



**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.

Blurry vision is **not** a life sentence, it is merely a signal that you are straining your eyes and that you 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. This is not an eye-exercise method. The original *Bates Method* is a method that teaches you how to use your eyes in a relaxed way, the way nature intended, all day long. It has been successful in helping people with nearsightedness, farsightedness, astigmatism, strabismus and other vision challenges. Age is no obstacle; children as young as 3 were benefitted, as well as people over 80.

Taking natural vision lessons can make a big difference in clarity, and increases the joy you feel!  
*"I passed my drivers license without the restriction of corrective lenses! I'm so pleased about this!  
I never anticipated the great feeling of freedom - free from my glasses - it is wonderful!"*  
Deb B, Minnesota

Esther will visit Phoenix/Chandler 20-29 January 2012 and will be offering private lessons. For minor vision problems a few hours of vision training can make a huge difference, while others may take more time. Follow up lessons can be taken by telephone, skype or email. To guarantee that you can be included, please reserve lessons in advance:  
E-mail: [visionsofjoy@gmail.com](mailto:visionsofjoy@gmail.com) Tel: Esther (805) 640 1955 or Prasantha (602) 515 9124

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. She is a certified Natural Vision Educator (Bates Method) since 2000 and is a member of the North American Association of Vision Educators.

Originally from The Netherlands, Esther has taught classes throughout the USA and Europe. She has presented workshops and keynote lectures at holistic vision conferences in Belgium, England, and Italy.



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