



VIC YOGA CLUB

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## SPRING SEMESTER 2024

### 1 February 2024 to 27 June 2024

**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 25 to 29 March 2024

F1001 (Staff Activities Room)  
Teacher: Helmuth HAUSBERGER

We mainly practise yoga in the tradition of Krishnamacharya and his students, A.G. Mohan and B.K.S. Iyengar. Classes begin with easy movements and stretches to activate and loosen the muscles and to create space in the joints, allowing the breath to unfold and to deepen. Through yoga exercises we discover our potential for various movements and asanas (poses); such as forward, backward and side bends, twists and inversions. Both asanas and pranayamas (breathing exercises such as prolonging and retaining the breath) aim at a harmonious development of strength and extension on the one hand, and flexibility and release on the other. We usually finish with savasana (relaxation). Regular yoga practice invigorates the body and mind, and it helps practitioners to find balance and serenity.

The fee is **€130.00 for the semester** (€120.00 for classes + €10.00 membership fee).

*Your early response and payment **before** the semester starts are key to timely planning and effective coordination of the semester.*

Two yoga classes per week are included. Newcomers are welcome to trial a class (gratis) and are requested to contact a Committee member beforehand.

Please note that yoga classes are also held on Austrian public holidays that are not VIC official holidays.

Should insufficient members join to cover the costs of the semester period (February 2024 to June 2024), the two classes may need to be merged. The Committee will inform members of any changes to the abovementioned schedule as soon as possible.

*Participation is at one's own risk. In order to ensure a safe environment, Club members who have any symptoms that could be associated with COVID-19 should not attend classes.*

#### **Committee members:**

Tanja Schkrohowsky, President, ext. 22490; Hanna Fazilova, Secretary, ext. 4521;  
Neila Garcia-Salgado, Treasurer, ext. 21465

Contact us at: [vicyogaclub@gmail.com](mailto:vicyogaclub@gmail.com)

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



## VIC YOGA CLUB

Please complete this form (type directly onto the PDF or complete by hand) 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](mailto:vicyogaclub@gmail.com)**

**(Electronic payment only)**

I would like to register for the Spring Semester 2024 and note that participation is at my own risk.  
I attach proof of payment showing that I have paid **€130.00** for the semester.

Empfänger/In: VIC Yoga Club, IBAN: AT65 2011 1844 4034 1800, BIC: GIBAATWWXXX (Erste Bank),  
Verwendungszweck: VIC Yoga Club Spring Semester 2024)

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Office room number: \_\_\_\_\_

Telephone number (ext.): \_\_\_\_\_

Name of bank account holder: \_\_\_\_\_

Name of bank and address: \_\_\_\_\_

Date of payment: \_\_\_\_\_

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