



VIC YOGA CLUB

SPRING SEMESTER 2019

5 February 2019 to 27 June 2019

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 15 to 19 April 2019**

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. Our yoga practice involves holding classic yoga postures and variations. Through regular yoga practice (twists, inversions and bends) our range of movement increases, and through regular breathing exercises (pranayama) we can improve our breath control. Yoga practice supports us in our aim to develop strength and flexibility, and helps us to improve our concentration, balance and body awareness, benefiting our body and mind.

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 write 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

Tanja Schkrohowsky, Treasurer, ext. 22490

Agata Krupa, Vice-Treasurer, ext. 21244

Contact us at: vicyogaclub@gmail.com

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



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Please complete this form (by hand or type directly onto the PDF) and give it together with proof of payment to the yoga teacher at the beginning of the semester, or email both documents to:

vicyogaclub@gmail.com

(Electronic payment preferred)

I would like to register for the Spring Semester 2019 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 2019)

Name: _____

Organization: _____

Office room number: _____

Telephone number (Ext.): _____

Name of bank account holder: _____

Name of bank and address: _____

Date of payment: _____

Email address: _____