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## **SPRING SEMESTER 2018**

### **06 February 2018 to 30 June 2018**

**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 26 to 30 March 2018**

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 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 class. They aim at 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, 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  
Debra Weisweiller, Vice-Secretary, ext. 22112  
Agata Krupa, Treasurer, ext. 21244  
Tanja Schkrohowsky, Vice-Treasurer, ext. 22490

Please visit our blog: <http://vic-yoga-club.weebly.com/>



Please hand this slip together with a proof of payment to the yoga teacher at the beginning of the semester.  
**(Electronic payment preferred)**

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

Name:

Organization (if applicable):

Office Number and Extn:

Telephone number (other):

Name of bank account holder:

Name of bank and address:

Email address:

**Disclaimer:**

I, \_\_\_\_\_ shall take part at my own risk and shall hold the Club blameless for any damage, theft, injury, illness or death which may arise out of such activities.

Signature:

Date: