

## Holiday for the Eyes in Spain with Maurizio Cagnoli **Jardin de Mar (Valencia, Spain) August 3-10 and 10-16**

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.

### **Three fantastic holidays:**

- From 3 to 10 August A formidable introduction to the Bates method
- From 10 to 17 August: Vision is Natural!
- From 3 to 17 August Your Eyes in Wonderland!

**Note:** The second week is **not a repetition** of the first week's program. And yet it allows the inclusion of new participants even without experience of the Bates method and Natural Vision.

### **Low prices**

The cost of the course remains at **499 euro** for the first or second week.

It drops to **799 euros for the whole holiday** from the 3rd to the 17th.

It is possible to add days to the first week, adding 100 euros for each additional day.

The price includes the course, the various activities, the course material (minus KIT and pinhole glasses, which can be purchased separately).

Individual **watsu** mini-sessions are also included, if desired.

### **Accommodation**

We will stay in the same place as the seminar. Full board: breakfast, lunch, dinner, open bar of infusions. It costs **420 euros per week** (shared room, 520.00 in a single room). All rooms with bathroom.

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

In every week 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.

### **Languages**

We will normally translate everything into English, Italian and Spanish.

French, and German translation could be added.

## 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 and per week is required along with the reservation. The rest (both course and accommodation) 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, 2025, 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 [buonavista@metodobates.it](mailto:buonavista@metodobates.it)

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