

Due to popular demand David Webber is back with a **New Seeing Clearly Workshop**

**FELDENKRAIS
INSTITUT
WIEN**

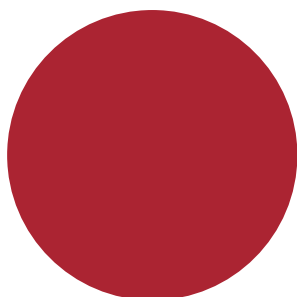


Heal your eyes and improve your vision with the Feldenkrais Method and your neuroplastic brain.

June 9–11, 2017

*"David Webber was blind from the age of forty-three until he cured himself using his own application of Feldenkrais's understanding of the brain and mind. For years he had taken medications and had many operations on his eyes, all of which failed to restore his sight. But today he is off eye medications and can see."
(Page 197)*

*The Brain's Way of Healing
Dr. Norman Doidge, M.D.*



Improve and strengthen your eyes and your vision!

Learn the Four Steps to re-activate the visual system of your brain to improve the way you see through the neuroplastic technique of the Feldenkrais Method.

- How to Relax the muscles of your eyes totally and completely. This quiets the mind and eliminates stress and anxiety while increasing blood circulation and nutrition to the eyes and brain. The results are stronger, clearer, brighter eyes.
- How to Move your eyes freely and with ease to look comfortably and turn your head in all directions,
- How to Aim your eyes with precision to focus on targets near and far,
- How to Coordinate the movements of both eyes together with your whole body for better 3D vision and balance.

The Benefits

Many attendees find they can reduce their dependence on glasses, relieve the discomfort of Computer Vision Syndrome (CVS), improve their balance and safety as well as eliminate chronic aches and pains in their eyes, chronic headaches, stiffness in their neck and back.

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 almost 15 years.

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

To find out more about Seeing Clearly visit: DavidWebberSeeingClearly.com

Friday, June 9, 2017: 15:00 – 19:00

Saturday and Sunday, June 10 and 11: 10:00 – 17:00

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

Registration

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