

EYEBODY

THE INTEGRATION OF EYE, BRAIN AND BODY

ONE-DAY WORKSHOP WITH PETER GRUNWALD

New York City, Saturday March 17



The EYEBODY Method explores the physical, emotional, mental and spiritual aspects of seeing and provides learning for people at any age. The practice of applying the principles of this method not only transforms our way of seeing but our way of being - and will help you to let go of the need to wear glasses.

EYEBODY is about vision and seeing, body posture and movement, deep relaxation, visualizing and the ability to influence your own brain function. This educational method is not only for people with vision impairment; people with good eyesight can also greatly benefit from the process. The basis of the Eyebody principles is the realization that seeing and vision are flexible and therefore can be improved. This is true for widespread conditions such as near- and -far sight, astigmatism, age related far sight (presbyopia) poor night vision and sensitivity to light as well as crossed-eyes, cataracts, glaucoma and others.

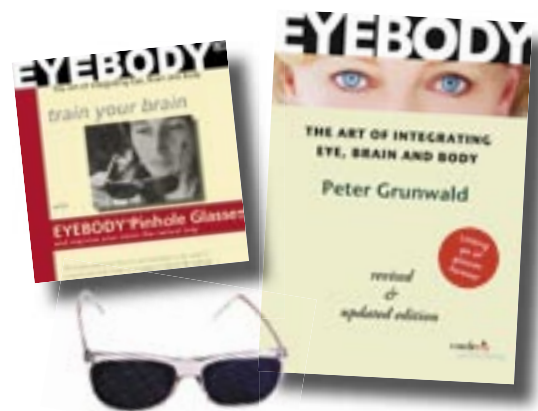
Peter Grunwald became aware of the special connection between eye and body in the early 1990s. His Eyebody patterns uncover how each area in the eye, the visual pathway and the visual cortex is connected to a specific part of the body. Certain visual conditions coincide with tension in the corresponding parts of the body. Eyebody coordinates brain function, helps to relieve stress within the eyeball and the entire visual pathway, and balances the whole physical system. Eyebody can help with back pain, sore neck and aching joints as well as improve breathing and general fatigue.

EYEBODY - the Integration of Eye, Brain and Body - by Peter Grunwald is a comprehensive book that contains the history and the basic principles of the method and describes in depth how to apply it. The Eyebody book and the supportive Eyebody Pinhole glasses are available through www.eyebody.com and also sold directly at the workshop.

Peter's one-day workshop is for anybody who is interested in finding out more about vision. It is an ideal first step on the way to explore the visual system from the inside out and to have a fun filled day with new insights and discoveries on how to see without glasses. For anyone who has worked with Peter before, participating in this workshop will remind, support and guide you in applying presence and qualities such as trust and safety in deepening practices and in daily applications.

During this workshop you will...

- Become familiar with the principles of the Eyebody Method
- Get to know how the visual system works
- Discover connections between eye, brain and body
- Make first steps without glasses
- Experience a difference in consciousness and presence
- Learn exercises to increase awareness in eye, brain and body
- Learn how to apply what you learn in daily activities such as in walking, reading, using a computer and more
- Have the opportunity to ask questions



Upcoming events...

1-day West Coast workshops Oakland March 10 and Los Angeles March 11

6-day West Coast Retreat (Ben Lomond) April 21-27

6-day East Coast Retreat (Phoenicia, Catskills) June 24-30

3-week Intensive, New Zealand, December 29, 2012 - January 18, 2013

For more information visit www.eyebody.com

About Peter Grunwald



Peter Grunwald (Member STAT) wore glasses for myopia and astigmatism from the age of three. His overall use and eyesight deteriorated and his glasses became stronger year by year. He studied the Alexander Technique from 1984-1987 in Australia, and after completion taught for another three years under the guidance of Bill and Rosemary Brenner in Sydney. From 1985-1990 he studied yearly with Marjorie Barstow, who qualified in 1934 with F. M. Alexander. It was then that he came across the Bates Method of improving vision naturally. Subsequently he trained in Germany with the late world-renowned vision instructor, Dr Janet Goodrich. After habitually wearing glasses for 27 years, it took only eighteen months until he was absolutely free of them! He then began researching and applying the Alexander principles to the use of eyes and vision. He began to discover the principles of the Eye-Body Reflex Pattern® in 1992. Out of his personal experience he brings compassion and a deep understanding to his work and helps many to be successful in achieving what they have set out to do. He lives with his family in Auckland, New Zealand.

Workshop details

When	Saturday March 17, 2012, registration 10:30 am, workshop starts at 11:00 am, finishing around 4:00 pm (please bring your own lunch)
Where	The American Center for the Alexander Technique (ACAT) 39 West 14th Street, 5th floor, New York City
Workshop fee	\$125 per person - limited spaces available, please book well in advance.
Payment options	Check payable to Eyebody International Visa/MasterCard options available * <small>*Credit Card payments will be processed from New Zealand and may be subject to your bank's foreign transaction fee</small>
Private lessons	Private lessons are recommended for deepening the practices. Peter will be teaching private lessons from Tuesday through Friday, March 13-16th. The fee for a 30-minute lesson is \$95, or a one hour lesson for \$190. (If it is your first private lesson with Peter, plan for a 60 minute lesson.) Please contact the organizer Judith Feldman directly for bookings. Note: private lessons will be at 74 MacDougal Street.
Bookings and Enquiries	Mail your registration form with payment or email your details to: Judith Feldman c/o Polyn 90 Gold Street - 26K NYC, NY 10038 Phone: 917- 576- 2614 Email: judithfeldman64@gmail.com

Cancellation Policy Unless you find a replacement the following applies: If withdrawing from participation before March 5, 2012 workshop fee less \$25 will be refunded. No refund will be made after March 5, 2012.

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visit: www.eyebody.com email: info@eyebody.com



Registration form: Introductory Workshop with Peter Grunwald, NYC, March 17, 2012

Name/s	
Address	
Phone	
E-mail	

Credit Card: Visa / Mastercard
No: _____
Exp. Date: _____
Name on Card: _____
Signature: _____

**Check enclosed
(made out to Eyebody International)**

I/we pay Workshop fee of \$125 per person

The amount I/we pay in total now is \$ _____

With your signature below you verify that you have read the payment and cancellation policy.
date/signature

Please mail this registration form to:
Judith Feldman, c/o Polyn, 90 Gold Street - 26K, NYC, NY 10038
judithfeldman64@gmail.com