



VIC YOGA CLUB

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## **AUTUMN SEMESTER 2019**

### **3 September 2019 to 30 January 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)

Christmas break: **no classes from 20 December 2019 to 6 January 2020**

F1001 (Staff Activities Room)

Teacher: Helmuth HAUSBERGER

We practise yoga according to the method of B.K.S. Iyengar. Classes usually begin with easy movements and stretches to activate and loosen the muscles, and to create space in the joints. Our yoga practice involves holding classic yoga postures and variations. Through regular yoga practice (twists, inversions and bends) our range of movement increases, and through regular breathing exercises (pranayama) we can improve our breath control. Yoga practice supports us in our aim to develop strength and flexibility, and helps us to improve our concentration, balance and body awareness, benefiting our body and mind.

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

Two lessons per week are included.

Please note that yoga classes are also held on Austrian public holidays that are not VIC official holidays.

Newcomers may attend a trial lesson free of charge.

**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

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](mailto:vicyogaclub@gmail.com)

**(Electronic payment preferred)**

I would like to register for the Autumn Semester 2019 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 Autumn Semester 2019)

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Office room number: \_\_\_\_\_

Telephone number (Ext.): \_\_\_\_\_

Name of bank account holder: \_\_\_\_\_

Name of bank and address: \_\_\_\_\_

Date of payment: \_\_\_\_\_

Email address: \_\_\_\_\_