

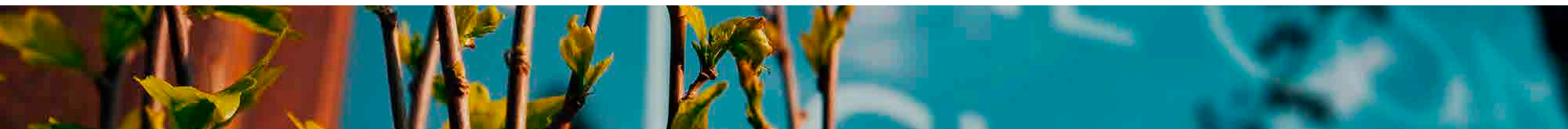


The Green Temple

Relax

Imagine a meeting, training or event and being happier, more motivated, more concentrated, more creative, more relaxed and healthier than ever before. The Green Temple offers a truly

unique and inspiring environment for you and your clients. Whether it's for a successful business meeting, workshop, training or a press event - at The Green Temple you're in good hands.



The showcase of the Sustainable Future

The Green Temple is located at The Conscious Club, the showcase of the new sustainable future. The Conscious Club is the first public climate neutral canal house in Amsterdam. This former chocolate factory has been rebuild with a super high-

tech sustainable climate system and only natural products have been used to build a sacred space. Not only a conscious design but also one with soul through the amount of antique details and items with a story.

Always a great first impression.

Our canal house is truly an eye-catcher with its beautiful antique wooden entrance, and while it's not only impressive from the outside it's on the inside as well! We believe in being of value – to ourselves, to nature, to the future and to you.

Minimizing negative footprints to maximizing positive handprints. Whatever we do, we put love and care into it.

With attention to every detail, friendly and flexible staff and a healthy organic environment, you will leave with more energy than you came.

Be inspired by our
100% Sustainable Business

The
Green
Temple



The Green Temple



The Green Temple is sacred space of 90m2 surrounded with organic building material, upcycled furniture, plants and a big green wall. The tables are in-house made from 300-year old oak floorboards from the famous Wester Tower - the same oak as they used for V.O.C. ships in 1700 and in ceilings of old Dutch churches. The antique glass room dividers are from the 19th century which gives The Green Temple its own unique feel.

