



What?	NATURAL VISION AWARENESS SEMINAR
When?	Wednesday, 19 th September 2007
Time?	6.00pm – 8.00pm + any questions and wine
Where?	The Training Rooms, 3 rd Floor, The Connal Building 34 West George Street, Glasgow G2 1DA
Cost?	£10.00 including a glass of wine – payable in advance £12.00 on the night.
Who?	Anna Bambridge www.indivisual.org.uk

Anna Bambridge has been working in the field of natural vision for over ten years. She graduated in physics from Cambridge University and completed an MPhil at the Vision Sciences department of Glasgow Caledonian University where she taught optics on the optometry course, and explored her interest in HOLISTIC EYESIGHT IMPROVEMENT TECHNIQUES, conducting a clinical trial in the Bates Method. She completed the Natural Vision Teacher Training at the London College of Vision Education.

Anna has also taught a holistic vision module at Schumacher College, Devon, and has spoken and led workshops at the Eyecare 3000 optometry conference, the British College of Optometry and Vision Science Conference and the International Conference for Holistic Vision.

Anna will talk about how she came to a holistic understanding of health and the intellectual and personal conflicts that this change brought about. She will also share her personal journey of healing her vision from having a deep short-sighted blur and wearing thick glasses to discovering the joy and clarity of her natural eyesight.

She will speak about what glasses, contact lenses and laser eye surgery do, physically, emotionally, mentally and energetically.

Anna will discuss the potential that there is for eyesight to heal, and the gentle relaxation and movement techniques that can aid this process.

Topics will include – Getting the light and dark we need
 Relieving strain
 Supporting the eyes to work together
 Enhancing colour perception
 Increasing spatial awareness
 Learning relaxed and well-coordinated movement of
 eye, body, mind and emotion.

BOOKING: Send cheque for £10.00 to The Consulting Rooms, 34 West George Street, Glasgow G2 1DA (Tel: no. 0141 332 2220).

Please make cheques payable to The Consulting Rooms. In the event of insufficient numbers, the Seminar will be cancelled and all sums will be returned. Cheques will not be cashed until it is decided that the Forum will proceed.

NATURAL VISION AWARENESS SEMINAR

Name:

Address:

Tel No : Home

Work:

I enclose a cheque for £10.00 made payable to The Consulting Rooms. The cheque will be returned to you if the Seminar does not proceed. Cost of the Seminar on the evening will be £12.00

Return to : Anne MacDougall, The Consulting Rooms, 1st Floor, 34 West George Street, Glasgow G2 1DA