

## Holiday for the Eyes in Spain with Maurizio Cagnoli **Jardin de Mar (Valencia, Spain) August 4-11**

Holidays for the eyes with Maurizio Cagnoli in the Jardín de Mar, a space dedicated to personal development surrounded by nature, located in Gilet, (Calderona Natural Park), 35 kilometers from Valencia and 15 minutes from the beaches of Sagunto and Canet . The facilities include wooden houses, swimming pool with osmosis system (without chlorine).

In the surroundings there are areas of pine forests with squirrels, an ideal setting to enjoy nature and carry out the proposed activities.

### **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.

### **Green Natural Park**

There are beautiful walks to be taken during the day, at dusk ... and at night! In the surroundings there are areas of pine forests with squirrels, an ideal setting 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 July 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**

We will stay in the same place as the seminar. Full board: breakfast, lunch, dinner, open bar of infusions. It costs 420 euros (shared room, 520.00 in a single room). All rooms with bathroom. It is necessary to bring a set of sheets and a towel.

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

We do at least a couple of excursions to the beach, visiting Sagunto with its Roman ruins. The Calderona Park is spectacular, and you can take walks and climb the mountain.

## **Language**

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

## **Safety and prevention**

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

## **How to get there**

By Car

With the highway you can reach Gilet. Then, continue to the monastery of S. Espiritu and from there 1 KM until Urbanization of La Calderona, Calle Alt de la Ponera, door 3.

GPS coordinates. N39.66049 W0.35121

(Google maps:

<https://www.google.com/maps/place/39%C2%B039'34.2%22N+0%C2%B021'05.0%22W/@39.6594868,-0.3535781,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d39.6594868!4d-0.3513894?hl=en>

By plane

Arriving at Valencia airport, it is possible to take a taxi to go directly to Gilet and Jardin de Mar (give the GPS coordinates to the driver).

Alternatively, you can first go to Valencia (by metro) and from there take a train to Gilet (several times a day) or to Sagunto (every hour). We can pick you up there.

## **How to sign up**

A deposit of 100.00 euros per participant is required along with the reservation. The rest 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 July 15, 2024, the fee paid cannot be returned for any reason.

If you have any doubts, please call us:

Maurizio +39 339 4817146, (telegram, whatsapp)

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

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