

LONGEVITY SWITZERLAND

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

# Bikram Yoga Nairobi

FEATURED ON LONGEVITY SWITZERLAND



*Movement & Fitness · March 2026*

*Maurice Lichtenberg*

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CO-FOUNDER



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*Laura Pezza*

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