



School for Self-Healing

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DATED MATERIAL ENCLOSED

New School Online Store Open!
<http://store.self-healing.org>



Yoga For Your Eyes

Simple, effective, and easy to use techniques empower individuals to improve eyesight naturally.

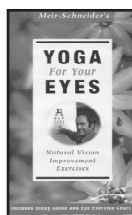
Saturday February 28
9am – 2pm

New Online Store!

Visit our online store to purchase our Natural Vision Improvement products:



The Natural Vision Improvement Kit, a complete multimedia kit to improve your eyesight naturally, includes 2 CDs, a 90-page illustrated guidebook, 13 photo-illustrated practice cards, and 2 eye charts.



Yoga For Your Eyes DVD
A complete exercise program on DVD or VHS to improve your eyesight, demonstrated step by step. Includes a study guide and eye chart.

Also purchase books and therapy aids online! <http://school.self-healing.org>
Work on your vision at home!!

Level 1 Training in the Meir Schneider Self-Healing Method through Bodywork and Movement:

Segment A, March 9-18 Segment B, March 22-31

The Meir Schneider Self-Healing Method integrates therapeutic massage, movement, and natural vision improvement exercises to create a unique regimen for improving overall health. Through the use of visual imagery, conscious breathing, and awareness of the body's subtle movements, students gain a new understanding of their body as a holistic system. Address movement, mobility, pain, or vision problems, and learn to prevent degenerative conditions. A unique program, taught by Meir, appropriate for individuals interested in improving their own health, caregivers, and health professionals of all disciplines. CE hours available.

Contact melissa@self-healing.org or call 415-665-9574 for more information.

Yoga For Your Eyes

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Saturday, February 28

9am – 2pm

The School for Self-Healing

2218 48th Avenue

San Francisco, CA 94116

\$125

Introductory workshop to exercises and tools for self-improved vision and optical health. You can improve your vision! Simple, effective, and easy-to-use techniques empower individuals to improve eyesight naturally. Meir Schneider's program includes basic principles of natural eyesight improvement, exercises to increase visual acuity and ocular health, simple practices to refresh the eyes and mind, and on-the-spot techniques to ease reading, driving and computer eyestrain. Effective with near- or far-sightedness, cataracts, eye fatigue, computer vision syndrome or other afflictions. Gain information and tools needed to begin a self-healing routine at home. Bring your contact case and expect to have fun. CE units available.

Call to register:

415-665-9574

Free Thursday Night Classes

All Thursday Night Classes are located at the School for Self-Healing. Please call 415-665-9574 for more details. No need to register.



February 5

The Project to End Disease

w/ Raymond Francis

Raymond Francis is a chemist with a master's degree from MIT, and has been internationally recognized as a leader in the emerging field of optimal health maintenance. He is the host and producer of the radio program *An Ounce of Prevention* and also the author of *Never Be Sick Again*. Come learn from a man who healed himself from a terminal illness!

February 12

Tools for Manifesting Health, Happiness, and Prosperity: Learn the real secret!

w/ Janis Ericson, CHT, founder and director of Lightwork Seminars

In this workshop we'll look at the major principles for manifesting health, happiness, and prosperity. You'll learn how to empower your intentions with energy, how to release blocks to manifesting, and what most people do wrong.

February 19

Art for Self-Healing

w/ Anna Christie, LMT

Explore the healing power of the arts. Specifically learn how to use visual art, music, and movement for self-healing.

February 26

Yoga & Self-Healing

w/ Laura Yeh, Anusara-Inspired Yoga Teacher, Self-Healing Student

Join us for an evening of Anusara-Inspired yoga woven with Self-Healing Principles.



Meir Schneider, PhD, LMT, is the founder of the School for Self-Healing, an international author, a holistic mind-body educator, a pioneer therapist, and an inspiring speaker. Meir is a healer who nurtures self-empowerment in others whose journey began at the age of seventeen when he embarked upon his own self-healing to overcome congenital blindness. He holds both a "permanently blind" certificate and an unrestricted California Drivers License! Through his journey from blindness to sight, Meir discovered principles to develop functional vision which later became the foundation for his Self-Healing Method, a holistic healthcare system that combines movement, massage, breathing, mental imagery, and joy.