

PRACTICAL INFORMATION FOR PRIMARY SERIES INTENSIVE WITH DAVID ROBSON & JELENA VESIC AT TULA AMSTERDAM.

In this information sheet we have collected useful tips for your stay in Amsterdam during the workshop with David & Jelena.



PRIMARY SERIES INTENSIVE LOCATION:

Address:

Tula Yogastudio Bos en Lommer
Bos en Lommerplein 175
1055AD Amsterdam

Contact person:

Tina Rumenovic
Mobile: +31 63830 14 66
Email: tina@tulayogastudios.nl

PRACTICAL INFORMATION:

- Tula yoga studio is equipped with 2 spacious practice rooms (we will use *studio Air* our Mysore practice)
- 3 showers (2 in the ladies' and 1 in men's dressing rooms)
- A spacious lounge & unisex toilets
- We have small lockers where you can leave your valuables during your practice. Lockers are small and won't fit your backpack in (think more of wallet, phone, keys...) and best to bring your own small lock with you as we have limited locks available.

WHAT TO BRING:

- We recommend you to bring your own yoga mat, but if you don't have one our studio can provide you with a studio mat. Just let us know in advance, so we can make sure we can set those aside for you.
- Bring your own small towel for Mysore practice.
- And bring a water bottle for workshop sessions.

ACCOMMODATION RECOMMENDATIONS IN THE VICINITY OF THE STUDIO:

Tula Yoga Studio is situated in the Amsterdam West area, the neighbourhood is called *Bos en Lommer*.

Please find below a list of a few close by hotels, all within walking distance from the studio and with relatively good pricing options.

Xo Blue Tower Hotel:

Address: Leeuwendalersweg 21, 1055 JE Amsterdam

Link: <https://bluetower.xo-hotels.com/xo-hotels-blue-tower>

Hotel Leonardo Rembrandtpark:

Address: Staalmeesterslaan 410, 1057 PH Amsterdam

Link: <https://www.leonardo-hotels.com>

Cityden Amsterdam West

This hotel apartment is located right behind our studio and is 2min walking distance. It's slightly pricier than the previous 2, but it has kitchen included in the rooms, which might be nice if you don't want to eat out every day.

Link: <https://citydenamsterdamwest.com>

Airbnb recommendations:

If you'd rather stay in an Airbnb, we'd recommend the following neighbourhoods: Bos en Lommer, Kolenkit District, Erasmuspark, Van Galenbuurt. These are all at a walking or biking distance from Tula.

If you don't mind a slightly longer bike ride, you can check out these neighbourhoods: *De Baarsjes*, *Mercatorplein*, *Oud West*. These are all neighbourhoods closer to the city centre and are between 5- 15 min bike ride from Tula. Some Airbnb's include a bike as a part of their offer. But there is literally a bike shop on every corner with the possibility to rent one out for an affordable price.

PARKING:

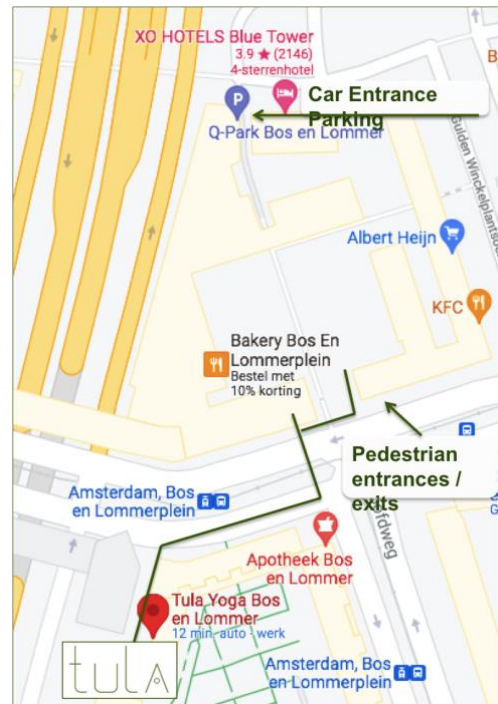
If you're coming by car, the best spot to park your car is in the close by garage called **Qpark**.

Address: Leeuwendalersweg 23b, 1055 JE Amsterdam.

Link: <https://ww.q-park.nl/en-gb/>

The parking garage is about 3min walking distance from Tula. You can drop off your car there.

- Day price of €14, -
- Street parking is also possible, for: €4,50, -/hour (between 09:00-23:00hr)
- There's free parking on Sundays. Please find the walking distance route on map 1 below to find your way from the Qpark garage to Tula.

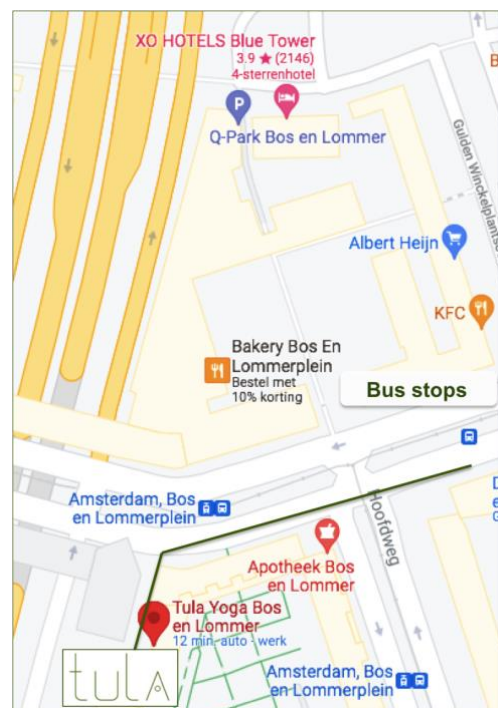


Map 1: *Parking: Tula – Qpark*

PUBLIC TRANSPORT

The nearest train station is **Amsterdam Sloterdijk**.

