



Eye Relaxation Classes

with Martha Eddy, CMA, Ed.D.
January 28 and February 24, 5:30-6:30

Come and experience “Yoga for the Eyes” a vision enhancing class, led by Martha Eddy, that teaches easy-to-learn relaxation techniques that can help you see and feel better! Learn how simple eye exercises can lead to total body relaxation and how relaxing the body can help vision.

Martha Eddy, CMA, Ed.D. Director, CKE is Registered Somatic Movement Therapist specializing in neuro-developmental assessment and sensory-motor integration as well as in Exercise. She worked in the office of Dr. Richard Kavner, Developmental Optometrist as a body awareness specialist for 3 years and has been developing exercises that integrate whole body relaxation with activities for stimulating and balancing the eyes for over 25 years.

Registration for classes will be available through www.movementsafoot.com.
Please call 212-414 2921 for more information.

