

Workshop in London
Yoga for the Eyes: from Eyesight to Insight
Sunday 1st July 2018
Maître of Thyme, Holistic wellness boutique



With Béatrice Pauly-Laubry, psychologist and certified Bates method teacher.

I believe that **working on our eyesight strengthens our insight and wellbeing**, because eyes, body and mind are interconnected!

Purpose: Discover your natural vision and reinforce your general wellbeing.

The Bates method is a natural form of vision education to improve sight and to rest eyes that are especially strained by overexposure to artificial lights and screens.

It is suited to everyone, of any age, regardless of the type of vision.

Associated with the softness of Yoga, it promotes deep relaxation and global wellbeing.

It works by changing behaviour and learning new activities to reinforce the five basic needs of the eyes:

- Light,
- Movement,
- Relaxation,
- Memory
- and Imagination.

Agenda: 2 hours to practice natural vision around 2 key words, breath and awareness

- **Awareness of your eyes and eyelids** and the role of the eyelids, eyebrows and lacrimal glands in the vision (20 mn)
- **Self-massages of eyes and face**, to connect the eyes to the rest of the face (20 mn)
- **Breathing and relaxation of your neck and shoulders**, because eyesight problems are linked with mental strain and tensions in these parts of the body (20 mn)
- **Awareness of central and peripheral vision**, to open the visual field (20 mn)
- **Swaying and Swinging of the body** in the service of the eyes (20 mn)
- **Palming**, the true rest of the eyes. (20 mn)

You will receive a written summary of the main activities of the Bates method and a bonus about Vision and Nutrition.

Location, Time and Price: Maître of Thyme, 130 Great Portland Street London W1W6PT

One session from 11 am to 1 pm; Maximum Capacity: 20 guests.

Exceptional launching price of 25 £ per person!

Practical Tip: Please wear loose clothes to facilitate free movements. If you wear lenses, please do not wear them to the workshop but bring your glasses instead. Also, please arrive 10 minutes before workshop start time.

Inscriptions directly to the Maître of Thyme Boutique, tel: + 44 (0) 20 7580 2336

About the teacher:

After practicing Chinese internal exercises for a long time and then ten years of Taichi, she discovered Eye Yoga at a center of Ayurveda in Paris. Passionate about this activity that brings body and mind together, she was trained in the Bates method at the College of Vision Education in London. Today she teaches Eye Yoga according to the Bates method in collective and individual courses in France and develops workshops in London.

For further details about the teacher and the method: please visit her website

<https://www.leyogadesyeux.fr/yoga-for-the-eyes/>