



SDU International Club

OFFICIAL NEWSLETTER

No.68 – March 2013

March Calendar

"He who knows others is wise, but he who knows himself is enlightened"

Lao Tzu, 6th century BCE, Chinese philosopher

March 5th @ 19.00

IC Yoga

Iyengar Yoga in English for Beginners
with the Support of the SDU
International Club

Tuesdays 19.00 – 20.00
5 March – 28 May

Kulturmaskinen (Andersen Room)
Farvegården 7, 5000 Odense C

Iyengar yoga is a methodology developed by B.K.S Iyengar for the practice of Hatha Yoga. It focuses on precision in the execution of the poses, it is famous for its therapeutic applications and for the special attention it pays to women's practice. It is also known for the use of props such as blocks, belts, blankets, etc, which make possible safe and proper practice for people of any age or any physical condition.

The classes will run for 3 months. They will be structured as a course, so it would be most beneficial to participate from the beginning, but it will also be possible to get integrated along the way, so feel free to join at any time during the 3 months.

Instructor: **Reka Forrai**, Certified Iyengar Yoga Teacher (Intro II)

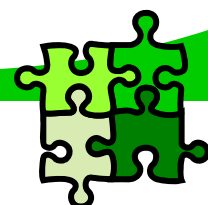
Contact: rekaforrai@yahoo.com
26 34 40 43

There will only be a nominal fee of **10 kr. per class**, but please try to bring your own **mat** (or notify the instructor if you can't).



"Decide in your heart of hearts what really excites and challenges you, and start moving your life in that direction. Every decision you make, from what you eat to what you do with your time tonight, turns you into who you are tomorrow, and the day after that. Look at who you want to be, and start sculpting yourself into that person. You may not get exactly where you thought you'd be, but you will be doing things that suit you in a profession you believe in. Don't let life randomly kick you into the adult you don't want to become."

Astronaut Chris Hadfield's answer to the question "Any advice to a young person who wants to get into this field?"



March 7th @ 19.00
IC Dinner of the month
Leave the cooking for one night!

As usual, we meet at Restaurant Kong Volmer to enjoy our dinner of the month. Join us at the restaurant in Brandts Passage 13, 5000 Odense C. Old and new friends are welcome to be part of this international dinner in a Danish environment. Enjoy genuine Danish food and a glass of wine for only 150 kr.

Please sign up with Anna Cohen:
annalouisecohen@gmail.com

March 10th @ 15.30
IC family

Time for adults to chat and for the children to play!

Join us to share a nice Sunday. Our kids will enjoy other friends' company and so will we! Children's group play date at Anna Cohen's place: Grønnegade 15, 1st floor, flat 1 (two doors down from the back of H&M). Her contact number is 6051 7664.

March 10th @ 19.00
FREE IC movie, music and refreshments!

SDU chamber Choir is organising a full cultural evening. Do not miss this!

SDU Chamber Choir invites you to join the first Danish film screening of "Shining night", a movie about the American composer Morten Lauridsen.

http://en.wikipedia.org/wiki/Morten_Lauridsen

The SDU Chamber Choir will also perform live choral music composed by Morten Lauridsen.

We will also offer coffee and cakes.

Venue: SDU Auditorium 100

Price: free entrance

For further information, please contact conductor Saul Zaks at zaks@koret.sdu.dk or on 6550 1046. See you there!

March 18th @ 19.30
IC spouses or partners, men and women

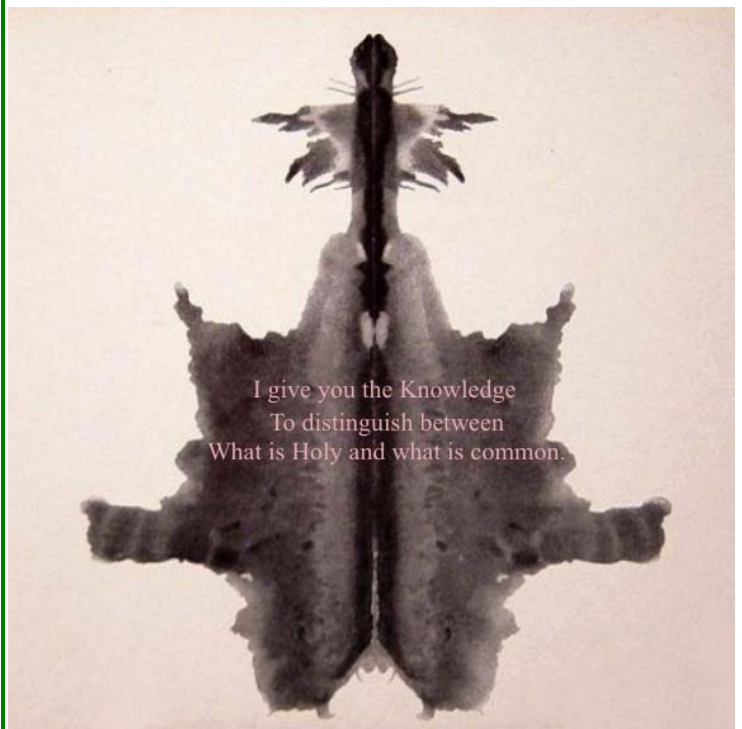
Are you accompanying your best part in the journey to Denmark?

If you are the spouse or partner of an international employee at SDU, we have good news: You are invited to join us at Anna Cohen's place for a great "Cheese and Wine evening".

Leave your children and/or partner at home and come to share with us a pleasing moment. We promise a super friendly atmosphere, good wine if you like and some tasty nibbles to enjoy together. Feel yourself very welcome!

Venue: Grønnegade 15, 1st floor, flat 1 (two doors down from the back of H&M)

If interested, send an e-mail to sgg@sdu.dk



I give you the Knowledge
To distinguish between
What is Holy and what is common.

Announcement: ASK FOR YOUR TICKETS RIGHT NOW!

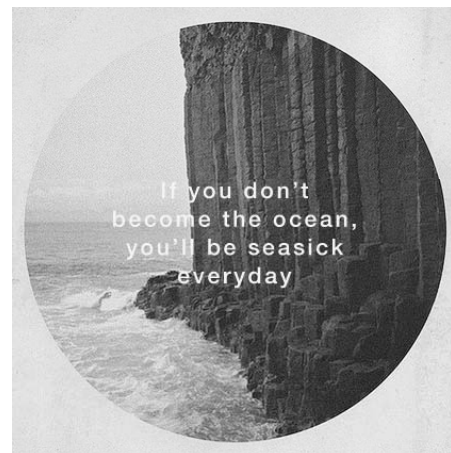
**A tribute to the Beatles:
Saturday April 13th @ 15.00**

Next month, the Odense Symphony Orchestra presents one of the best Beatles tributes in the world, the American Classical Mystery Tour. Make yourself a present and cheer you up with all the well known and loved hits, like "Penny Lane", "All you need is love" and "Yesterday".

Price: 175 KR.

Venue: Carl Nielsen Room

Sign up as soon as possible as there are limited tickets! sgg@sdu.dk



If you don't
become the ocean,
you'll be seasick
everyday

