



FALL SEMESTER 2016
23 August 2016 to 2 February 2017

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 26 to 31 December 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/>

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 Fall 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: AT90 1100 0005 8487 0000, BIC: BKAUATWW (Bank Austria),
Verwendungszweck: VIC Yoga Club Fall Semester 2016)

From:

Name (**please print clearly**) Office number Extension

Email address: _____

Signature: _____