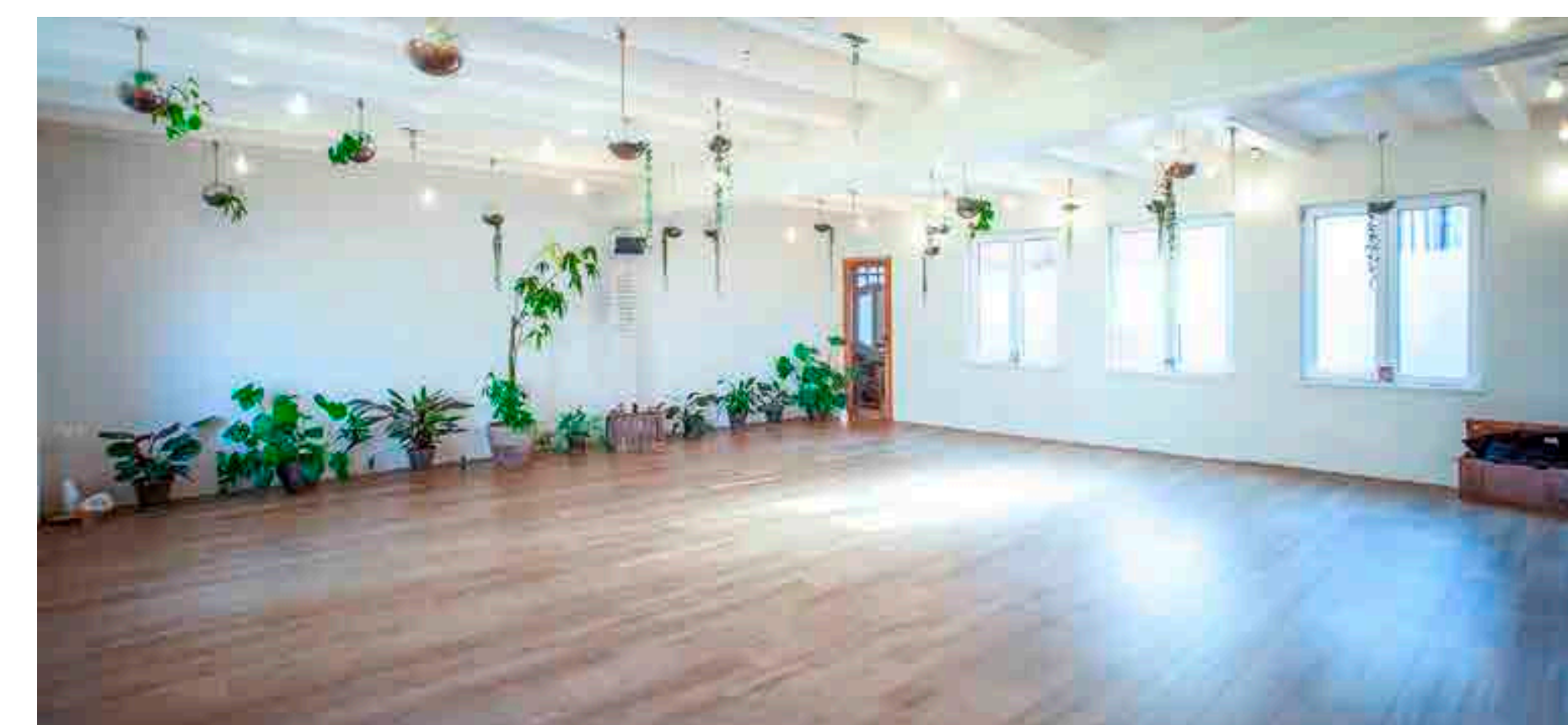
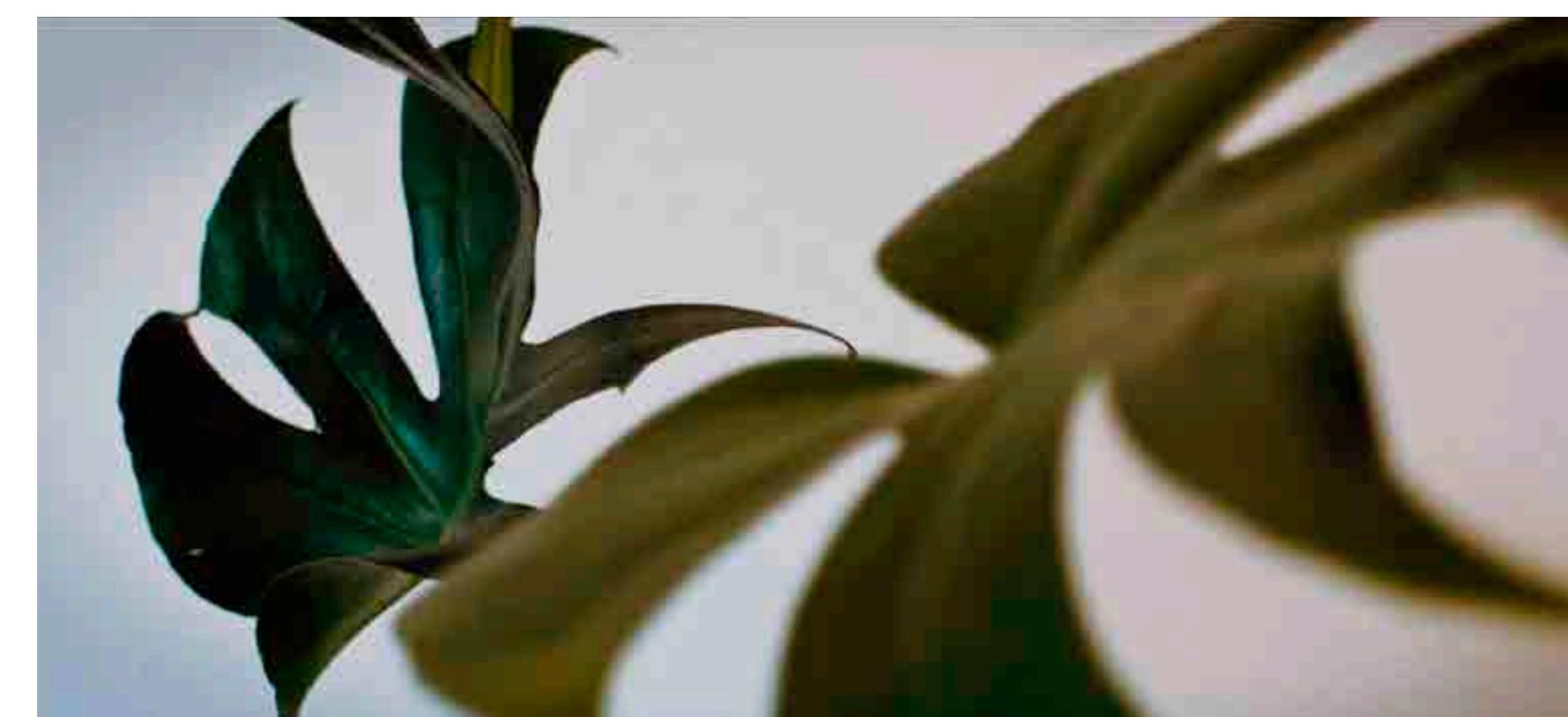
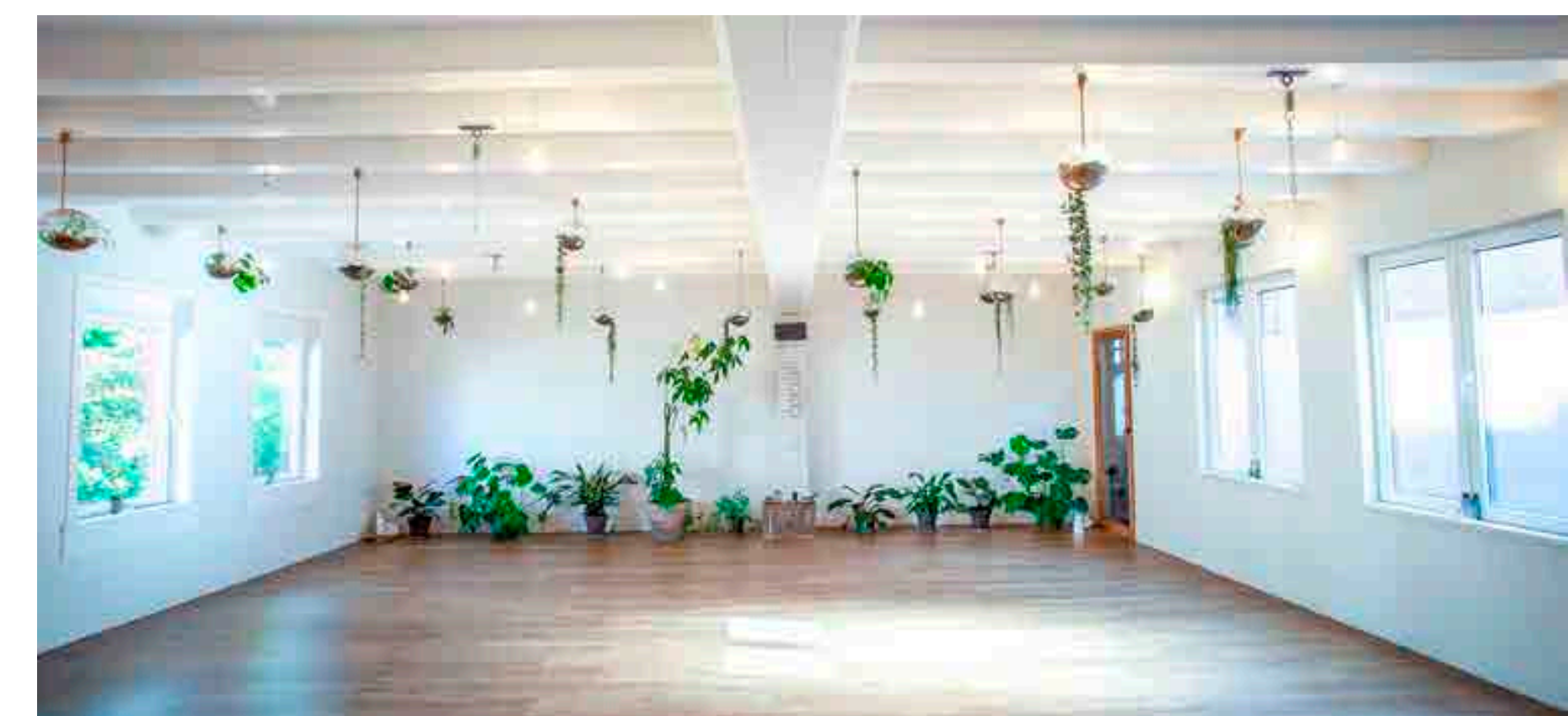
The Green Temple has a 18m2 plant wall. Our plant wall reduces CO2 with a 100% and replaces it with O2 (oxygen). It also reduces headaches and tiredness with 45%. Research has shown that indoor plants significantly improve the aspects of our indoor environment, from physically cleaner air to direct beneficial effects on psychological health, task performance, illness reduction and productivity. We're making sure your meeting is always energetic!

