

## **Holiday for the Eyes in Italy with Maurizio Cagnoli Collevecchio 10-17 July**

### **Noble Latium**

In a beautiful farmhouse in the green, near the border with Umbria. In a dominant position, looking at a landscape of rolling hills. With a view on the ancient and noble village of Collevecchio. We exercise in the shade of oak and olive trees. The rolling landscapes and picturesque medieval villages create an environment restful to the mind and stimulating to the visual functions. Plenty of welcoming spaces and a scenic swimming pool.

### **Swimming pool?**

Yes, indeed we love water. Water teaches us to flow, which is the basic secret of good vision. For those who wish, it will be possible to practice Watsu and Aguahara (dance-massage in water) and discover a new level of deep relaxation.

### **Latium Green**

There are beautiful walks to be taken during the day, at dusk ... and at night! To rediscover how exciting it is to see the world in all its lights and shadows. And how grateful the eyes can be when they do it.

### **What you can expect from “Holiday on Eyes”:**

- see clearer without lenses
- improve astigmatism, nearsightedness, presbyopia
- eliminate headaches, tension, eye fatigue
- improve your coordination and balance
- improve your mood, open to optimism and self-confidence
- higher level of energy and awareness

- well-being in relating to others

### **And something that may surprise you:**

- **Night vision:** Improving night vision, developing peripheral vision, avoiding glare
- Rebalancing and better teaming of **left and right eye**, resulting in an intimate readjustment of our masculine and feminine sides and of our mind-body connection. That will in turn bring a better posture, better balance, better coordination and more graceful movements.

### **Low Prices**

The cost of the holiday remains at 399 euros until June 15. After that it will return to 499 euros. The price includes the course, various activities, course materials (minus KIT and pinhole glasses, which can be purchased separately). Two individual mini-sessions are also included.

### **Accommodation**

It is possible to stay in the same venue as the seminar (recommended solution). Full board costs 90 euros per day (shared room. 108 euros a day in single room). It is necessary to make arrangements with [Agriturismo le Cerque](#) well in advance.

### **There's a lot to explore**

We will make at least a couple of excursions to picturesque medieval villages, to Roman monuments or to the lake, or perhaps to see the moon in natural hot water spas.

### **Language**

We will normally translate everything into Italian, English and Spanish. French, Hebrew and German translation could be added.

## **Safety and prevention**

We take care of your safety and implement prescribed preventive measures.

## **How to get there**

Those arriving at the airport of Rome- Fiumicino, find the direct train to Collevocchio (line to Orte, NOT to Rome-Termini). There they will find a Shuttle from Collevocchio station to the village, or we will collect them.

## **How to sign up**

A deposit of 100.00 euros per participant is required along with the reservation. The rest (of the holiday quote) will be paid in cash at the beginning of the holiday.

(Bank details - Maurizio Cagnoli

IT 65 L 030698 8470 000003001386 Bic: BCITITMMXXX

or by PayPal to [cagnoli@metodobates.it](mailto:cagnoli@metodobates.it) )

In case of cancellation of registration or vacation cancellation by the participant after June 15, 2023, the fee paid cannot be returned for any reason.

If you have any doubts, please call us: +39 339 4817146, (telegram, whatsapp)

Or write to [buonavista@metodobates.it](mailto:buonavista@metodobates.it)

Italian, English, Spanish fluently spoken, French not too bad and a bit of German