

## PRACTICAL INFORMATION - ASHTANGA IMMERSION WITH LUKE JORDAN

In this information sheet we have collected useful tips for your stay in Amsterdam during the immersion week with Luke Jordan.



### ASHTANGA IMMERSION 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](mailto:tina@tulayogastudios.nl)

### PRACTICAL INFORMATION:

- The Tula yoga studio is equipped with 2 spacious practice rooms
- 3 showers (2 in the ladies' and 1 in men's dressing rooms)
- A spacious lounge, unisex toilets and always a cup of tea and water to refresh after your practice
- 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 also your own small towel for Mysore practice.
- As well as 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

Price range: €55,- / €70,- per night

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

##### **Hotel Leonardo Rembrandtpark:**

Address: Staalmeesterslaan 410, 1057 PH Amsterdam

Price range: €70,- / €90,- per night

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.

Price range: €90,- / €100,- per night

Link: <https://citydenamsterdamwest.com>

##### **Airbnb recommendations:**

If you'd rather stay in an Airbnb, we'd recommend the following neighborhoods: 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 neighborhoods: De Baarsjes, Mercatorplein, Oud West. These are all neighborhoods closer to the city center 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:

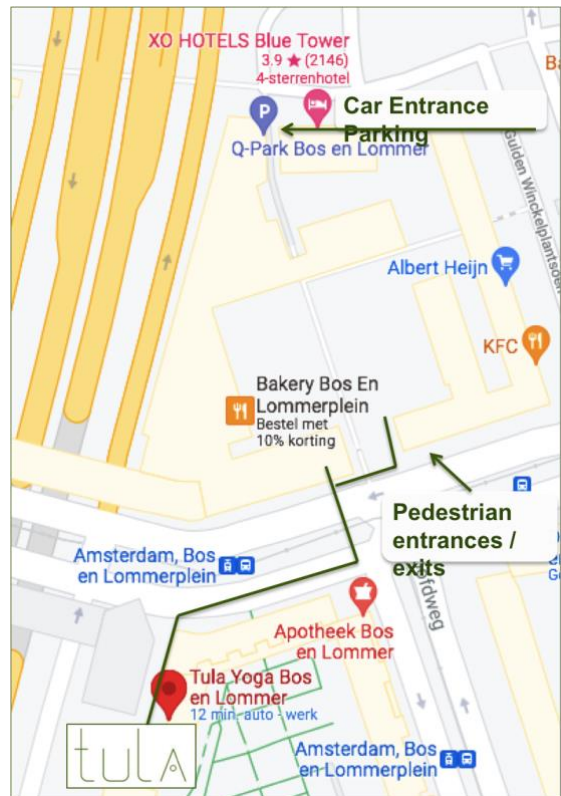
If you're coming by car, the best spot to park your car is in the close by garage called **Qpark**.

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 €13,50, -
- 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.

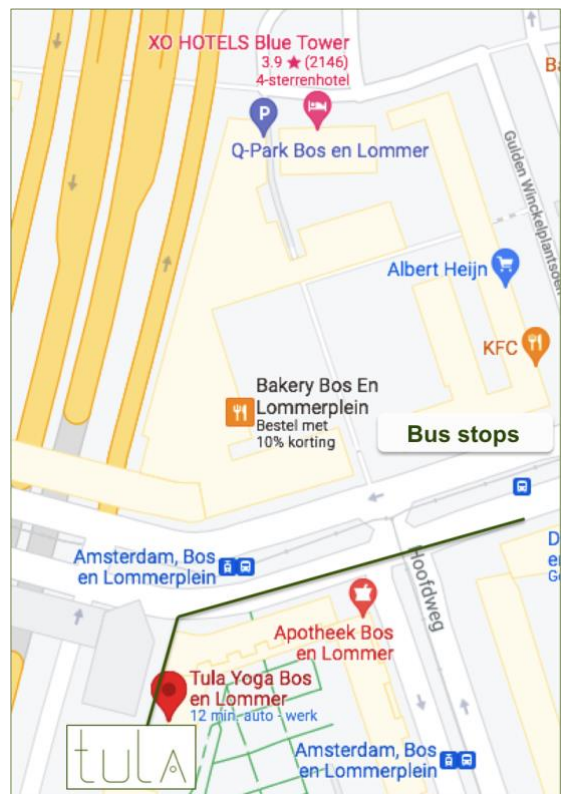


Map 1: *Parking: Tula - Qpark*

## 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*

## **Vegan/Restaurant and Café recommendations**

1. Philly
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. Loving Hut – Vegan House
7. Oko Café- vegan and very tasty breakfast and lunch
8. Terrasmus
9. Podium Mozaiek – café & lunch
10. Mercatorplein (Mercator square) area has many nice small cafes & restaurants and most of them have vegan and vegetarian options with nice terraces

## **Immersion schedule:**

### **Sunday 25/09**

10.00 - 12.00 – Guided Asana Practice  
14.00 - 16.00 – Chanting & Philosophy

### **Monday 26/09:**

7.00 - 8.30 - Mysore practice shift 1  
8.30 - 10.00 – Mysore practice shift 2  
11.00 – 12.00 – Chanting & Philosophy

### **Tuesday 27/09:**

7.00 - 8.30 - Mysore practice shift 1  
8.30 - 10.00 – Mysore practice shift 2  
11.00 – 12.00 – Chanting & Philosophy

### **Wednesday 28/09:**

7.00 - 8.30 - Mysore practice shift 1  
8.30 - 10.00 – Mysore practice shift 2  
11.00 – 12.00 – Chanting & Philosophy

### **Thursday 29/09:**

7.00 - 8.30 - Mysore practice shift 1  
8.30 - 10.00 – Mysore practice shift 2  
11.00 – 12.00 – Chanting & Philosophy

### **Friday 30/09:**

7.00 - 8.30 - Mysore practice shift 1  
8.30 - 10.00 – Mysore practice shift 2  
11.00 – 12.00 – Chanting & Philosophy