PRESS KIT
Meir Schneider’s School For Self-Healing
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Biography

Meir Schneider was born blind, and taught himself to see. Through his own healing journey, he learned principles, which can be applied to all areas of health, both mental and physical.

Meir Schneider’s self-healing method combines breathing, massage, movement, and visualization techniques that can help anyone to become more aware of their own body and be empowered to take charge of their own healing.

Meir Schneider has devoted his life to teaching people how to heal themselves by addressing every aspect of their being. He teaches his techniques at The School For Self-Healing, based in San Francisco, California, and also holds workshops throughout the United States and all over the world. He is the author of several books, including Vision For Life, Movement for Self-Healing, Yoga for Your Eyes, and Awakening the Power of Self-Healing. He has been recognized locally and internationally for his work, being named one of the Top Ten Most Inspirational Israelis worldwide in 2007 and awarded a Certificate of Honor by the City of San Francisco in 2010.

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Background of Founder:  
Meir Schneider

As a young child born with congenital cataracts, Meir underwent several surgeries, which failed to restore his vision, but it was not until he was introduced to the Bates Method system of eye exercises as a teenager that he was able to teach himself to see. He went on to develop his own exercises to continually improve his vision – in spite of the scar tissue left by the surgeries, his vision is now in the normal range.

In developing his vision exercises, Meir constructed the fundamental principles of his self-healing method, which he was able to teach to others and apply to all systems of the body and many health conditions.

Meir's holistic approach combines breathing, massage, movement, and visualization techniques to empower the body to heal itself, naturally. Meir holds a PhD in the Healing Arts, and is an LMT.

Meir teaches his method through one-on-one sessions with clients, as well as workshops and lectures held throughout the world. He has authored several books illustrating his innovative approach, including Vision For Life, Movement for Self-Healing, Yoga for Your Eyes, and Awakening the Power of Self-Healing. He offers classes to enable others to practice his method for themselves.
About Meir Schneider’s Self-Healing Method

In his quest for self-improvement, Meir discovered that the same principles by which he gained functional vision could also be applied to the entire body. Therefore, he added his own regimen of self-massage and movement to complement the visual exercises and developed a new pathway to overall health.

This became the basis for the Meir Schneider Method of Self-Healing through Bodywork and Movement: a non-medical, holistic health rehabilitation and prevention system. It trains us to use muscles and joints in a balanced way by isolating muscle groups, relaxing chronically overused muscles, stimulating brain-body neural connections, and—most importantly—enhancing circulation.

Meir applied his Method of Self-Healing to help others who suffered from a wide range of degenerative conditions such as polio, muscular dystrophy, and multiple sclerosis. Meanwhile, conventional specialists have praised his techniques because they saw results that far exceeded their expectations. Through individual therapy, educational programs, and publications, Meir’s innovative holistic approach to optimal wellness for the body and eyes continues to improve the lives of millions on a worldwide scale.
History of the School For Self-Healing

In 1980, Meir founded the School for Self-Healing, a nonprofit center in San Francisco, California, that offers educational programs through which people can improve their vision as well as other physical disabilities; it has grown to include two sister schools/associations in Brazil and Israel. During more than 120,000 clinical hours over the past forty-two years, Meir has helped countless people to prevent blindness and conditions like glaucoma and cataracts. Through ongoing lectures, Meir teaches the complex interconnectedness of the body’s systems and how the forces exerted on our internal systems via movement, relaxation, and exercise can heal us.
Articles

Meir Schneider and the School For Self-Healing have been featured in numerous articles over the years.

**May/June 2017 - Massage & Bodywork**
Preservation - Back Pain Need Not Be An Occupational Hazard for MTs

**October 12, 2016 – Ask Jon Eakes**
Healing techniques for eyes and hands

**May 2016 – Sunset Beacon**
School's Founder Creates Tools for Staying Healthy

**April 23, 2014 – SFNewsfeed**
Bay Area School Launches “Movement for Self-Healing”

**October 1, 2013 – San Jose Mercury News (Pacifica Tribune)**
Florey's book signing Once blind, author Meir Schneider teaches how to improve vision

**September 10, 2013 – Wellness Feel**
Praise for the Work of Meir Schneider (8 parts)

**December 2012 – Positive Health**
Self-Healing Around the Globe – Meir Schneider Courageous Pioneer

**October 2010 – Positive Health**
Natural Vision Improvement for Children and Adults

**June 1, 2010 – Care2**
Healing Your Eyes Naturally

**May 10, 2010 – Natural News**
Look at Medicine and its Cross-Eyed View of Nearsightedness

**August 28, 2007 – Yoga Journal**
Exercises for the Eyes

**January/February 1997 – Massage Magazine**
Moving Out Of Back Problems
What Professionals Say About the
MEIR SCHNEIDER METHOD OF SELF-HEALING

“I’ve had eye problems since age seven, and decided after all this time (I’m 34 now) to change the situation. I heard about Meir Schneider, PhD’s method and I decided to travel to San Francisco all the way from Ottawa, Canada to take the Level One course. I greatly enjoyed the Segment A and B classes, improving my knowledge as a physician and as a teacher. My sense of touch greatly improved; I healed my chronic back pain; I see more clearly; and I’ve become better able to appreciate the joy and beauty of life. I recommend this course to anyone who is involved with the healing process.”
—Jean Marc Benoit, M.D., Certificant in Canadian College of Family Practice

“Meir’s method is effective as a complementary physical therapy for the eyes.”
—Emília Ritsuko Yasuoka Assad, ophthalmologist and acupuncturist

“As an engineer I value knowledge that can be applied and is useful. Meir gave me just that kind of knowledge during his six day course on naturally improving the eyesight. My prescription at the start of the course was at -7.00 with a 0.75 adjustment for a slight case of astigmatism. By using this new found knowledge my prescription is now -3.50 and the astigmatism is gone, which took me 8 months to achieve. My plan is to be done with glasses completely in a year; if not sooner! Meir, thank you for helping me reclaim the gift of sight….for life!”
—Manny Muro, Oregon

“Meir Schneider has miraculously found his vision, and he can help you to find yours. His approach is transformative.”
—Jacob Liberman, OD, PhD, author of
Light: Medicine of the Future & Take off your Glasses and See

“The plasticity and potential of the visual system is continuously being explored and redefined. Old notions give way to new potentials. Meier Schneider[sic] addresses these issues in his clinical work with patients with various visual problems. His reflections and theories are worth consideration and critical review.”
—Creig S. Hoyt, M.D., Professor and Chairman, Department of Ophthalmology, UCSF

“I have been impressed with the work of Meir Schneider for many years having personally seen improvements in patients’ vision of those who have worked with him. The ability of the visual system to adapt and regain function is still full of mysteries. Through Meir’s work, we are finding some of those mysteries to be realities.”
—August L Reader III, M.D., F.A.C.S., Clinical 1 Professor of Ophthalmology California Pacific Medical Center

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