

Envisioning Vision

Die Augen und das Sehen verbessern mit der Feldenkrais Methode_

**Workshop mit Carl Ginsburg und David Webber_
Freitag, 15. Mai – Sonntag, 17. Mai 2009 in Wien**

"In this workshop you will find that improving the use of your eyes not only helps your vision improve, but your flexibility, coordination, and balance will improve, as well. You may find other discomforts disappear as the use of the eyes is transformed. The eyes are indeed integral to the rest of ourselves and in our daily life we create strain and tension with poor use of our eyes and the way we organize seeing. In the workshop 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. We will then explore focusing the eyes accurately and without strain, while seeing from various directions and depths of focus."

Carl Ginsburg, Ph.D., Feldenkrais Trainer, studierte Naturwissenschaften und später die Feldenkrais Methode bei Moshé Feldenkrais im ersten nordamerikanischen Feldenkrais Training 1975 in San Francisco. Auf Bitten von M. Feldenkrais gab er dessen Workshop in der Mann Ranch als Buch unter dem Titel *The Master Moves* heraus. Er hat umfassend über die Feldenkrais Methode im *Feldenkrais Journal*, im *Journal of Consciousness Studies* und im *Journal of Humanistic Psychology* publiziert.

David Webber, Feldenkrais Practitioner, ist plötzlich mit 43 Jahren (1996) durch eine schwere Augenerkrankung erblindet. Durch Anwendung der Feldenkrais Methode ist es ihm gelungen, einen Großteil seines Sehvermögens zurückzuerlangen. Aufgrund dieser Erfahrungen begann er, die von ihm entwickelten Seeing Clearly© Workshops in Europa und USA, u.a. bei diversen internationalen Konferenzen, zu präsentieren. Gemeinsam mit Carl Ginsburg unterrichtet David sowohl öffentliche Workshops als auch Advanced Trainings für Feldenkrais Lehrer.

Termin

Datum: Fr, 15. Mai – So, 17. Mai 2009
Zeit: Fr 15.00 – 19.00 und Sa/So 10.00 – 17.00 Uhr
Ort: Tanz Atelier Wien, Neustiftgasse 38, 1070 Wien
Preis: € 330,- (inkl. 20% MwSt.); Ermäßigt (zb. StudentInnen): € 270,-
Unterrichtssprache: Englisch; Begrenzte TeilnehmerInnenzahl!

Anmeldung

Georg Miedl
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Seminargebühr

Feldenkrais Institut Wien OG
Erste Bank, BLZ 20111; KtNr.: 28850874600
BIC: GIBAAATWW; IBAN: AT152011128850874600
Verwendungszweck: Vision

www.feldenkraisinstitut.at

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Improve your eyes and vision with the Feldenkrais Method

Workshop with Carl Ginsburg and David Webber_
Friday, May 15 – Sunday, May 17, 2009, Vienna

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Carl Ginsburg, Ph.D., began early in his long career as a Feldenkrais Practitioner and later Trainer to explore the functioning of the eyes as way of helping people when other processes didn't work. Starting with himself and then clients he evolved processes to soften vision, coordinate the two eyes better, and affect the entire self image through the eyes. He has shared these discoveries with many students in public workshops and Feldenkrais trainings.

David Webber, Feldenkrais Practitioner, lost his eyesight suddenly in 1996, at the age of 43, due to a severe eye disease and was declared legally blind. He regained much of his vision by working with the practical principles of the Feldenkrais Method. Based on his own healing experience, he has been teaching Seeing Clearly© workshops in North America and Europe for the last five years including presenting at numerous international conferences. Together with Carl Ginsburg David has taught both public workshops and Advanced Trainings for Feldenkrais Practitioners.

Date

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Time: Fri 15.00 – 19.00 and Sat/Sun 10.00 – 17.00
Venue: Tanz Atelier Wien, Neustiftgasse 38, 1070 Wien
Price: € 330,- (incl. 20% VAT/MwSt.); Reduction (e.g. students): € 270,-
Teaching language: English; limited number of participants!

Registration

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Fee

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Reason for transfer: Vision

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