

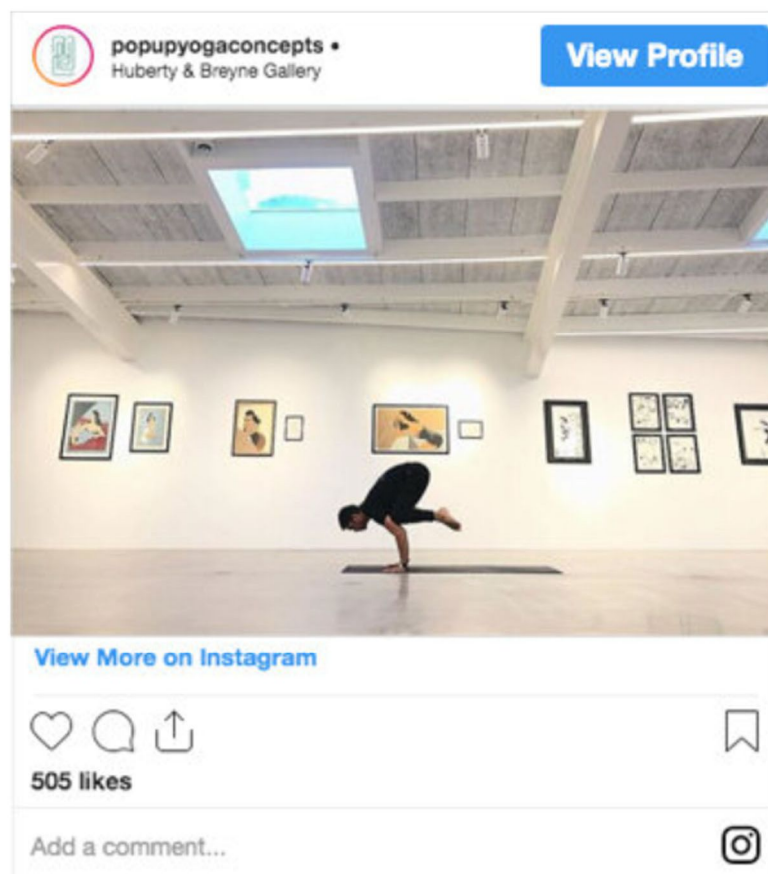
BRUSSELS · OCTOBER 3, 2019

## ROLL OUT YOUR MAT EXCITING SITES WITH POP UP YOGA CONCEPTS

**What:** The people behind [Pop Up Yoga Concepts](#) roll out their mats wherever their imagination takes them. This studio-less group of yogi's teach in Brussels' (and Antwerp's) most exciting places. Think, museums, luxury hotels and historical venues. The locations change frequently, but

**Ideal for:** young urban people and the adventurous minded, regardless of their level.

**My experience:** I tried Vinyasa Yoga on the roof terrace of Le Châtelain Hotel. There were 14 students, 5 of whom were men (in their 20s/early 30s!!). The English-speaking teacher, Masha, walked around a lot to correct people with their positions or challenge them further.



**Praise for:**

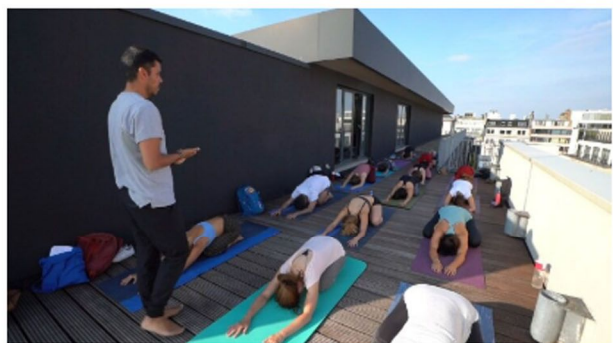
I love how Pop Up Yoga Concepts offers quality yoga classes and bring people to the mat who otherwise would not feel drawn to stand in down dog.

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Something went wrong with my online booking. I sent them an e-mail and then, just to be sure, I gave them a call 15 minutes later. Guess what, Michel, the manager, was already processing my mail, had come up with a solution. Customer service... oh how I appreciate that mindset!

**Please note:** there may not be a large changing room on site. Never mind showers. Do bring your own mat! They also organise retreats in the Ardennes, Zeeland (NL) and Portugal.

**Drop in price:** EUR 15



Photos provided by my Pop Up Yoga Concepts - thanks, guys!

Bron:  
<https://wellnessrebel.eu/blog-2/brussels-pop-up-yoga-concepts>