

EYEBODY

The Art of Integrating Eye, Brain and Body

Residential Retreat with Peter Grunwald Buckland Hall, Brecon Beacons, Wales, UK 12 - 18 August, 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 experimental 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-sighted), presbyopia (middle-age vision), hypermetropia (far-sighted), 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 a specific area of the body. Particular visual symptoms correspond with specific 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 is reached in an indirect way and 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, especially hearing, and makes the processing of information effective.

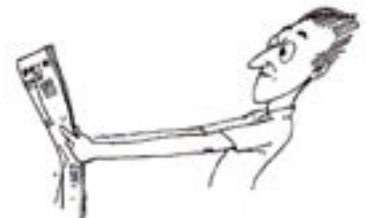
Clear sight is only one aspect of vision. Perceiving the world in more depth and letting go of over and under focussing promotes a deep sense of well-being, that permeates all aspects of life. Very often physical, mental and emotional difficulties can be transformed, the roots of which may have seemed 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: Buckland Hall Retreat Centre, an idyllic country mansion set in the Brecon Beacons National Park, is less than 3 hours from central London, 2 hours from Birmingham, 1 hour from Bristol or Cardiff. Double and multiple occupancy rooms are available, all with en-suite bathrooms. There are a few single rooms, allocated on a first come, first served basis. Full catering of gourmet vegetarian cuisine is provided. www.bucklandhall.co.uk

On the 6-Day EYEBODY retreat you will...

- understand the visual process and your unique visual function
- take your first steps without glasses or contacts
- learn to apply the EYEBODY principles to the process of seeing
- enhance the primary control mechanism through 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
- enjoy a holiday with a difference

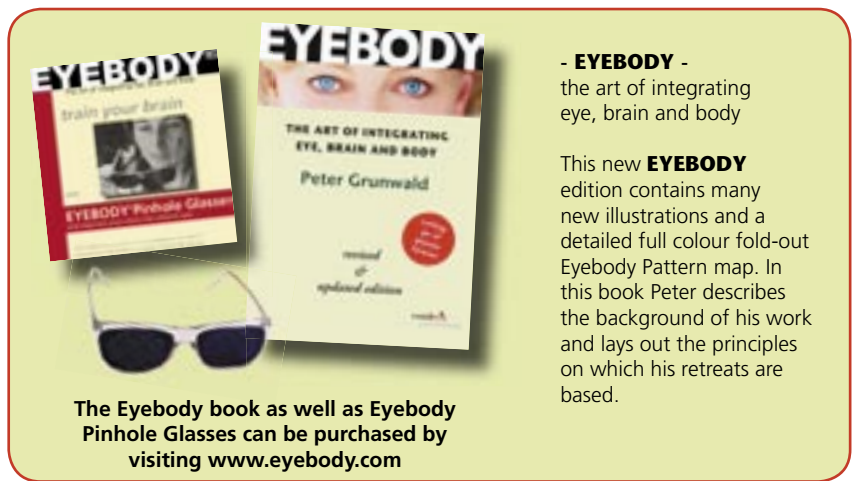


Upcoming events...

Peter also offers workshops and retreats annually in Europe, USA, Japan, Australia and New Zealand. For more information, including the 2012 International Retreat Schedule, please visit www.eyebody.com

About Peter Grunwald

Peter Grunwald, born 1958, is a trained 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 the Alexander Technique principles to the process of seeing. Out of his profound personal experience, he 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. and lives with his family in Auckland, New Zealand.



- **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 as well as Eyebody Pinhole Glasses can be purchased by visiting www.eyebody.com

When

Starts: 12 August, 5pm arrival. Finishes: 18 August, after lunch.

Where

Buckland Hall Retreat Centre, Bwlch, near Brecon, Powys. LD3 7JJ. UK

Tuition Fees

Tuition fees: Option A: Early bird fee - £780. Payment in full before 24th April.

Option B: Standard fee - £850. Pay non-refundable deposit of £150 to secure your place, with the balance of £700 to be paid before 19th June.

Fees include tuition, meals and accommodation - sharing a 2 bed or 3 bed room. A few single rooms (with additional £120 fee) are available. Rooms are allocated on a first come, first served basis, so please book as soon as possible to ensure your needs are met. Cancellation fees apply – see Policy below.

Payment Options

By credit card: fill in the registration form below

By cheque: make personal or bank GBP cheques out to Alexander Technique Associates

By Bank transfer: in GBP to Alexander Technique Associates, HSBC Bank, 45 Milsom Street, BathBA1 1DU.

Sort Code 40-09-19, Acc. No. 92306077, Swift code: MIDLGB2102G, IBAN No. GB13MIDL40091992306077.

All local and UK bank fees to be paid by payee at time transfer is made. If paying by credit card please note: as the transaction will go through a NZ account, the paid amount will vary slightly, because of the fluctuating exchange rate. Some banks may also charge additional transaction fees, which is beyond our control.

Register or Inquire

Mail your Registration Form with credit card details, cheque payment or bank transfer receipt to:

Maggie Lyons,

The Coach House,

Woodside, Staples Hill, Freshford,

BATH BA2 7WJ, UK

eyebody@gmail.com, Tel: +44(0)1225 722110. Mobile: +44(0)7711181402

After registration, you will receive detailed information.

Cancellation Policy. Unless you find a replacement the following applies: if withdrawing from participation before 24 April, the fee less non-refundable deposit of £150, will be refunded. If withdrawal occurs after 24 April and before 19 June, the fee less £250 (non-refundable deposit + additional fee) will be refunded. No refund will be made after 19 June, if you cancel, arrive late or leave early. All cancellations must be made in writing prior to the above dates.

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Email: info@eyebody.com and visit our website at www.eyebody.com



Registration: UK Retreat with Peter Grunwald, 12 - 18 August, 2012

Name/s	
Address	
Phone	
E-mail	

Room Preference	2-bed room	3-bed room
I prefer to share with:		
Note: We endeavor to meet your request but no guarantee will be made. Room numbers are limited. They will be allocated on a first come, first served basis. Therefore it's advised to book early.		

I/we pay £780 per person (available until 24 April)

I/we pay a deposit of £150 each now, and the balance of £700 to be paid by 19th June

Total amount to be paid now £_____

Bank transfer in British Pounds

Cheque enclosed
made out to Alexander Technique Associates

Credit Card: Visa / Mastercard

Number: _____

Name on Card: _____

Exp. Date: _____

Signature: _____

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

_____/_____

Please send this registration form to:

**Maggie Lyons, The Coach House, Woodside, Staples Hill, Freshford, Bath BA2 7WJ,
eyebody@gmail.com**