

## **Holiday for the eyes with Maurizio Cagnoli in Italy. June 30 - July 7**

The Sant' Andrea convent is a center of social and spiritual activity near Rome. Situated in a very quiet location, it overlooks a landscape of rolling hills. A short walk leads to the ancient and noble village of Collevocchio. Here, we train our eyesight in the shade of oak and olive trees. The gentle landscapes and picturesque medieval villages create a restorative environment for the mind and stimulate visual functions. In addition to indoor and outdoor spaces, we enjoy the village's panoramic swimming pool, which is practically around the corner.

### **A pool?**

It's not a secret that I really love water. I always try to have a pool, a beach or a lake at my disposal. Water helps us release tension, it helps us look into the distance, it teaches us to flow, which is the basic secret of good vision. As well as refreshing ourselves, we can practice Watsu and Aguahara and discover how relaxing it is.

### **WHAT YOU CAN ACHIEVE:**

See more clearly without glasses.  
Improve or eliminate astigmatism.  
Eliminate headaches, tension, and eye strain.  
Improved coordination and balance.  
Improved mood, optimism, and self-confidence.  
Energy and knowledge.  
Well-being in your relationships with others

### **+ something you might not have expected:**

Night vision: improves night vision, develops peripheral vision, avoids glare.  
Tuning and rebalancing of left and right eyes, resulting in a rebalancing of our masculine and feminine parts and of the body-mind relationship.  
Better posture, better balance, better coordination of movements.

### **Same prices as last year**

The price of the vacation course remains **at 350 euros until June 2**. After that date, it will be 450 euros. It includes tuition and teaching materials.

### **Accommodation and food**

- 95 euros per person in a double room with bathroom or room 16 with private bathroom outside.
- 130 euros single room with bathroom
- 95 euros single room with shared bathroom
- 80 euros in triple room with bathroom or room 16 with private bathroom outside.

### **Plenty to see**

We organize at least two excursions to picturesque medieval villages, Roman monuments, the lake or perhaps to see the moon in natural hot-water spas.

### **How to get there**

Those arriving at Rome-Fiumicino airport will find a direct train to Collevocchio (direction Orte). We'll pick you up at Collevocchio station.

### **Sign up now!**

1. Choose your accommodation.
2. Pay a deposit of 50% of the price of accommodation at the Convent (ask me for details). The balance must be paid by bank transfer before arrival.
3. Register with me at [buenavista@metodobates.it](mailto:buenavista@metodobates.it). A deposit of 100.00 euros per participant is required at the same time as registration for the vacation. Maurizio Cagnoli IT 65 L 030698 8470 000003001386. BIC BCITITMMXXX
4. The remainder will be paid **in cash** at the start of the holiday.

If you have any questions, please don't hesitate to call us: + 39 339 4817146, (telegram, whatsapp)

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