

VisionNews

Newsletter published by **The Vision Education Centre** 339 Bloor St W #212 Toronto M5S 1W7 416-599-9202 email:visioned@interlog.com
Issue #16 March 2001

Dear friends,

I hope that by the time you receive this newsletter there will be a feeling of spring in the air!

Several people have asked for daytime classes, so I am offering an 8-week **Relax and See** series on Tuesday afternoons in May and June. The schedule of classes and workshops is on the back. And if you have any thoughts about wanting to teach Vision Education, see the article on Teacher Training.

Enclosed is a copy of the Introductory Class flyer. I would appreciate it if you would post it or pass it along. If you want to attend one of the classes or workshops, please call to reserve your place in plenty of time. They fill up fast.

My very best wishes to you all,

Elizabeth Abraham

.....
'Bates understood that eye problems can result from worry and stress, as well as from an unhealthy environment. Environmental factors which may be harmful to vision include poor light, noise, air pollution, and the lack of distant horizons which give the eyes a chance to 'stretch'.

Boredom is another factor. When we are bored, there is a tendency to stop focusing and let the eyes 'glaze over'. This habit, which may lead to myopia and astigmatism, often begins in childhood. The typical classroom is a very unhealthy atmosphere for the eyes. Children spend six hours a day in an enclosed space, artificially lit, trying to pay attention to lessons which are too frequently boring or frustrating. They begin to stare vacantly or let their eyes wander aimlessly, which blurs the vision. It is no wonder that so many children who enter school with perfectly healthy eyes need glasses by the time they are nine years old. No damage to the eyes, however, need be irreversible. By recognizing the causes of bad vision and creating healthy conditions for the eyes, all the harm that had been done may be undone.

Meir Schneider, Self-Healing: My Life and Vision

KEEP MOVING

What is the best antidote to the glazed-over stare that Meir Schneider talks about in the quote? Movement.

When our eyes are open they need to be actively engaged in looking from detail to detail. When they are moving they are more relaxed, and when they are relaxed they move more.

Do you find yourself walking along the street lost in thought? Chances are your eyes are staring and fixated. How about looking around at the scenery, noticing the clouds, picking out colours around you, counting windows, slats on a fence, branches on trees?

When you are concentrating do you hold your breath and stop blinking? It's very likely that at the same time, without being aware of it, you are staring. When the muscles around the eyes are held still, they can become tense and deprived of oxygen. Eventually vision can be adversely affected. Remember to blink and breathe deeply and keep your eyes moving when they are open.

COMPUTER SOFTWARE

Check out www.visioneducators.org, web site of The Association of Vision Educators, for a program called Stress Away. It can be set to come on automatically every 20 minutes, or however often you choose. It interrupts you and gives you a chance to take a short break by doing an exercise to stretch, blink, move your neck and shoulders and generally release the tension in your body before it becomes locked-in. You can download a sample without charge. I plan to get a few copies of the complete program on CD, so if you are interested, call me.

WEBSITES ON VISION IMPROVEMENT

Here are a few sites on Natural Vision Improvement. If you know of others that give interesting information, please let me know.

www.visioneducators.org
www.visioneducators.com
www.seeing.org

www.eyerobics.net
www.eyepower.com.au
www.nvcf.com
www.seeingclearlymethod.com
www.vision-enhancement.com

NATURAL VISION IMPROVEMENT TEACHER TRAINING PROGRAM

Vision education, or natural vision improvement, is a growing field within the realm of holistic health.

Vision Educators teach their students how to take charge of their vision, teaching important information, effective techniques and healthy vision habits. They help students reduce their dependence on prescription lenses, eliminate eye strain, improve visual clarity and the health of the eyes, at the same time helping them prevent degenerative eye diseases.

Vision Educators teach an educational process; they do not diagnose or prescribe (unless they are medically trained as well).

Natural vision improvement fosters a sense of present moment awareness, and can lead to personal growth, greater overall health, and a journey of self-discovery.

CJ Wilson, a well-respected vision educator from North Carolina and I, are putting together a teacher training certification course. It consists of 120 hours of in-class training in four, four-day segments over the course of the next 7 months. There is a lot of practice teaching scheduled, as well as classroom time, assignments to complete between segments, and support in getting started in practice. This, of course, is also a great opportunity for trainees to improve their own vision.

The first course is happening in Asheville North Carolina. The dates are 19-22 April, 14-17 June, 9-12 August, and a date in October to be announced. The cost is \$3,200US.

In November, CJ and I will offer the training in Toronto. The exact dates and cost will be finalized soon. I would very much like to see the Vision Education Centre expand, but cannot handle any more work myself. Vision education is a natural adjunct to many other holistic health practices. Would you like to learn how to teach people to care for their visual health as part of your existing practice and/or to share with your community what you are learning in your work on your own vision? This course will qualify you to teach both groups and individuals.

For more information, a course curriculum or an application form, please call me.

VISION EDUCATION CENTRE SCHEDULE OF CLASSES

Introductory Classes \$30

Saturday 7 April from 2-4pm or
Tuesday 10 April from 2-4pm or
Wednesday 11 April from 7-9pm

8-week Relax and See Series \$298

Tuesdays 8 May- 26 June inclusive, from 2-4pm
Prerequisite: Introductory class or private lesson.

The Art of Seeing Clearly Level One \$240

Saturday 26 May and Sunday 27 May
from 10am-5pm Prerequisite as above.

Note: Both the **Relax and See** classes and **The Art of Seeing Clearly Level One** workshop are designed to teach you techniques to improve your vision and the health of your eyes. You learn healthy seeing habits you can apply for the rest of your life, whether your vision is not clear in the distance, to read, or both. The material covered in each is similar, although there is more teaching time in the series of 8 classes. It depends which format best suits your schedule and your learning style.

Your Computer and Your Vision \$60

Saturday 5 May from 2-5pm
Computer work can be very stressful for the eyes and the whole body. In this workshop you will learn many techniques to prevent eyestrain, improve clarity and avoid repetitive strain injuries.

The Art of Seeing Clearly Level Two \$120

Part 1: Clearing Myopia

Saturday 12 May from 10am-5pm
Prerequisite: Private lessons, **Relax and See** classes or **The Art of Seeing Clearly Level One**. This workshop is for those who are familiar with the techniques for vision improvement, and who want to learn more and deepen their experience.

Private lessons are available by appointment.

**All classes and workshops are held at the
Vision Education Centre
339 Bloor St West #212 Toronto M5S 1W7.
Please call 416-599-9202 to register.**

OUT OF TOWN WORKSHOP

Ottawa: The Art of Seeing Clearly Level One

Introductory talk Friday evening 1 June
Workshop Saturday 2 June and Sunday 3 June
Call Dr Estelle Saunders for details:
613-823-0415