



12:00 – 13:00
Hatha Yoga
 Av. Général Guisan 58
Viviane Hilknér

17:45 – 18:45
Hatha Yoga
 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 Hilknér

12:00 – 13:00
Pilates
 Entre-deux-Villes
 «Salle d'Armes»
Cristiane Tinguely

*** 18:00 – 19:15**
Hatha Yoga
 Entre-deux-Villes
 «Salle d'Armes»
Ardiana Nolfo



09:30 – 10:30
Yoga Doux
 Entre-deux-Villes
 «Salle d'Armes»
Véronique Langelaan

12:00 – 13:00
Hatha Yoga
 Av. Général Guisan 58
Ardiana Nolfo

12:00 – 13:00
Hatha Yoga
 Entre-deux-Villes
 «Salle d'Armes»
Viviane Hilknér

Trial Month : CHF 65.- Nestlé employees /
 CHF 75.- 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
 (English)

Av. Général Guisan 58
Viviane Hilknér

A new yoga room will be available
 En Bergère as from July 2020
 Something you would like to see on the
 programme ?

Contact us now....



*** 09:30 – 10:45**
Hatha Yoga
 Entre-deux-Villes
 «Salle d'Armes»
Daniela Catanese

12:00 – 13:00
Hatha Yoga doux
 Av. Général Guisan 58
Sandro Jaques

12:00 – 13:00
Pilates
 Entre-deux-Villes
 «Salle d'Armes»
Cristiane Tinguely

Contact : anne-marie.affannato@nestle.com
 Tél. 021 924 2486



RATES (subscription to the Nestlé Yoga Club is **minimum for 6 months** – trial Class(es) before registering to the Club are highly recommended – see below) In mission or temporary contract less than 6 months ? Contact us :

	Nestlé Employees; Spouse + Nestlé retirees / Children 14-25 years old	Externals (Nestlé Contractors)
1 class of your choice per week	CHF 40.-/month	CHF 55.-/ month
Unlimited participation	CHF 65.-/month	CHF 75.-/ month

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

Trial MONTH : special Nestlé price : we strongly recommend you do a 1 month Trial unlimited before joining the club : **CHF 65.-** (CHF 75.- 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 subscribe to the club, thanks to fill-in the ENROLMENT form in our intranet site.
Once per week (NO COMPENSATION for absence, holidays or class cancellation) or if you prefer unlimited.

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 (pregnancy, others) 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**

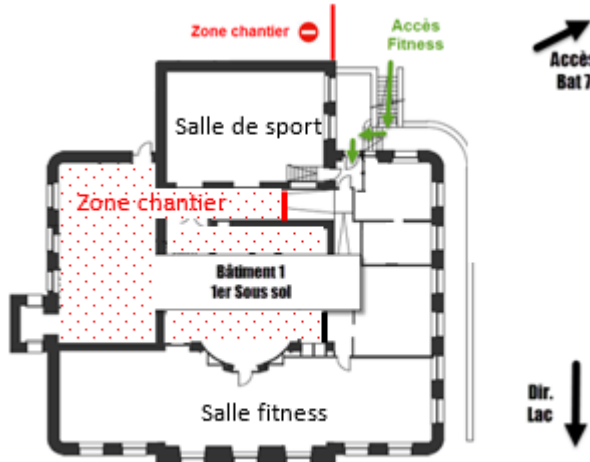
Voici une vue l'entrée du no 1 de la rue de l'hôtel de ville.



**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