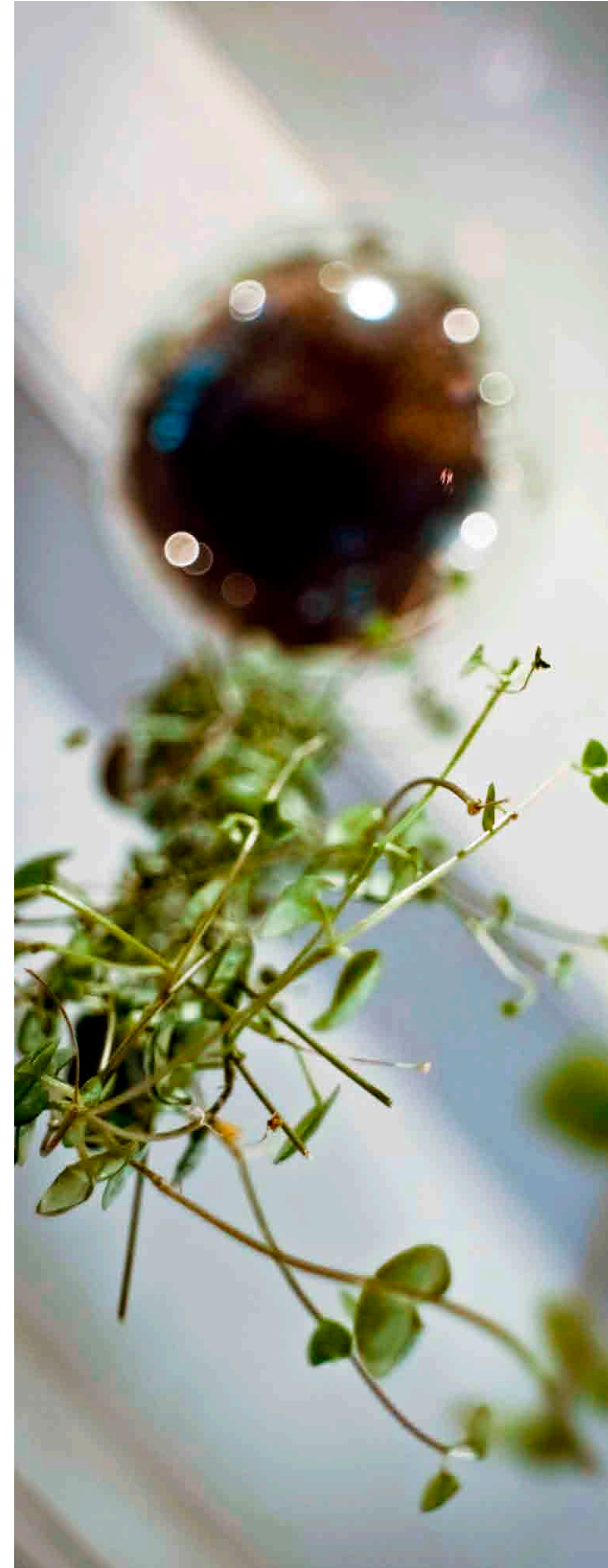


The Zen Hall

The Zen Hall is used for daily classes at The Conscious Club in the morning and evening. Between this schedule our Zen Hall makes for a perfect break-out room or small meeting space. These organic clay plastered walls make sure the humidity is regulated naturally for optimal health.

The roof of our Zen Hall carries 18 solar panels to fully cover the usage of electricity and the warm water in the building! A light and comfortable space surrounded by windows and hanging plants. Like the name says, a true zen paradise of 77m2.





Café

The mission in our kitchen is simple: serving delicious, home made, fresh, organic and vegetarian food.

We only work with the best ingredients and the highest quality food. The soulfood for your event is made from our own authentic homemade recipes and with lots of love in our kitchen.

