

# LAKE SIDE - HATHA YOGA - LAUSANNE

Mehernaaz, originally from India is a Hatha Yoga Practitioner, Back & Neck Pain Specialist & Personal Fitness Trainer since over 17 years, having completed her professional education in India, UK, USA and Australia. Her address in Lausanne is WELLNESS 37, Rue du Simplon 37, 1006 Lausanne.

**Each participant will be guided individually according to their medical conditions and personal objectives.**



## **Meeting PLACE:**

*Parking of - La Tour Haldimand at Ouchy  
(It is close to the Parc Denantou)*

## **TIME:**

*From 18:30 to 19:45*



**PLEASE CARRY:** *Your mat, a big towel and a thick pullover*

**LANGUAGE:** *Both English & French*

**FOR REGISTRATION:** *Email - [consult@meher4fitness.com](mailto:consult@meher4fitness.com) or Please call on 078 842 18 78*

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## **FOR BEGINNERS & INTERMEDIATE LEVELS**

**AGE - NO LIMIT**

- **DATES:** **MAY - 6, 12, 20 & 26 ; JUNE - 3, 9, 17, 23 & 30 and JULY - 1, 9 & 14**  
(Please note that the classes are sometimes on Mondays, some on Tuesdays and one class is on Wednesday. This is to facilitate everyone)
- **Abonnement: 5 classes - CHF 120.- Abonnement: 8 classes - CHF 175.- Abonnement: 12 classes - CHF 250.-**  
(AIWC MEMBERS are offered a 10 % reduction on the Abonnement for 12 classes)

**LIMITED TO 12 PARTICIPANTS ONLY**

**WEBSITE: [www.meher4fitness.com](http://www.meher4fitness.com)**