

## In our classes...

- You RELEARN correct habits of NATURAL, RELAXED SEEING, the same ones you had when you had clear vision in the past; the same habits that people with perfect sight are using all day long. NOTE: Our programs are not about 'eye-exercises'!
- You study DR. BATES facts of NATURAL EYESIGHT, based on his YEARS of original research. You will understand how sight can improve and remain clear with natural, relaxed vision habits.
- You relearn and experience the 3 principles of natural vision, MOVEMENT, CENTRALIZING, and RELAXATION.
- You relearn and experience the 3 habits of natural vision, SKETCHING, BREATHING, and BLINKING.
- You practice correct vision habits for reading, computers, TV, driving, person to person communications—in fact for all work and leisure activities.
- You learn and experience closed eyelid SUNNING to rebuild light tolerance and COLOR intensity.
- You study and practice proper DAYTIME and NIGHT-TIME vision skills.
- You learn PALMING, ACUPRESSURE POINTS, and SELF-MASSAGE, to release chronic tensions held in the eye, neck, and shoulder muscles. Many students have eliminated headaches and eye discomfort by learning natural, self-healing activities.

NOTE: Food is not provided during our programs.

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## You can learn to...

- SEE CLEARLY both near and far with your own eyes,
- READ EASILY without stress, strain, and/or fatigue,
- Experience improved MENTAL CLARITY making your activities easier and more enjoyable,
- Return to natural 3-DIMENSIONAL VISION,
- Re-acquire natural DEPTH and SPATIAL perceptions,
- Improve/develop your CREATIVE IMAGINATION,
- Initiate positive CHANGES by transforming mental and emotional blocks to clear eyesight,
- IMPROVE your mental and physical HEALTH by applying natural eyesight training.

We are educators and provide information on how you can improve eyesight.

### Create Seeing...

Many students of natural eyesight training have discarded glasses completely or avoided moving into glasses through these programs. Vision problems which have improved by natural vision education include nearsightedness (myopia), farsightedness (hyperopia), astigmatism (cylinder), 'middle-aged' vision, (presbyopia), crossed/wall-eyes (strabismus), 'lazy-eye' (amblyopia), and other vision problems. At the very least you learn about relaxed vision and how to take care of your sight naturally.

There is no diagnosis, no treatment, no prescription, and no determination of function in these programs.

Students are advised to consult with their eye doctor to monitor their progress and prescribe weakened lenses when needed.

## 7-Week Courses...

- Are usually taught here in Berlin, Wedding.
- Are limited to approximately 10 students per class,
- Allow for personal attention and students can benefit from group support and group dynamics,
- Are more enjoyable and effective than individual lessons,
- Consist of seven 3 hour classes, once per week,
- Include support outside of class time, and
- Offer periodic review classes, at no extra cost (except for strabismus & amblyopia)

NOTE: Students with serious challenges (strabismus and/or amblyopia) should consider taking private lessons.

Free Introductory Lectures, courses, weekend seminars and one on one lessons are currently provided in English, German, and French. by Claude Desroches.

**About Claude:** Born in 1963, Toronto, Canada . He studied computer sciences at the U. of Ottawa graduating Magna Cum Laude, in 1987. Working for several large multinationals, Claude has been an independent IT contractor and professional seminar leader since 1994. In 1996 Claude moved to Berlin where his journey to clarity began. Since then he has helped many people improve their own eyesight.

In 2008 Claude completed an intensive 5 week teacher training program with Tom Quackenbush, a world renowned eyesight improvement teacher and author of the book "Relearn to See, Improve Your Eyesight –Naturally!"

## Weekend Seminars...

- Are similar in content to the 7-Week course.
- Are usually taught here in Berlin, Wedding.
- Are 2 days: Sat. & Sun. from 10:00-18:00

To sponsor a Weekend Seminar in your area, please feel free to contact us.

## Free Introductory Lectures...

- Learn about Dr. William H. Bates and his method of natural eyesight improvement,
- Learn about the 3 principles and 3 habits of natural eyesight improvement,
- Play games we teach in our programs,
- Have the opportunity to:
  - Ask questions and receive answers,
  - Meet other like-minded people,
  - Join our mailing list,
  - Register for courses/seminars.

Visit [www.relearn2see.com](http://www.relearn2see.com) under Schedule, for information on our next scheduled free introductory lectures. Lectures are open to the public, and although there is no need to reserve, if you plan to attend, an **email** is appreciated.

## Tuition & Registration...

7 Week Course	350 Euro / participant
Weekend Seminar	300 Euro / participant
Private lesson ( 1 hr.)	60 Euro
Private lesson( 1½ hr.)	80 Euro

To register, please visit our website at [www.relearn2see.com](http://www.relearn2see.com). Download the registration form, print it, fill it, sign it, and fax it or return it by mail to us. Then pay the tuition fee. First come, first serve.

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