Drink options

Unlimited coffee, tea & water	€ 15,50 <i>p.p.p.d.</i>
Unlimited coffee, tea, water & soda	€ 17,50 <i>p.p.p.d.</i>
Fresh vegan smoothie	€ 3,50 <i>p.p.</i>
Unlimited Dutch assortment	€ 7,50 <i>p.p.p.h</i>
Glass Saumur Brut	€ 6,00 <i>p.p.</i>





Catering



Breakfast

Simply Green

Breakfast with croissants & pastry assortment

€ 6,50 p.p.

Temple

Breakfast with croissants, yoghurt with fresh fruit & homemade granola

€ 8,50 p.p.

Walhalla

Breakfast with croissants, pastry assortment and assortment yoghurt and chiapot

€ 15,00 p.p.



AM Break

Simply Green

AM break with blissballs

€ 2,50 p.p.

Temple

AM break with bananabread

€ 3,50 p.p.

Walhalla

AM break with bananabread & blissballs

€ 5,50 p.p.



Lunch

Simply Green

Lunch with 3 sandwiches

€ 14,50 p.p.

Temple

Lunch with soup, salad & bread with homemade spreads

€ 16,50 p.p.

Walhalla

Lunch with soup, side salad & 2 sandwiches per person

€ 18,50 p.p.



PM Break

Simply Green

PM break falafel with muhammara

€ 5,00 p.p.

Temple

PM break sweet potato tortilla & falafel with muhammara

€ 7,50 p.p.

Walhalla

PM break sweet potato tortilla, falafel with muhammara & feta/mint pastry assortment

€ 9,50 p.p.

€ 13,50



Fuel for the Soul

Mindful Beginning or Break

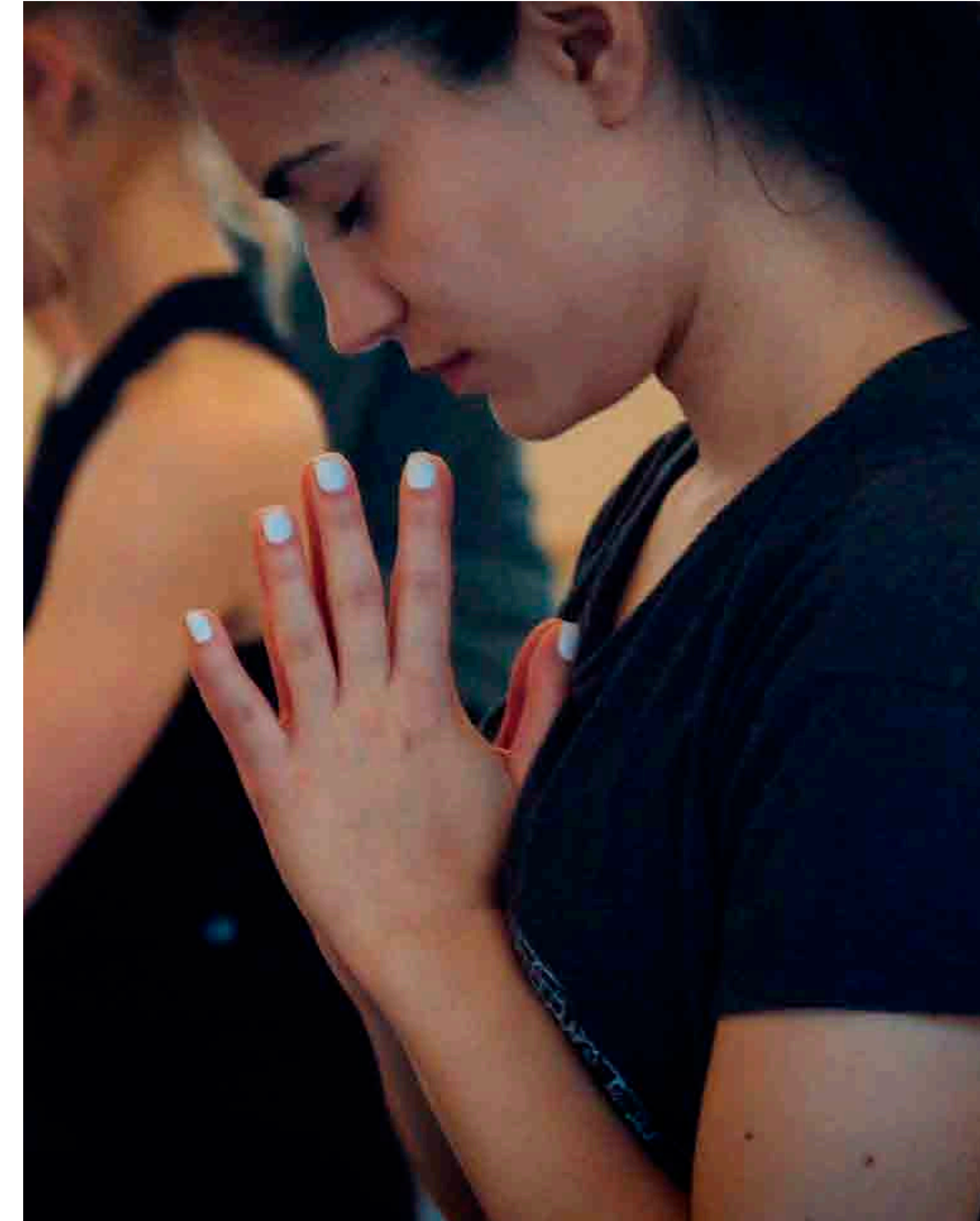
Start your meeting extra focussed or keep the energy going during your event. This Mindfulness introduction is exactly what you are looking for!

