



Six-Day Natural Vision Improvement Workshop

with Meir Schneider, PhD, LMT

**You
CAN
IMPROVE
YOUR VISION!**

- Are you tired of glasses?**
- Is your vision failing?**
- Does your vision sometimes blur?**
- Has driving at night become scary?**
- Have you been suffering from eye strain?**



April 30 - May 5, 2009

SIGN UP NOW!

Registration Now Open

Call us: 415.665.9574 or

Email us: info@self-healing.org



Day One:

The general concepts and principles of natural vision improvement. Understand how lifestyle and posture affects vision and the interrelation of the body and eyes. **9am to 2pm**

Day Two:

A deepening of the basic exercises critical for every condition. We will also address near and far-sighted-ness, presbyopia, resting the central vision and stimulating peripheral vision. **9am to 1pm**

Day Three:

Learn how to balance the use of the eyes and prevent domination of one eye over the other. You will learn eye teaming exercises that create relaxation and fusion. And we will cover specific exercises for strabismus, amblyopia and diplopia, which are also useful for everybody. **9am to 1pm**

Day Four:

Explore the body-eye connection and how to overcome and prevent pathologies like glaucoma, macular degeneration, cataracts, etc. Macular degeneration, cataracts, glaucoma and retinal problems (diabetes, beginning retinitis pigmentosa, retinal tears and detachments) are becoming all too common. **9am to 1pm**



Day Five:

Including Dinner and a Night Walk!

Further explore the body-eye connections and how to overcome and prevent degenerative conditions of the eyes. Be proactive in working on your vision. You may be able to avoid invasive drastic treatment doctors deem necessary that could have detrimental side effects. **3pm to 9pm**

Day Six:

Learn how to integrate the techniques and principles you have learned into daily routines that work for you. This is an extraordinary opportunity to work on your own vision as well as to learn how to help others. **9am to 1pm**



We Will Teach You How to Develop Healthy Visual Habits



Most days are 9am to 1pm to allow time in the afternoon to practice in the afternoon or schedule a private session. Day 5 is 3pm to 9pm to include dinner and a night walk. This special workshop has proven very effective for participants. It is only offered once or twice a year. Do not miss this opportunity to improve your eyesight!

Unbalanced, poor visual habits and accumulated eyestrain compromise the health and function of the eyes. Relaxation of the eyes, vision exercises, increasing circulation and learning how to use your eyes daily in a healthy way *will* create lasting improvement in eyesight! Computers and glasses teach us to ignore our peripheral vision, and place excessive strain on our central vision. Learn how to use your vision in balance, how to see clearly with a relaxed gaze, how to adjust your eyes to varying intensities (or lack) of light, how to read easily and how to address/prevent degenerative conditions of the eyes. Thousands of people with refractive problems such as near- and farsightedness and with serious conditions like cataracts, macular degeneration, glaucoma, retinitis pigmentosa , double vision and others, have used these exercises to see better. With practice, you can improve your vision permanently. Bring your contact cases and dress comfortably. It is fun, inspirational, powerful and cost effective to work on your vision with a group! Aren't your eyes worth it?

If you have taken workshops with Meir before, take it again again! You will learn something new, and it is the repetitive work that changes ingrained patterns and makes improvement permanent.

**Repeats get 5% discount;
Level 1, 2, 3 students and alumni get 25%**

**Call the School for Self-Healing for more information
and help with housing,
415-665-9574
be sure to put our contact info etc is limited!**

**\$125 for one day
\$225 for two days
\$330 for three days**



**\$435 for four days
\$545 for five days
\$650 for six days**

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