



12:00 – 13:00

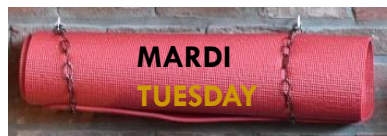
Hatha Yoga

Av. Général Guisan 58
Viviane Hilkner

17:45 – 18:45

Hatha Yoga (FR/EN)

Av. Général Guisan 58
Ardiana Nolfo



12:00 – 13:00
Qi Gong / Tai Chi

FOYER ASLN, Vevey
Rue Hôtel de Ville 1
Marie Pfiffer

12:00 – 13:00
Hatha Yoga soft (English)

Av. Général Guisan 58
Viviane Hilkner

12:00 – 13:00
Pilates

Entre-deux-Villes
«Salle d'Armes»
Cristiane Tinguely

* 18:00 – 19:15
Hatha Yoga (FR/EN)

Entre-deux-Villes
«Salle d'Armes»
Ardiana Nolfo



10:00 – 11:00
Yoga Doux

Entre-deux-Villes
«Salle d'Armes»
Véronique Langelaan

12:00 – 13:00
Hatha Yoga (FR/EN)

Av. Général Guisan 58
Ardiana Nolfo

12:00 – 13:00
Hatha Yoga «Moyen»

Entre-deux-Villes
«Salle d'Armes»
Viviane Hilkner



12:00 – 13:00
Hatha Yoga (English)

Av. Général Guisan 58
Viviane Hilkner

Trial Month : CHF 63.- Nestlé employees /
CHF 73.- externals per trial month
or Trial class : CHF 20.- per trial class

* **1h15 class – only accessible with unlimited subscription**



12:00 – 13:00
Hatha Yoga doux

Av. Général Guisan 58
Sandro Jaques

12:00 – 13:00
Hatha Yoga

Entre-deux-Villes
«Salle d'Armes»
Viviane Hilkner



RATES (subscription to the Nestlé Yoga Club is **minimum for 6 months** – trial Class(es) before registering are highly recommended – see below) :

	Nestlé Employees; Spouse + Nestlé retirees	Externals (non-Nestlé only sponsored by a Nestlé Employee and in the limits of our possibilities)
1 class of your choice per week	CHF 38.-/month	CHF 53.-/ month
2 classes of your choice per week	CHF 53.-/month	CHF 68.-/ month
Unlimited participation	CHF 63.-/month	CHF 73.-/ month

Classes are given in French – unless stated – and all our teachers speak English (tell them before you start if you need translation)

Trial Class : special Nestlé price : we strongly recommend you do a 1 month Trial unlimited before joining the club : **CHF 63.-** (CHF 73.- for externals)

1. You pay the amount on the Club account at Banque Cantonale Vaudoise, Vevey : IBAN CH22 0076 7000 Z504 5132 6
Club de Yoga Nestlé, Avenue Nestlé 55, 1800 Vevey – thanks to mention : date(s) of the trial class(es) or trial month (only one)
2. You send your payment confirmation to : anne-marie.affannato@nestle.com
3. You will get the details (entry codes). Mats available on site

Once you have found your discipline(s), to be part of the club, thanks to fill-in the ENROLLMENT form in our intranet site.

You just have to choose the frequency that works for you. Once per week or twice per week (NO COMPENSATION for absence, holidays or class cancellation) or if you prefer unlimited for more flexibility.

In case of long term sickness or injury – you can provide a medical certificate to the ALSN.

Any change of frequency can be done at anytime – for a minimum of 6 months before the next change. **For external members, only when you get your new semestrial bill**

Resignation – by mail to ASLN + President of the club – one month notice for the following month

RULES for Nestlé Yoga Club Members :

Book your mat in advance through the reservation tool MINDBODY - (you will get access when receiving confirmation of your subscription to the Club)

Be ready in sports gear IN THE ROOM on the mat latest 5 minutes before the course starts.

Inform the teacher of any health specificities BEFORE the class starts. Your presence is required until the end of the class.

Mobile phones totally switched-off (no vibration)



**Foyer ASLN, Vevey, Rue de l'hôtel de Ville 1 –
(next to Alimentarium), 1st floor – ask us for the entry code**

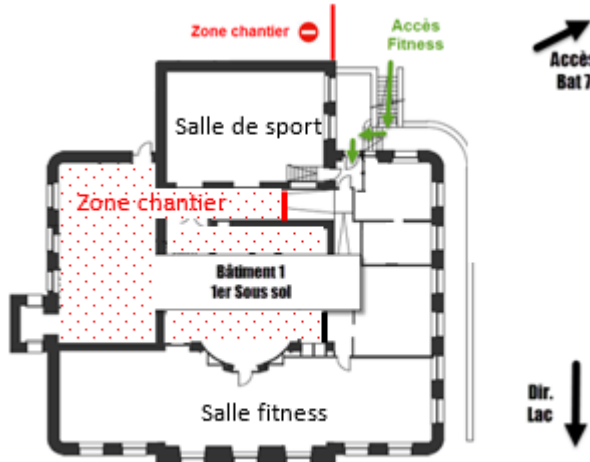
Voici une vue l'entrée du no 1 de la rue de l'hôtel de ville.



**Studio Zen & Tonic, Vevey, Avenue Général Guisan 58
2nd Floor – ask us for the entry code**



**ENTRE-DEUX-VILLES, La Tour-de-Peilz – «Salle d'Armes / Salle de Sport» -
ask us for the entry code or validate your badge at E2V reception
Bâtiment 1 = Réception Nestlé Suisse / Bâtiment 7 = Nestlé Shop**



Emergency number Health **021 924 8999**

Other trouble – locker blocked for instance : 021 924 22 22 24h/24 - 7days/7