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## SPRING SEMESTER 2016

2 February to 30 June 2016

**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)

Easter break: **no classes from 21 to 25 March 2016**

F1075 (Staff Activities Room)

Teacher: Helmuth HAUSBERGER

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.

**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 **€ 110.00 for the semester** (€ 100.00 for classes + € 10.00 membership fee), and it can be negotiated in exceptional circumstances only (e.g. illness, new recruitment).

Two lessons per week are included.

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

COMMITTEE MEMBERS: Nathalie Colinet, President, ext. 26379  
Christel Hauer, Secretary, ext. 3256  
Susanne Nebel, Vice-Secretary, ext. 22429  
Agata Krupa, Treasurer, ext. 21231  
Suzanne Prissmann, Vice-Treasurer, ext. 26241

Please visit our blog: <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.

**(please prefer electronic payment)**

I would like to register for the Spring Semester 2016 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.

(EmpfängerIn: VIC Yoga Club, IBAN: AT901100000584870000, BIC: BKAUATWW (Bank Austria),

Verwendungszweck: VIC Yoga Club Spring Semester 2016)

From:

\_\_\_\_\_  
Name (**please print clearly**)

\_\_\_\_\_  
Office number

\_\_\_\_\_  
Extension

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

Signature: \_\_\_\_\_