

EYEBODY

THE INTEGRATION OF EYE, BRAIN AND BODY

ONE-DAY WORKSHOP WITH PETER GRUNWALD

Melbourne - 19. February, 2012

Private lessons on 20.-22. February



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 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.

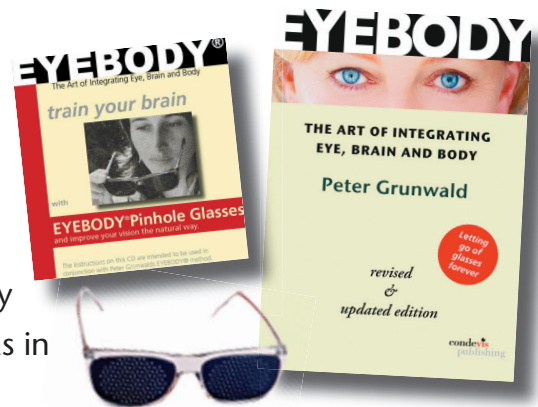
Peter Grunwald became aware of the special connection between eye and body in the early 1990s. His Eyebody patterns uncover how each area in the eye, the visual pathway and the visual cortex is connected to a specific part of the body. Certain visual conditions coincide with tension in the corresponding parts of the body. Eyebody coordinates brain function, helps to relieve stress within the eyeball and the entire visual pathway and thus balances the whole physical system. Eyebody can help with back pain, sore necks 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 the first steps on 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 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 methods 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...

Private sessions will also be available in Canberra 23.-25. February, for bookings call 02 62498582

A 6-day retreat will be held near Melbourne from 17.-23. November 2012

A 6-day retreat and a 3-week Intensive will be held in New Zealand from 29.12 to 18.1.2013

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	Sunday, 19th February, 2012 Registration 10:30 am, the workshop runs from 11:00 am - 5:30 pm, BYO lunch
Where	School for F.M. Alexander Studies, 330 St Georges Road, North Fitzroy, Vic 3068
Workshop fees	Workshop fee: \$175
Private lessons	<u>Lesson fees to be paid with workshop fees:</u> 2 lesson package \$190, 4 lesson package \$360, 6 lesson package \$510 Private lessons are recommended following the workshop and will be scheduled Monday 20th, Tuesday 21st and Wednesday 22nd February. Each lesson takes up to 30 minutes. You can take up to 3 lessons a day.
Payment options	Preferred option is by internet payment to Peter Grunwald BSB 063 157 Account Number:10334802 (please notify us when payment is made) or by cheque made out to Peter Grunwald. Visa/Mastercard are also accepted, but please note: credit card payments will be processed from New Zealand and may be subject to your bank's foreign transaction fees.
Bookings and Enquiries	Mail your registration form with payment or email your details to: School for F.M. Alexander Studies 330 St Georges Road North Fitzroy, Vic 3068 tel 03-9486 5900, email: david@alexanderschool.edu.au

Cancellation Policy Unless you find a replacement the following applies: If withdrawing from participation 2 weeks before the workshop/ private lessons the fee less \$50 will be refunded. No refunds will be made after 5th February 2012.

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Registration form: One-day Workshop with Peter Grunwald

Name/s	
Address	
Phone	
E-mail	

Internet payment (preferred option)

Cheque enclosed

Credit Card: Visa / Mastercard

No: _____

Exp. Date: _____

Name on Card: _____

Signature: _____

I/we pay Workshop fee of \$175 per person

I pay \$_____ for _____ private lessons

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:
School for F.M. Alexander Studies
330 St Georges Road North Fitzroy Vic 3068
tel 03-9486 5900, email: david@alexanderschool.edu.au