

LONGEVITY CHINA

---

*Recognized as a Longevity Spot by Longevity China — a  
circle of places that nourish longer, fuller lives.*

# Swiss Pilates & Yoga

FEATURED ON LONGEVITY CHINA



*Movement & Fitness · March 2026*

*Maurice Lichtenberg*

---

CO-FOUNDER



verify

*Laura Pezza*

---

CO-FOUNDER