

Josef DellaGrotte

Total Vision Fitness

Using the Feldenkrais Method of Somatic Education:
Awareness Through Movement and vision therapy exercises.

CONTENT

Cassette 1

Lesson 1	JD (20:36)	Movements Improving body-eye coordination
Lesson 2	EL (7:24)	Blinking
Lesson 3	EL (8:38)	Palming
Lesson 4	JD (8:37)	Breathing & Softening the eyes
Lesson 5	EL (24:30)	Expanding Peripheral Awareness: (Eye-Thumb tracking and balancing)
Lesson 6	JD (11:07)	Improving Sitting Posture

Cassette 2

Lesson 6B	JD (12:57)	Improving Sitting Posture
Lesson 6C	JD (20:32)	Sitting Posture & Eye Movements
Lesson 7	EL (18:20)	Reading: Improving Binocular Awareness
Lesson 8	JD (21:42)	Distance Vision: Postural Movements

Cassette 3

Lesson 9	JD & EL (18:20)	Driving: Integrating posture & peripheral awareness. Seeing all around you for safety.
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For best results, do these lessons consistently, such as a lesson or part of a lesson (even 10 minutes) each day, or 3 days/week. Some lessons, such as driving, blinking, sitting, etc. you can do at work, in the car, or in other normal life settings. After a while, the lessons will be integrated into your everyday functional life. After a few months, you can reduce to occasionally doing selected lessons, and the benefits of the entire learning will be readily re-activated.

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Archived Resources - 3 x audio cassette tapes

TOTAL VISION FITNESS

using

The Feldenkrais Method® of Somatic Education
Awareness Through Movement® Lessons
and

Vision Therapy Exercises

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