You can book it from 20 minutes to up to an hour, to let your guests experience mindfulness by one of our professionals.

Want a more elaborated Mindfulness program for your event? Please don't hesitate to ask for the options.

Wim Hof Breathing and Meditation

Experience the power of breath! This Wim Hof Breathing and Meditation technique is easy accessible for everyone. A great combination of explanation, experience and working with breath and meditation. From 45 minutes up to a full day workshop, everything is possible and adjustable to the needs of your group!



Yoga Nidra

Want to create a moment of rest and peace within your event? With Yoga Nidra you experience deep relaxation, the body is rested while the mind stays present. A great way to destress! This beautiful practice is for everyone, since the only thing you need to do is lay down and let your awareness be guided by one of our experienced professionals.

You can add Yoga Nidra to your event from 20 minutes up to 75 minutes.

Ayurvedic approach on stress

Is stress, tension or even burn-out symptoms something you want to address and take an alternative look at?

This talk is explaining you everything about stress and what happens in the body, nervous system and the brain, how we are designed to endure stress and what we need in order to stay resilient. We connect our response to stress to the different constitution types according to Ayurveda. Each constitution type has a different response to stress. Participants get to discover their own tendencies and learn to recognise the tendencies of their colleagues. This awareness can be applied at the work place and create more understanding and insight in how to approach yourself and each other and collaborate during stressful times.

This talk starts from 1 hour and can be elaborated up to a half day workshop.



Yoga

Yoga during start, break or even at the close of your event in one of our fully equipped and beautiful spaces! Yoga is a great way to calm the mind and move the body. So why not include this popular practice in your event!? Let your group feel restored and renewed with this addition!

You can book a yoga class from 45 minutes to up to a class of 1,5 hours, depending on your needs and wishes.

