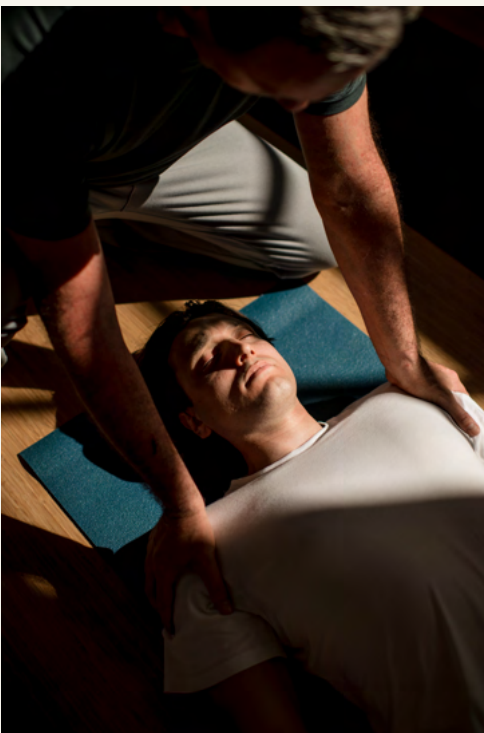
A guided ice bath training that teaches participants how to work with stress through breath, focus and controlled cold exposure. A powerful experience that strengthens resilience, confidence and mental clarity. Ideal for team-building and leadership programmes.

Group size: 8 to 18 participants

Duration: 3-4 hours

Price: On request – please contact mariken@denieuweyogaschool.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

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

Language: Dutch or English






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We look forward to welcoming you at
De Nieuwe Yogaschool