

# BALANCING YOUR BODY AND EYES FOR OPTIMAL HEALTH

**2-Day Workshop with Meir Schneider, Ph.D., L.M.T**  
**Natural Vision Improvement, Gentle Movement & Regenerative Massage**

You probably know that injury or disease can lead to degenerative conditions of the body and eyes, but did you know that your lifestyle or profession is just as hazardous to your health?

Due to muscle memory from daily routines, a person-- on average, uses less than 10% of their 600 total muscles. Just as these imbalanced movement patterns damage our bodies, our habits of staring at computer screens and relying on glasses cause us to ignore our peripheries and eventually deteriorate our vision.

Meir Schneider, Ph.D., L.M.T. will teach you how to relax overused muscles and use muscles you've never used before. Discover how to use your muscles efficiently, increase joint mobility, build a healthy back, and prevent degenerative conditions of the body and eyes.

Come learn how to nurture and heal your visual system by developing healthy eye habits.

Take this workshop to improve your own health and that of your patients, clients or loved ones.

Workshop attendees may earn 6 CE units per day.

**Dates:** Saturday, September 17  
Sunday, September 18, 2011

**Time:** 9am - 5pm w 1 hour lunch break

**Location:** Breathe Books  
810 West 36th St.  
Baltimore, MD 21211  
410-235-7323

**Cost:** \$150 for 1 day,  
\$260 for 2 days

## Yoga for Your Eyes Sept. 14, 2011 • 7:00-8:30 pm

Learn easy and effective exercises to improve your vision. Poor visual habits and accumulated eyestrain can be healed through relaxation, circulation, strong neural connections between the brain and the eyes, and proper use of the eyes. Join Dr. Meir Schneider to discover a more relaxed, alive way of seeing. Effective for near- or far-sightedness, cataracts, eye fatigue, glaucoma, retinitis pigmentosa, strabismus, amblyopia, diplopia, computer vision syndrome and other vision disorders.

Breathe Books  
810 West 36th St.  
Baltimore, MD 21211  
410-235-7323

Cost: FREE

## Aging in a Healthy Way Sept. 16, 2011 • 9:30-11:00am

Learn specific self-massage and movement techniques from Dr. Schneider to improve circulation, reduce stress and anxiety, rejuvenate the brain, develop kinesthetic awareness, reduce pain, increase range of motion through increased flexibility and strength, and isolate muscle groups. Reduce pharmaceutical dependencies and learn how to effectively age with vitality and health!

Gary J. Arthur Community Center  
2400 Route 97  
Cooksville, MD 21723  
410-313-7213

Cost: FREE

## Movement for Self-Healing Sept. 14, 2011 • 11:00am -12:30pm

Learn specific self-massage and movement techniques from Dr. Schneider to improve circulation, reduce stress and anxiety, rejuvenate the brain, develop kinesthetic awareness, reduce pain, increase range of motion through increased flexibility and strength, and isolate muscle groups. Reduce pharmaceutical dependencies and learn how to effectively age with vitality and health!

The Bain Center  
5470 Ruth Keeton Way  
Columbia, MD 21044  
410-313-5440

Cost: FREE

Dr. Schneider is available for private sessions. Call 415-665-9574 to schedule an appointment.



**Meir Schneider, PhD, LMT**, is an internationally known author, pioneer therapist and the founder of the School for Self-Healing in San Francisco. As a teenager, Meir overcame blindness caused by congenital cataracts and other serious vision problems and today holds an unrestricted driver's license. The principles he discovered while working to gain functional vision became the foundation for the Meir Schneider Self-Healing Method.





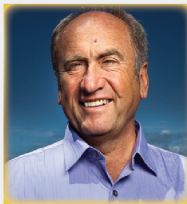
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INFO@SELF-HEALING.ORG

## **Balancing Your Body and Eyes for Optimal Health**

a Workshop with

***Meir Schneider, Ph.D., L.M.T.***

September 17 & 18, 2011 ~ 10am - 5:00pm



***Meir will be in the  
Baltimore/Columbia/DC area  
September 12 - 21***

***Register now!***

***Take the first step towards better health!***

***\*will also be available for private sessions***