



VIC YOGA CLUB

SPRING SEMESTER 2020

4 February to 30 June 2020

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)

Easter break: no classes from 6 to 12 April 2020

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 **€ 110.00 for the semester** (€ 100.00 for classes + € 10.00 membership fee.)

Two lessons per week are included.

Newcomers are welcome to a free trial class within the first 3 months of the semester and are welcome to join during this period.

Early response and electronic payment is a help to the Committee!

Should payment be made by Erlagschein, please write your name clearly on the Erlagschein.

Please note: Participation is at one's own risk.

Committee members:

Christel Hauer, President, ext. 3256

Tanja Schkrohowsky, Treasurer, ext. 22490

Agata Krupa, Vice-Treasurer, ext. 21244

Contact us at: vicyogaclub@gmail.com

Please visit our website: <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 Spring Semester 2020 and note that participation is at my own risk.

I attach proof of payment showing that I have paid **€ 110.00** for the semester.

(EmpfängerIn: VIC Yoga Club, IBAN: AT90 1100 0005 8487 0000, BIC: BKAUATWW (Bank Austria), Verwendungszweck: VIC Yoga Club Spring Semester 2020)

Name: _____

Organization: _____

Office room number: _____

Telephone number (ext.): _____

Name of bank account holder: _____

Name of bank and address: _____

Date of payment: _____

Email address: _____