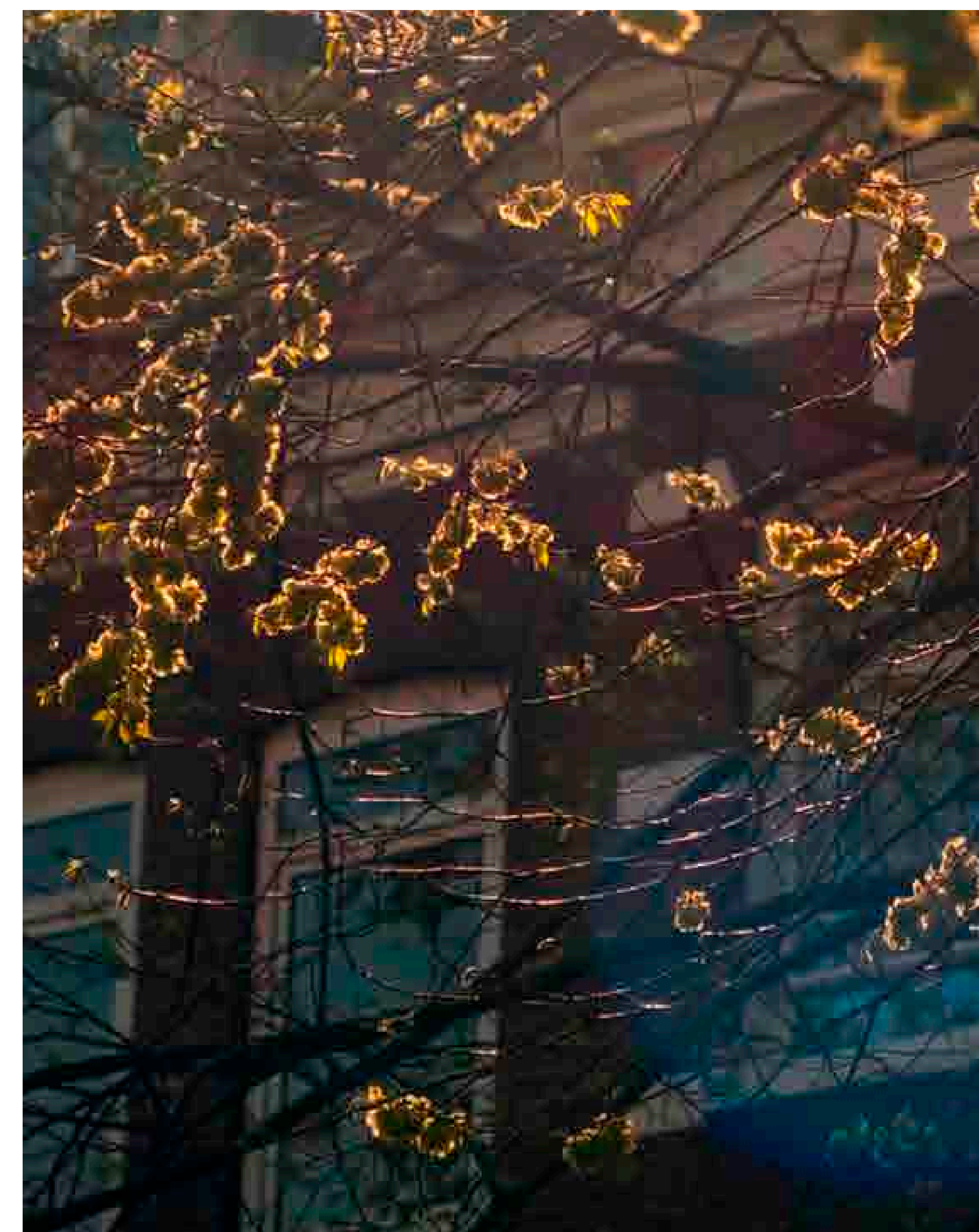
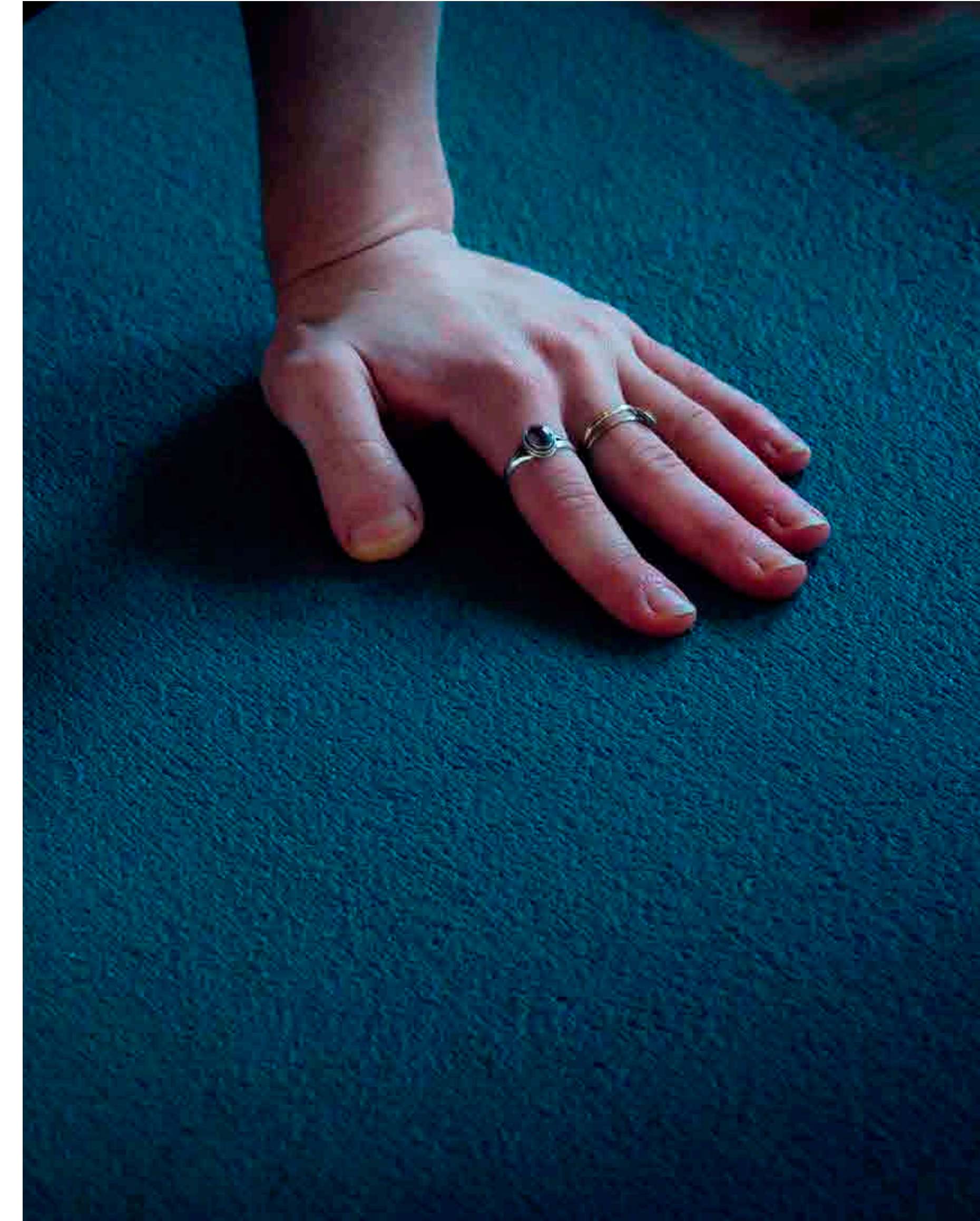
Tree Wisdom Walk in the City

