

Easter 2025: Bates Method, nature and relaxation in warm water:

April 18-21 Sasseta alta (Tuscany)

With **Maurizio Cagnoli and Daniele Fipaldini**. Don't expect an academic teaching but rather an experiential path full of discoveries about yourself and your eyesight. An experience of real resurrection, both of your sight and of your vital energy.

Everyday a group workshop is planned, where the group itself will support the participants' improvement.

The venue is Sasseta Alta, a beautiful farmhouse, where one can enjoy excellent organic and vegetarian cuisine.

Beautiful landscapes, care for ecology, breathtaking views, a heated pool for practising Watsu and Aguahara, all of them meant to provide an incredibly relaxing experience.

Maurizio Cagnoli, sociologist and visual coach, was among the first visual educators to teach the Bates method in Italy, founder of AIEV (Italy) and VEA (Spain), he has instructed visual educators in Italy, Spain and various Latin American countries.

Daniele Fipaldini is a recognized visual teacher and vice-president of AIEV. He has a degree in natural sciences and a degree in optometry in Rome. In his individual improvement journey he managed to get rid of his myopia.

Easter: Nature awakens

And so do the energies of our bodies, encouraged by experiences in warm water, pampered by watsu. And our eyes shine again.

Playing to see better

Many of our visual activities are playful games, such as ball games. Nothing stressful or competitive, quite the contrary. You will rediscover the pleasure of having fun together, of moving harmoniously, of feeling your body alive.

What to expect:

see sharper without lenses

improve astigmatism, myopia, presbyopia

eliminate headaches, tension, eye fatigue

improve coordination and balance

improve your mood, optimism and self-confidence

deepen your understanding of natural vision and the Bates method

Physical well-being

What to bring

Comfortable clothes. Shoes suitable for walking. Swimming costume. Sun visor. Pinholes and vision KIT (if you have them). Beach towel. You may also buy directly: Sight training kit, Shifter, pirate patch, Melissa, pinholes, etc..

Where

Loc. Sasseta Alta, 24

Scansano (near Grosseto, Tuscany) 58054

Prices

- Natural vision course and hot water activities. 300 euro
- Accommodation, use of swimming pool and full board. from 375 euro.

Schedule

Friday 17.00 - 18.00 Arrival and welcome
18.00 - 19.00 Presentation and residential Bates intro

Saturday 10.00 - 13.00 Group seminar
16.00 - 19.00 group activities
21.00 - 22.00 Visual activities at night

Sunday 10.00 - 13.00 Group seminar
16.00 - 19.00 group activities
21.00 - 22.00 Visual activities at night

Monday 10.00 - 13.00 Group seminar
15.00 - 16.00 Experience sharing
16.00 - 17.00 How to continue at home - Greetings

How to arrive by plane and train

From **Rome airport**: arrive at Roma Termini, then take the train to Grosseto.

Pisa airport is a little closer and it is more convenient to get to the train station by shuttle bus. Then take the train to Grosseto. From here there are two buses, at 13.15 or 16.30, which arrive at Scansano, a few kilometres from the agriturismo, and there is their shuttle bus, or one of us goes to pick up the participants.

X the return journey, being a holiday, there are no buses from Scansano to Grosseto. There is the shuttle bus, which costs €70 to be divided among the passengers.

Contacts:

Maurizio +39 339 4817146 (whatsapp, telegram)

Daniele +39 328 905 8801 (whatsapp, telegram)

or write an email to

buenavista@metodobates.it

daniele.fipaldini@gmail.com