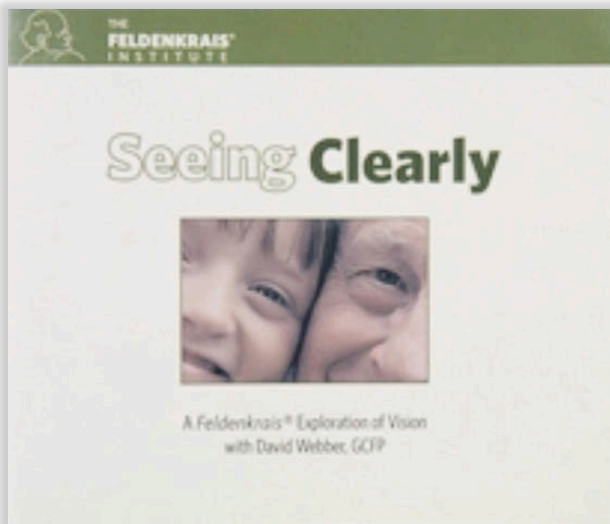




David Webber

Seeing Clearly

A Feldenkrais Exploration of Vision

This collection of Awareness Through Movement lessons provide fundamental steps for healing the eyes, improving vision, and seeing more clearly. With continued use you will find that the transformational effects of these recorded lessons will continue to build in deeper and more profound ways.

Improving your visual acuity not only will help your vision. Your flexibility, coordination, and balance will improve as well. Participants in David's workshop also found that old aches and pains disappeared as the use of their eyes was transformed. In these audio lessons you will be investigating: three inter-dependent functions that help the eyes optimize vision:

1. **Muscular effort** -- how to lower the muscular tonus of the muscles that move the eyes, and feel what it is like to have relaxed eyes - one of the necessary ingredients for a quieter, more receptive nervous system.
2. **Movement** -- how to maintain fluid movement of the eyes in all directions, and to let go of the unnecessary effort that creates blind spots in the visual field, as well as effecting common movements such as turning, bending and walking.
3. **Focus** -- how to focus the eyes accurately and without strain, while seeing from various directions and depths of focus.

"David Webber is a remarkable person. His personal knowledge developed in his struggle to find functional vision for himself after severe loss, combined with his use of the Feldenkrais Method, makes his approach useful for everyone." Carl Ginsburg

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04: Breathing to See	63:19
05: Easy Seeing	43:25
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Archived Resource - 8 x MP3 audio files