



VIC YOGA CLUB

AUTUMN 2021 YOGA CLASSES

2 November 2021 to 27 January 2022

Tuesdays and Thursdays from 12:00 to 13:00 and from 13:00 to 14:00

(The class from 13:00 to 14:00 is particularly recommended for newcomers)

Festive season break: no classes from 17 December 2021 to 10 January 2022

F1001 (Staff Activities Room)

Teacher: Helmuth HAUSBERGER

We practise yoga mainly according to the method of B.K.S. Iyengar. Classes begin with easy movements and stretches to activate and loosen the muscles and to create space in the joints, allowing the breath to unfold and to deepen. Through yoga exercises we discover our potential for various movements and asanas (poses), such as forward, back and side bends, twists and inversions. Both asanas and pranayamas (breathing exercises such as prolonging and retaining the breath) aim at a harmonious development of strength and extension on the one hand, and flexibility and release on the other. We usually finish with savasana (relaxation). Regular yoga practice invigorates the body-mind, and it helps practitioners to find balance and serenity.

The fee is **€ 110 for the semester** (€ 100 for classes + € 10 membership fee.)

Two lessons per week are included.

Early responses and **electronic payments** help and are appreciated!

Newcomers wishing to trial a class, please contact us beforehand.

Participation is at one's own risk. In order to ensure a safe environment, please note that the 3G rule will apply and that no partner yoga moves will be practised. Members will be requested to wear masks while entering and leaving the room, and the use of own mats is highly encouraged. Club members who have any symptoms that could be associated with COVID-19 should not attend classes.

Committee members:

Tanja Schkrohowsky, President, ext. 22490; Heather Weibert, Secretary, ext. 25155;

Hanna Fazilova, Vice-Secretary, ext. 4521; Neila Garcia-Salgado, Treasurer, ext. 21465

Contact us at: [**vicyogaclub@gmail.com**](mailto:vicyogaclub@gmail.com)

Please visit our blog: [**http://vic-yoga-club.weebly.com/**](http://vic-yoga-club.weebly.com/)



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Please complete this form (by hand or type directly onto the PDF) and give it together with proof of payment to the yoga teacher at the beginning of the semester, or email both documents to:

vicyogaclub@gmail.com

(Electronic payment preferred)

I would like to register for the Autumn Semester 2021 and note that participation is at my own risk.

I attach proof of payment showing that I have paid **€ 110** for the semester.

(Empfänger/In: VIC Yoga Club, IBAN: AT65 2011 1844 4034 1800, BIC: GIBAATWWXXX (Erste Bank),
Verwendungszweck: **VIC Yoga Club Autumn 2021 Yoga Classes - Nov. 2021 to Jan. 2022**)

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Organization:	<hr/>
Office room number:	<hr/>
Telephone number (Ext.):	<hr/>
Name of bank account holder:	<hr/>
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