



VIC YOGA CLUB

FALL SEMESTER 2018 **21 August 2018 to 31 January 2019**

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 21 December 2018 to 6 January 2019**

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 creating space in the joints. This allows the breath to unfold. Asana-practice involves holding classical Yoga postures and its variations. It aims to develop harmonious strength and extension on the one hand and flexibility and release on the other. Regular asana-practice increases the range of movement in forward-, back- and side-bending, twists and inversions. The intention is to deepen balance, breathing and concentration.

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

Two lessons per week are included. 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 print your name clearly on the Erlagschein.

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

Committee members: Christel Hauer, President, ext. 3256
Dawn Jennings, Secretary, ext. 22274
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 hand this slip together with a proof of payment to the yoga teacher at the beginning of the semester or email it to vicyogaclub@gmail.com.

(Electronic payment preferred)

I would like to register for the Fall Semester 2018 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 Fall Semester 2018)

Name:

Organization:

Office Room Number:

Telephone number (Extn.):

Name of bank account holder:

Name of bank and address:

Date of payment:

Email address:
