

IMPROVE YOUR EYESIGHT NATURALLY

Natural eyesight and eye health improvement
with the Bates Method

Local lessons and workshops -

www.seenaturally.co.uk

**Half-day workshops in
Thame and Long Crendon
Saturday 28th July 9am - 1pm
Saturday 8th September 9am - 1pm
Saturday 6th October 9am - 1pm
Saturday 3rd November 9am - 1pm**

Cost: £25 - Refreshments will be provided.

 Find out how it works

 Try it out for yourself

 Take home some techniques to practice and...
see more clearly!

To book contact:

Charlotte@seenaturally.co.uk