



**Do you wish you could see clearly  
without glasses or contact lenses?**

**Are you apprehensive of  
laser surgery on your eyes?**

**There IS a much  
better alternative!!!**

# Visions Of Joy

## Natural Eyesight Improvement

~~~~~If you can't read this, it is time to take a vision improvement class!~~~~~

No matter what age you are or how blurry or good your eyesight,  
your eyes can benefit from using relaxed vision habits.

Natural vision education has helped people overcome nearsightedness,  
farsightedness, astigmatism, strabismus and other vision challenges.

**Come to a VISION FUNDAMENTALS CLASS !**

**Location: 25060 Avenue Stanford, #290, Valencia/Santa Clarita, CA.**

**Saturday 29 April 2017, 1:00-4:00pm. Your investment: \$60.**

**To register call Esther: (805) 640-1955 or Linda: (661) 305 2232**

Blurry vision is **not** a life sentence, it is merely a signal that we are doing something wrong and that we need to make a change. The natural approach to eyesight improvement has no negative side effects (actually it has many beneficial side effects!), it gives the best results and it is the cheapest solution.

The original '*Bates Method*' of returning to clear vision does not involve eye-exercises. It is a method that teaches you how to use your eyes in a relaxed way, as nature intended, all day long. In this Vision Fundamentals class you learn the basics of the Bates Method in theory and practice.

This is very much a practical seminar, with emphasis on the techniques that work well for most people. Participants are very likely to experience better vision on this day, and will gain the tools needed to keep and continue the progress they make. The seminar is most suitable for people with functional vision challenges, such as nearsightedness, farsightedness and astigmatism.

Ever since improving her own vision to better than 20/20, **Esther van der Werf** loves to help people regain good eyesight in a relaxed and effortless way.

Esther published *Bates Method Nuggets* (2010), is the author of *Read Without Glasses at Any Age* (2013) and is working on her next book: *Optimal Eyesight*. Esther is a certified Natural Vision Educator (Bates Method) since August 2000 and is a Board Member of the North American Association of Vision Educators. Originally from The Netherlands, she has taught classes throughout the USA and Europe. She regularly presents workshops and keynote lectures at international holistic vision conferences.



For more information visit: [www.VisionsOfJoy.org](http://www.VisionsOfJoy.org)