



PRIVATE YOGA RIVIERA
— Martyna Kosciesza —

PRACTISE YOGA AND MEET FRIENDS - FREE MORNING YOGA BY THE LAKE

Let's start Sunday well by gentle morning yoga practice in La Tour-de-Peilz with the supportive group of like minded-people.

Practical information:

- **Cost** - free
- **Language:** mainly English (but I also speak French fluently if needed)
- Level: beginner.
- **About the class:** it's beginner's gentle class, with the focus on foundations and breathing. Of course experienced practitioners are also welcome - just bring along a beginner's mind.
- **Health:** please inform me before the class if you are pregnant or have any health issues. In case of serious medical issues please consult your doctor before attending the class.
- **Material:** please bring your own mat/blanket or towel.
- **If you have a bit of time after the class,** you are welcome to stay longer and have a tea/coffee/juice at the terrace of the nearby cafe by the lake.
- **Registration:** please indicate that you are coming on [facebook](#), or [meetup](#) or send me a [message](#).

Important: The event depends on the weather: I will send the final confirmation one day before the event.

How to find us:

Meeting point: We will meet in the Port de La Tour-de-Peilz (next to tge castke - Museum of Games) - about 5 min walk from LaTour-de-Peilz train stations

Exact location: <https://goo.gl/maps/bYR7XgruRoE45GfH9>

Practicing place: if you are late, walk up the stairs from the meeting point

Exact location: <https://goo.gl/maps/yocZSB8qGVdwmr2j6>

In case of any questions, do not hesitate to contact me.

I am looking forward to meeting you,

Martyna