

NEW !!!!



**AUTUMN 2013
PROGRAMME!**

VIC Health Club

**Join our NEW
Stress Management
and QI-GONG Classes**

Classes START: 21 October 2013

NEW CLASSES !!!

Mondays: Location F10 Staff Activities Area

13-14 Progressive Muscle Relaxation (PMR)

This simple technique was developed by **Edmund Jacobson MD, PhD** in the 1930s.
Deep muscle relaxation releases physical tension resulting from stress - physical relaxation brings mental calm

Tuesdays: Location F 0910

12-13 Liver Qi-Gong – Beginners

A gentle energy booster

13-14 Protect your self from Burnout

Simple and effective **Mindfulness training** methods – breathing, listening to your body, moving (a bit of dancing too) – come and enjoy a relaxing midday break

The Tai-Ji and Qi-Gong classes for Advanced will continue to take place as in previous semesters.

NEWCOMERS MAY ATTEND A TRIAL LESSON FREE OF CHARGE

For more information please contact M. Hejtman (m.hejtman@iaea.org) or E.Moedlhammer (e.moedlhammer@iaea.org)

The yearly VIC Health Club membership fee is € 5. The course fee is payable directly to the teacher.

THIS IS A CIRCULAR FROM A RECOGNIZED CLUB



VIC HEALTH CLUB