

Dear Colleagues,

I am happy to announce that details for the teacher training seminar in October have been arranged and I am able to give you more information.

The dates have been set for 18 to 22 October 2017 and the location is Monteortone, Abano Terme, in Northern Italy. The hotel's website is <http://www.termesalesiani.it/sanmarco/>

What will you learn?

I know that many Bates teacher training courses are incomplete and some pass on techniques contrary to the original Bates Method. Some courses are great, others leave you less than prepared to be a good Bates teacher. If you feel your results with students are less effective than you would like them to be, this seminar may be just what you need to take your teaching to the next level. My first years as a teacher were frustrating for me due to some ineffective methods I was using. I was lucky to be pointed in a better direction and together with my late colleague Robert Lichtman I began to read everything Dr. Bates wrote. I read his original book, his 11 years worth of magazines, and all his articles published in a variety of medical journals. After studying these writings in depth and finding his core messages, I realized that what I had been taught in my teacher training was different from what Dr. Bates taught. When I began to change how I taught and aligned my work more to the original Bates Method I became more effective; my students saw results faster and were happier with what I asked them to do. The Bates Method was no longer difficult or boring. So, I became busier and am now able to make a living doing this wonderful work. I want you to get to this stage too! You can do it on your own; you can do what I did, read everything from Dr. Bates and condense it down to the essence. It took me a long time to do so. You can come to this 5 day course and save yourself at least a year of studying. You may think you know the Bates Method already, but I know many of you have been taught wrong information and ineffective techniques that slow down the results you and your clients see. I want to help you be a better teacher, so that, together, we can change the world and make it a better place for human eyes!

I will give you the tips that have been invaluable to me, I will go through how I set up a lesson and show you how to personalize each lesson for your student. We will go through all techniques that Bates typically used, and show you the difference with the techniques that are typically taught these days. You will have the chance to ask me all your questions, and we'll have some fun too and have the opportunity to swim in thermal baths.

We will have healthy food to eat, we'll have inspirational time together, and we'll make friends for life. That, plus becoming a better teacher. This will be worth your time!

The following 3 pages have Seminar information, Hotel information, and Travel information. The training will be in English. To reserve a space on this course, please write to me at visionsofjoy@gmail.com.

I look forward to seeing you at Monteortone in October!

Love & light,
Esther van der Werf

SEMINAR INFORMATION

Schedule:

Wednesday 18 October

- Private lessons versus group lessons, what are the differences, how to prepare for successful private lessons. You will learn to recognize various forms of eyestrain, and how to help your student find their personal optimal distance for chart practice.

Thursday 19 October

- Main differences between the traditional Bates method and what is often taught these days.

Friday 19 October

- Continue exploration of the differences and how to teach the true Bates Method and its dynamic relaxation practices.

Saturday 20 October

- Topics of Sunning, Astigmatism, Posture and Breathing for better vision. Strabismus and amblyopia.

Sunday 21 October

- Topics of Emotions, Massage, Nutrition to aid relaxed seeing. Other subjects beyond the Bates Method, new technology. Any remaining questions/answers.

We will start at 10am on Wednesday and finish at 5pm on Sunday.

Payment information:

The cost of this week's training is very reasonable: **€ 795** per person.

Sign up early and pay before 1 August 2017 to receive a € 100 discount and pay only **€ 695** per person.

Payment can be made by European bank transfer to Esther's account in the Netherlands.

The details are as follows:

Account number 464275385

BIC: ABNANL2A

IBAN: NL14ABNA0464275385

Esther van der Werf, Landsheerstr.21, 6441 EP Brunssum, the Netherlands

HOTEL INFORMATION

Hotel reservation:

Book your hotel room as soon as possible to ensure you can get the dates and room you want.

TERME SAN MARCO

Casa religiosa di ospitalità

Via Santuario 130 – Monteortone, Abano Terme

35037 Padova - Italia

Telephone - (0039) 049 8669041. Fax - (0039) 049 8639585

Website: <http://www.termesalesiani.it/sanmarco/.it>

The hotel offers full board so you do not have to worry about anything once you are checked in. It may work best to plan your arrival on Tuesday afternoon or evening and departure on Sunday late afternoon.

The hotel's full board rates are very affordable:

- 64,00 € in single room per day
- 59,00 € in double room per day per person
- 56,00 € in triple room per day per person

There is an additional 1,50 € per day per person for the tourist tax.

Please contact the hotel directly to make your room reservations and mention that you will be coming to the Eyesight seminar: “seminario 18-22 ottobre van der Werf / dottssa Pattavina” so they will know that you are with our group.



TRAVEL INFORMATION

Transportation 1. - Airports and trains

Venice Marco Polo (airport code: VCE) is the nearest airport. There is a shuttle from Venice airport to Padova's railway station.

The following three airports are good too, but you'll have to get to the railway station for a train to Padova.

Verona airport (code VRN)

Bologna airport (code BLQ)

Milano airport (code MXP) (further away)

Here's the website for trains in Italy: www.trenitalia.com

Look at the top right side, you can change the language, and tickets can be bought through that website.

Transportation 2. - Bus from Padova train station

In Padova outside the railway station you will find the bus station with a service to Monteortone. Buses are named A, T, AT, M, and once in ask to the driver the stop to Monteortone.

Useful Italian phrases:

If you don't speak Italian, here are some questions you can ask to help you get to Abano Terme:

Excuse me, where i can buy the ticket for the bus to Monteortone?

"Scusi, dove posso comprare il biglietto per l'autobus che va a Monteortone?"

At the railway station: where is the bus stop for the bus to Monteortone?

"Dove si trova la fermata dell'autobus che va a Monteortone?"

To the bus driver: can you tell me the bus stop closest to the Terme San Marco?

"Per favore può indicarmi a quale fermata scendere per andare a Terme San Marco?"