



VIC YOGA CLUB

AUTUMN 2021 YOGA CLASSES

7 September 2021 to 28 October 2021

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)

Break: no classes on Tuesday, 26 October 2021

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 € **71** for **Sep.-Oct. 2021** (€ 61 for classes + € 10.00 membership fee.)

Two lessons per week are included.

Owing to the short semester, we will hold classes at a different rate to our usual rate. For newcomers wishing to trial a class, please contact us beforehand. Members who made payments in 2020 and requested to be given the opportunity to use their credit for classes after the COVID-19 lockdown period, please inform us if you would like to use your credit for this semester. Please note that your credit of 70.72 will cover the costs. Club members who have any kind of symptoms that could be associated with COVID-19 should not attend classes.

Early response and **electronic payment** is a help to the Committee.

Please note new bank account details (see next page).

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 rather than the club mats is highly encouraged. Disinfectant will be available on site for disinfecting the mats. Club members who have any kind of symptoms that could be associated with COVID-19 should not attend classes.

Committee members:

Christel Hauer, President, ext. 3256

Tanja Schkrohowsky, Treasurer, ext. 22490

Contact us at: vicyogaclub@gmail.com

Please visit our blog: <http://vic-yoga-club.weebly.com/>



VIC YOGA CLUB

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

I would like to register for the Autumn Semester 2021 and note that participation is at my own risk. Through the application of becoming a member of the VIC Yoga Club and participation at the classes, I declare that I possess valid documentation to show that I meet one or more of the 3G criteria (tested, vaccinated and recovered).

I attach proof of payment showing that I have paid **€ 71** for the semester.

(EmpfängerIn: VIC Yoga Club, IBAN: **AT65 2011 1844 4034 1800**, BIC: **GIBAATWWXXX** (Erste Bank),

Verwendungszweck: **VIC Yoga Club Autumn 2021 Yoga Classes** (Sep. and Oct. 2021)

Name:	<hr/>
Organization:	<hr/>
Office room number:	<hr/>
Telephone number (Ext.):	<hr/>
Name of bank account holder:	<hr/>
Name of bank and address:	<hr/>
	<hr/>
Date of payment:	<hr/>
Email address:	<hr/>
	<hr/>