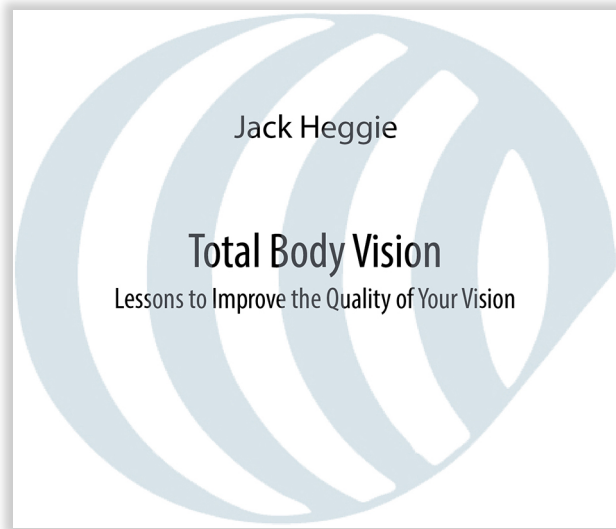




Jack Heggie

Total Body Vision

Lessons to Improve the Quality of Your Vision

Based on the work of Moshe Feldenkrais, this series of easy movement sequences and eye exercises will enrich your visual life. Enjoy a world of finer details, more vivid colors, and richer textures. This powerful series of exercises helps to improve the overall quality of your vision, posture, and movement. The lessons are designed to facilitate eye-hand and eye-foot coordination, color and depth perception, and create greater ease in discerning texture and fine detail.

See textures and details more clearly
Improve your eye-hand coordination
See colours more vividly
Improve your focus and depth perception

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