



VIC YOGA CLUB SPRING SEMESTER 2012

Dates: 14 February to 28 June 2012
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)

EASTER BREAK: no classes on 3 and 5 April.

COMMITTEE MEMBERS:

- Nathalie Colinet, President, ext. 21568
- Christel Hauer, Secretary, ext. 3256
- Susanne Nebel, Vice-Secretary, ext. 22429
- Suzanne Prissmann, Treasurer, ext. 26241
- Agata Krupa, Vice-Treasurer, ext. 21231

REGISTRATION AND PAYMENT: Early response and electronic payment is a help to the Committee!
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.

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 Spring 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 Spring Semester 2012)

From: _____
Name (**please print clearly**) _____ Office number _____ Extension _____
Email address: _____
Signature: _____