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## VIC YOGA CLUB FALL SEMESTER 2012

Dates: 21 August 2012 to 31 January 2013

Place: F1075 (Staff Activities Room)

Teacher: Helmuth HAUSBERGER

WE WELCOME MEMBERS TO THE NEW SEMESTER AND INVITE NEWCOMERS TO JOIN!

Newcomers may attend a trial lesson free of charge.

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. This allows the breath to unfold. Asana-practice, i.e. doing the classical Yoga postures and variations to them, is the main part of the classes. They aim at a harmonious development of 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, in twistings and inversions. The intention is to deepen balance, breathing and concentration.

**TIMETABLE: 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 25 December 2012 to 3 January 2013.

**COMMITTEE MEMBERS:**  
Nathalie Colinet, President, ext. 26379  
Christel Hauer, Secretary, ext. 3256  
Susanne Nebel, Vice-Secretary, ext. 22429  
Agata Krupa, Treasurer, ext. 21231

**REGISTRATION AND PAYMENT: 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.  
The fee is € 100.00 (class) + € 10.00 (membership fee) for the semester.  
Proof of payment is required at registration. Two lessons per week are included.

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

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PLEASE HAND THIS SLIP TOGETHER WITH A PROOF OF PAYMENT  
(**please prefer electronic payment**)  
AT THE BEGINNING OF THE SEMESTER TO THE YOGA TEACHER.

I would like to register for the Fall Semester 2012 and note that participation is at my own risk.  
I attach a proof of payment showing that I have paid € 110.00 for the semester.  
(Kontonummer EmpfängerIn: 00584870000, BLZ Empfängerbank: 12000, Empfängerbank: Bank Austria  
Verwendungszweck: VIC Yoga Club Fall Semester 2012)

From: \_\_\_\_\_  
Name (please print) \_\_\_\_\_ Office number \_\_\_\_\_ Extension \_\_\_\_\_  
Email address: \_\_\_\_\_  
Signature: \_\_\_\_\_