

EYEBODY

The Art of Integrating Eye, Brain and Body

Residential Retreat with Peter Grunwald Catskills: June 24-30, 2012



The Eyebody Method brings clarity to the physical, mental, emotional and spiritual aspects of seeing. It is beneficial for people of all ages and offers a comprehensive learning experience. The Method is based on principles that can transform your seeing and being. These principles can help you to let go of the habit of wearing glasses and contact lenses.

This unique retreat with Peter Grunwald explores the integration of vision, eyesight, posture, movement, relaxation, imagination and brain function. The Eyebody® method is a principle-based educational process that can transform your way of seeing and being. It can help you let go of the habit of wearing glasses or contact lenses. Central to the method is the understanding that eyesight and vision are flexible and can be changed. This is true of many known visual symptoms such as myopia (short- or near- sighted), presbyopia (middle-age vision), hypermetropia (far-sight), astigmatism, cataracts, light sensitivity, and glaucoma.

Peter Grunwald discovered the connections between the eyes and the body in the early 1990s. These Eyebody patterns describe how every part of the eyes, the visual pathway and the visual cortex is connected to an area of the body. Particular visual symptoms correspond with tensions in the body.

Eyebody coordinates the brain and releases tensions in the eyes and the whole visual system. Through the Eyebody patterns the body becomes more coordinated and this can have a positive effect on many conditions, such as neck, back and joint pains, asthma and general fatigue. Eyebody enhances clear thinking, integrates all the senses and makes the information processing more effective.

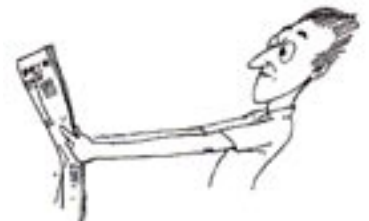
Clear sight is only one aspect of vision. Perceiving the world in more depth and letting go of over- and under-focusing promotes a deep sense of well-being, that permeates all aspects of life. Very often physical, mental and emotional difficulties can be transformed, the roots of which may have seemed elusive.

The retreat combines individual and group work. In time, many students have completely discarded their glasses or have avoided needing glasses through this educational experience. Essential for maintaining good vision, the course includes work on myopia, hypermetropia, presbyopia, crossed and lazy eyes and other vision disorders.

The venue: Menla Mountain Retreat is located in the Catskill Mountains, near Woodstock, New York. Nestled on 320 acres in Woodland Valley, next to the Esopus River, Menla is two hours from New York City and three and a half hours from Boston. Single, double, triple and quad accommodation is available. www.menla.org

On the six-day Eyebody retreat you will...

- understand the visual process and your unique visual function
- make your first steps without glasses or contacts
- learn to apply the Eyebody principles to the process of seeing
- shift your relationship to what you see with conscious depth perception
- learn how to integrate the Eyebody method into activities of your daily life, such as walking, driving and computer work
- read and see without strain or fatigue



Upcoming events...

1-day Introductory Workshops: Oakland March 10 - LA March 11 - New York City March 17

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

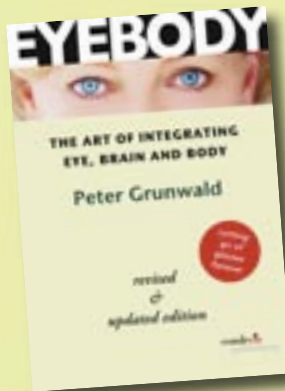
7-day Advanced Retreat - Trentino, Northern Italy - July 21-28

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

For more information visit www.eyebody.com

About Peter Grunwald

Peter Grunwald, born 1958, is a certified teacher of the Alexander Technique (M.STAT) and Bates Method (Goodrich). After habitually wearing glasses for myopia (-10.5 dptr) for 27 years, it took only 18 months until he was absolutely free of them. The Eyebody method originated from the application of Alexander Technique principles to the process of seeing. Out of his profound personal experience, Peter brings compassion and a deep understanding to his work with others. He teaches on a regular basis in New Zealand, Australia, North America, Europe and Japan. He lives in Auckland, New Zealand with his family.



- **Eyebody** -
the art of integrating
eye, brain and body

This new **Eyebody** edition contains many new illustrations and a detailed full colour fold-out Eyebody Pattern map. In this book Peter describes the background of his work and lays out the principles on which his retreats are based.

The Eyebody book and the Eyebody pinhole training glasses can be purchased by visiting www.eyebody.com

When

Starts: Sunday, June 24, 2012, 3pm arrival
Finishes: Saturday, June 30, 2012 after the lunch meal

Where

Menla Mountain Retreat, www.menla.org

Fees

Tuition: \$825 before April 15
\$925 after April 15

Accommodation: fees range from \$760-\$1090 and include all meals.

Contact the organizer to find out about our group's specific accommodation options.

Payment Options

- Visa/MasterCard
- Check payable to Eyebody International

* Credit card payments will be processed from New Zealand and may be subject to your bank's small foreign transaction fees.

* No money orders, please.

Register or Inquire

Mail your form to the organizer:
Tara Sullivan
806 Allston Way
Berkeley, CA 94710
(646) 393-6696
email: taraRsullivan@msn.com

Upon registration you will receive a detailed information packet.

Cancellation Policy. Unless you find a replacement the following applies: If withdrawing from participation before May 1, 2012 the fee less non-refundable deposit of \$300, will be refunded. If withdrawal occurs before June 1, 2012, the fee less \$500 (non-refundable deposit + additional fee) will be refunded. No refund will be made after June 1, 2012, if you cancel, arrive late or leave early. All cancellations must be made in writing prior to the above dates.



Registration: Residential Retreat with Peter Grunwald June 24-30, 2012

Name/s	
Address	
Phone	
E-mail	

Credit Card: Visa / Mastercard
Number: _____
Name on Card: _____
Exp. Date: _____
Signature: _____

Check enclosed
(made out to Eyebody International)

I/we pay per person tuition fee of \$825 no later than April 15 or \$925 thereafter plus accommodation.

I/we pay per person \$300 deposit with remainder of the tuition fee to be paid prior to April 15 plus accommodation.

I/we pay now tuition fee of \$ _____
plus accommodation fee \$ _____
The total amount of \$ _____

This payment reserves me/us a place/s at the 2012 Menla Retreat.

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

_____ / _____

Please mail this registration form to: Tara Sullivan
806 Allston Way, Berkeley, CA 94710
ph: (646) 393-6696, email: taraRsullivan@msn.com