Feel like going outside and outside the box?

Go outside, while you go inside. An inspiring walk from our building on the Lauriergracht to the Vondelpark, where you will learn and get to know various trees. Discover trees you never noticed before and learn about our connection with trees. The question is, what is this connection? How do you connect? Does the quality or the age of the tree play a role? What tree works best for you?

Questions we will try to answer during this walk through city and park.

The walk can be 1,5 hours up to 4 hours, please ask for suitable options for your group!



Prices



Group size	4 hours	8 hours	This includes
Up to 30 persons	€ 500	€ 750	90m2 private indoor space <i>9m x 10m x 4m</i>
Up to 50 persons	€ 700	€ 950	
Up to 80 persons	€ 900	€ 1.150	Free WiFi <i>200 MBs down / 20 MBs up</i>
Up to 100 persons	€ 1.100	€ 1.350	
Room capacity			Full HD Beamer <i>4000 lumen, HDMI & VGA Windows & Mac</i>
U-Shape	22 persons		A remote clicker
Boardroom	32 persons		
Cabaret	60 persons		1 Flip-over / Whiteboard with markers
Theater	100 persons		
Max capacity	150 persons		39 chairs / 4 big tables
			Sonos Sound System
			Electrovoice active speaker <i>1000 W Peak, 250W + 12' Woofer & 1,5' / Compression-Driver / Frequentie reach: 55 Hz - 20 kHz - SPL: 95 dB, max. 125 dB</i>
<i>You can rent The Green Temple for € 125 per extra hour.</i>			
<i>When you rent The Green Temple, you can rent The Zen Hall by the hour.</i>			
<i>All prices are ex. VAT.</i>			



Group size	3 hours	6 hours	This includes
Up to 25 persons	€ 300	€ 500	77m2 private indoor space <i>8,2m x 9,4m x 3m</i>
Up to 40 persons	€ 500	€ 750	
			30 yoga mats
			30 meditation pillows
			Extra yoga gear & blankets
			Use of special dressing rooms with showers for men & women <i>(separate)</i>
			Sonos Sound System
<i>You can rent The Zen Hall for € 100 per extra hour.</i>			
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Clients



Contact



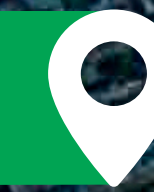
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The Lauriergracht is a quiet little hidden gem in the middle of the city center, known as one of the most beautiful canals of Amsterdam. It's always been a source of inspiration for many famous artists with its picture-postcard views, as it really portrays the idyllic side of Amsterdam.

Luckily, parking was never this easy in the city centre of Amsterdam. Q-park is 450 meters away from our location on Marnixstraat 250.

