

# MINDFUL VETERAN P R O J E C T



Join us for a special Wellness Wednesday 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 -

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

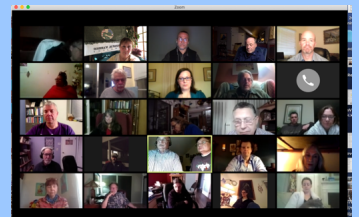
series begins  
Wednesday  
September 16<sup>th</sup>  
2020

3:00 - 4:30PM  
(Pacific Time)

**[REGISTER HERE](#)**

[bit.ly/EyeRelease](https://bit.ly/EyeRelease)

for this *free* SERIES



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