

SEEING CLEARLY

Improve your eyes and vision with the Feldenkrais Method

David Webber is a Canadian Feldenkrais Practitioner. Aged 43 he suddenly acquired a disorder of the immune system causing inflammation within the eyes. David was subsequently declared legally blind. By using the Feldenkrais Method in the past 10 years he was able to recover most of his sight. David has therefore specialized on the topics eyes and vision and travels the world on his own, giving talks and workshops, eg: 3rd North American Conference on Natural Vision Improvement (Oakland), 20th International Conference on Holistic Vision (Genua) and 21st International Conference on Holistic Vision (Munich).



„In this workshop you will learn to recognize and eliminate many of the most common habits which interfere with easy, effortless vision and learn new skills which will lead you to see more clearly. We will investigate three inter-dependent functions that help the eyes optimize vision: muscular effort, movement, and focus. You will learn to lower the muscular tonus of the muscles that move the eyes, and feel what it is like to have relaxed eyes - one of the necessary ingredients for a quieter, more receptive nervous system. You will also learn how to maintain fluid movement of the eyes in all directions, and to let go of the unnecessary effort that creates blind spots in the visual field, as well as effecting common movements such as turning, bending and walking. Finally, you will learn to focus the eyes accurately and without strain, while seeing from various directions and depths of focus.“

Date: Friday, 19th to Sunday 21st of February 2010
 Time: Fri: 15.00 - 19.00. Sat & Sun: 10.00 - 17.00
 Venue: Don-Bosco-Haus Wien, St.-Veit-Gasse 25, 1130 Wien
 Price: € 330,- (incl. 20% VAT, Reductions (e.g. students) € 270
 Teaching language will be English. **Limited number of participants!**

Registration
 Georg Miedl, Feldenkrais Institut Wien
 Fon: +43 (0)699 1133 1043
 E-Mail: training@feldenkraisinstitut.at
www.feldenkraisinstitut.at

Please pay to
 Feldenkrais Institut Wien OG
 Erste Bank, BLZ 20111; Account: 28850874600
 BIC: GIBAATWW; IBAN: AT152011128850874600
 Reason for transfer: Seeing Clearly 2010

SEEING CLEARLY

Die Augen & das Sehen verbessern mit der Feldenkrais Methode

David Webber ist Feldenkrais Practitioner aus Kanada. Mit 43 Jahren erblindete er plötzlich durch eine schwere Augenerkrankung. Durch Anwendung der Feldenkrais Methode ist es ihm in den 10 Jahren seither gelungen, einen Großteil seines Sehvermögens zurückzuerlangen. David hat sich daher auf die Themen **Augen** und **Sehen** spezialisiert. Er reist inzwischen wieder selbstständig durch die Welt, hält Vorträge und Workshops, z.B. auf der 3rd North American Conference on Natural Vision Improvement (Oakland), der 20th International Conference on Holistic Vision (Genua) und der 21st International Conference on Holistic Vision (München).



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 Unterrichtssprache ist Englisch. **Begrenzte TeilnehmerInnenzahl!**

Anmeldung / Registration
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