

# MINDFUL VETERAN PROJECT



Join us for the final class in this special zoom series

based on Feldenkrais® & David Webber's  
"Seeing Clearly" work

## RELEASE EYE TENSION

- improve balance and vision -
- reduce muscle tension in the eyes  
with simple, gentle movement of the body -
- unusual, interesting, deeply relaxing -
- done on a mat or blanket on the floor,  
sitting, & standing -

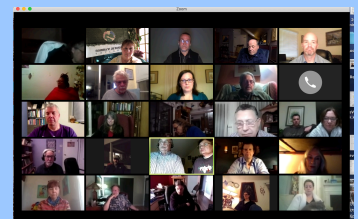
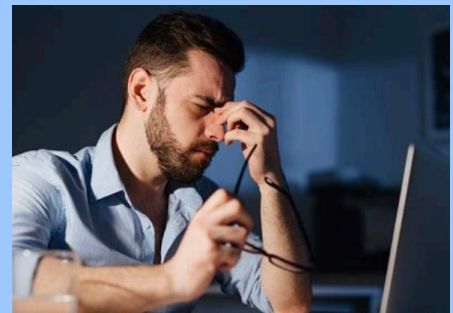
\* especially important support and self-care  
during these times of staring at screens  
for extended periods of time \*

Wednesday  
November 4<sup>th</sup>  
2020

3:00 - 4:15PM  
(Pacific Time)

<https://us02web.zoom.us/j/85859244358>

last class in this wonderful special series  
before break for Veterans Day & different modalities featured  
on Wellness Wednesdays



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