

Workshop with David Webber

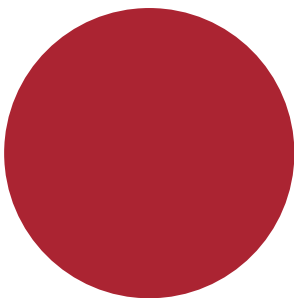


**Heal your eyes and improve
your vision with the
Feldenkrais Method and
your neuroplastic brain.**

Nov 4–6, 2016

David Webber is a remarkable person. His personal knowledge, developed in his struggle to find functional vision for himself after severe loss, combined with his use of the Feldenkrais Method, makes his approach useful for everyone.

*– Carl Ginsburg, PhD
Feldenkrais Trainer*



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Vision is the primary sense through which we experience the world. Despite its importance, the quality and clarity of our vision can weaken and degrade without our knowing how or why, preventing us from seeing clearly and doing what we want.

In the Seeing Clearly Method, you will learn to access your brain's remarkable neuroplastic potential for learning and improvement. Using mindfulness and gentle, easy movements your eyes can heal and your vision improve. Many participants find that along with improving vision balance and a sense of safety while walking improves, old aches and pains in the eyes, neck and back disappear and seeing becomes delight.

David Webber, GCFP lost his eyesight suddenly in 1996 at the age of 43 due to a severe inflammatory eye condition (uveitis) and was declared legally blind. He regained his vision by working with the principles of the Feldenkrais Method. Based on his healing experience, he has been teaching Seeing Clearly Workshops in North America and Europe for the last fifteen years.

His story was featured in the New York Times bestseller *The Brain's Way of Healing: Remarkable Recoveries and Discoveries from the Frontiers of Neuroplasticity* by Dr. Norman Doidge MD.

David has taught at the Feldenkrais Institute regularly since 2010. To find out more about Seeing Clearly visit: DavidWebberSeeingClearly.com

**Friday, November 4: 15:00–19:00 and
Saturday & Sunday, November 5 & 6: 10:00–17:00**

€ 330.– (inkl. 20% VAT/MwSt.); Reduction (e.g. for Students): € 270.–
Teaching language: English.

Registration

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