

NEW !!!!



**AUTUMN
PROGRAMME!**

VIC HEALTH CLUB

Join our Tai Ji, Qi Gong and Nei Gong classes for vitalising the body and mind

SEMESTER START : 3 September 2012

SCHEDULE

Mondays Location F1001

12-13: Qi Gong for the lungs (beginners)

13-14: Nei Gong tension release

(5 weeks Workshop for beginners)

NEW !!!

Tuesdays Location: F0910

12-13: Tai Ji/Qi Gong (beginners and intermediates)

NEW !!!!

13-14: Qi Gong for the liver (beginners)

Wednesdays Location: F0910

12-13: Tai Ji (24 movements) & Qi Gong for the joints (advanced)

13-14: Qi Gong for the liver (advanced)

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 € 2. The course fee is payable directly to the teacher.

THIS IS A CIRCULAR FROM A RECOGNIZED CLUB



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