



Total Body Vision(TM): Lessons to Improve the Quality of Your Vision - Based on the Work of Drs. Moshe Feldenkrais & William Bates

Jack Heggie

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Have you ever wanted to have clearer vision? To see colors more vividly? To be able to perceive the three dimensionality of the world in greater detail? To improve your visual coordination? Total Body Vision can help you do just that. Drawing upon the works of Dr. Moshe Feldenkrais and Dr. William Bates, Jack Heggie has developed a powerful series of 11 exercises for improving the overall quality of your vision, posture and movement. What can you Improve with Total Body Vision? Through this series of exercises you can improve:

- Clarity
- Perceptions of textures and fine details
- Eye-hand and eye-foot coordination
- Perception of colors
- Depth perception
- And more

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