- Take the bus number **15** direction **Station Zuid**, which departs every 10min and get out on the 1st stop called **Bos en Lommer**.
- From there Tula studio is at a walking distance. Please find on the map below how to get to the studio from the last stop.



Map 2: *Public transport; Tula - Bus stop*

Walking route Tula studio – Het Gymlokaal

In case we need a bigger space then *Tula* for some of the sessions, we will move the sessions to *Het Gymlokaal* (this is a sports gym) to accommodate everybody.

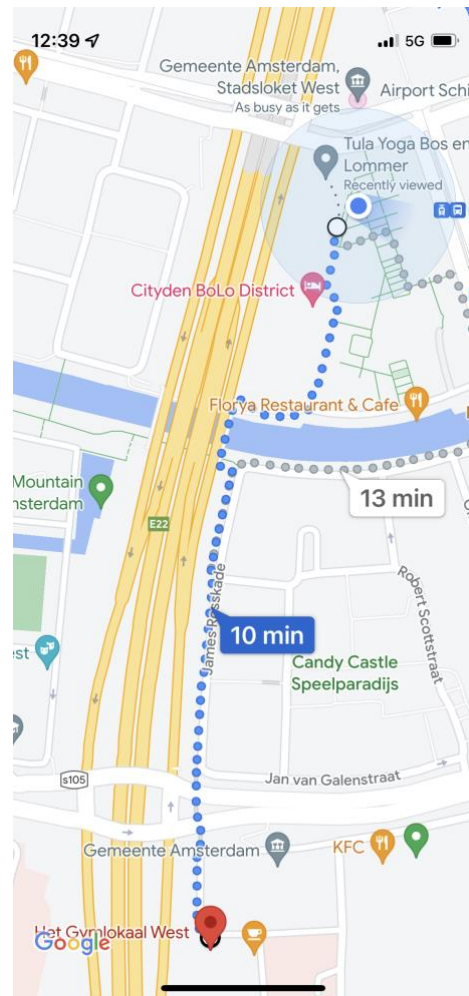
Moving sessions will depend on the total number of participants. When we are 100% sure, we will inform you in advance.

Het Gymlokaal is at walking distance from *Tula*. See the map on the right.

Please note that to reach the entrance of the gym you must walk through the terrace of the *De School café*.

Address of *Het Gymlokaal*:

Doctor Jan van Breemenstraat 1
1056AB Amsterdam



Map 3: Walking route; *Tula*- *Het Gymlokaal*

Vegan/Restaurant and Café recommendations

1. Villy
2. Fuku Coffee
3. White label coffee
4. Coffee company
5. Café De School (part of the same complex where Het Gymlokaal is)- lunch and breakfast with great food and vegan options, great coffee
6. Oko Café- vegan and very tasty breakfast and lunch
7. Terrasmus
8. Podium Mozaiek – café & lunch
9. Mercatorplein (Mercator square) area has many nice small cafes & restaurants and most of them have vegan and vegetarian options with nice terraces

Primary Series Intensive full program schedule

Please note that program location might be alternating between weekend at the nearby gym Het Gymlokaal, and mysore practice and rest of the week program at Tula studio. Exact location of each session is noted right next to session name.

Saturday 16/09

8.00 - 9.30 – Full Primary led class **(Het Gymlokaal)**

10.00 - 10.45 – Pranayama & Meditation **(Het Gymlokaal)**

lunch break

13.00 – 14.30 – Workshop: Practice and philosophy of Vinyasa **(Het Gymlokaal)**

14.30- 16.00- Workshop: Suryanamaskara **(Het Gymlokaal)**

Sunday 17/09:

6.00 - 10.00 - mysore practice **(Tula)**

10.00 – 10.45 - Pranayama & Meditation **(Tula)**

lunch break

13.00- 14.30- Workshop: Perfecting the Fundamentals **(Het Gymlokaal)**

14.30- 16.00- Workshop: Alignment and Adjustments **(Het Gymlokaal)**

Monday 18/09:

6.00 - 10.00 - mysore practice **(Tula)**

lunch break

13.00 - 13.45 – Pranayama & Meditation **(Tula)**

14.00- 16.00- Primary Series part 1

Tuesday 19/09:

6.00 - 10.00 - mysore practice **(Tula)**

lunch break

13.00 - 13.45 – Pranayama & Meditation **(Tula)**

14.00- 16.00- Primary Series part 2 **(Tula)**

Wednesday 20/09:

6.00 - 10.00 - mysore practice **(Tula)**

lunch break

13.00 - 13.45 - Pranayama & Meditation **(Tula)**

14.00- 16.00- Primary Series part 3 **(Tula)**

Thursdays 21/09:

6.00 - 10.00 - mysore practice **(Tula)**

lunch break

13.00 - 13.45 - Pranayama & Meditation **(Tula)**

14.00- 16.00- Backbends & Closing **(Tula)**

Friday 22/09:

6.00 - 10.00 - mysore practice **(Tula)**

10.30 - 11.15 - Pranayama & Meditation **(Tula)**

11.15- 12.00- Closing circle and Q&A **(Tula)**