



The Center for Kinesthetic Education
www.WellnessCKE.net

151 West 30th St NY, NY 10001
212 414 2921 Box 1

Eye Relaxation Classes

Martha Eddy, CMA, Ed.D.

April 28th, May 12th & June 16th 2008

5:30 – 6:30PM \$20 per class

Learn how simple eye exercises can lead to total
body relaxation

Experience “Yoga for the Eyes”

Increase coordination & breathing capacity to support relaxed seeing

Gain more pleasure from looking & reading

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.

Please call or email to make a reservation by the prior Monday.
212-414 2921 www.WellnessCKE.net