

# For Your Eyes Only: Vision Rejuvenation

taught by **Denise Hornbeak, M.S., N.V.T., L.E.K., R.M.T.**

Learn simple, effective means to refresh and improve your vision.

Understand better how your visual system functions and what causes visual challenges.

Learn how vision affects other sensory systems, including auditory and vestibular function.

Enjoy two wonderful days, filled with fun and exploration, and come away with tools to help others, as well!

**Date:** January 20-21, 2018 • **Hours:** 9:00 am to 5:00 pm

**Location:** Center Edge office - 4915 E. Pinchot Ave., Phoenix AZ 85018 (Near Thomas Rd. and 48th St.)

**Registration:** \$325 (rec'd by January 6 - Non-refundable \$100 deposit locks in this early saving) • \$350 thereafter

**Open to:** Everyone! No prerequisite! • Counts as 16 elective hours toward BG Licensure

*Vision involves not only the anatomical and physiological systems of the eyeballs. Vision is part of a complex set of factors, including the physical, mental, psychological, spiritual, and emotional.*

**Who can benefit from this class:** • Teachers, OTs, Parents of children with challenges  
• People wishing to improve their own VISION • Those wanting to learn good visual habits  
• Those who seek to preserve their VISION • Those with “computer eyes” or eyestrain from too much near focus  
• Those who want to support others in transforming how they use their visual system for work, study, and play

## This Eye-Opening Experience Addresses the Following Skills:

- **Eye Muscle Coordination**, so the individual can use his/her muscles related to the eyes in a synchronized manner. Signs of decreased eye muscle coordination are eye strain, headaches, blurry vision, and double vision. These symptoms may lead to changes in a person’s lifestyle, including becoming sleepy after minimal near-point work and computer activity, trouble with driving, avoiding homework, lack of interest in reading, and a decreased ability to play sports that require visual acuity and tracking.
- **Eye Relaxation**, for those who “try too hard” to see. They will see clearer with relaxed eyes, which are the outcome of using good visual habits, techniques, and tools.
- **Focusing Flexibility**, to improve the ability to shift focus quickly from one object to another, both near and far. As with poor eye muscle coordination, poor focusing flexibility can impact reading. Individuals with poor focusing ability will also often notice fluctuations in vision acuity throughout their workday. This is especially prevalent in people who work regularly with computers.
- **Eye Tracking**, to address one of the main causes of reading disability. For many individuals with this problem, just going from one printed line to another can be a monumental challenge. Inadequate eye tracking makes it difficult to stay on task. Many students with eye tracking issues become frustrated and quickly lose interest in learning and reading.



**Denise Hornbeak** has been a Licensed Brain Gym® Instructor since 1988, and has an extensive background in vision improvement. Since 1982 she has worked as a Vision Trainer with Developmental Optometrists in San Diego County, she is a Natural Vision Re-Educator, Vision Training Therapist, Visioncircles Instructor, and Author.

### Common Areas of Improvement:

Enhanced vision, hearing, and body awareness • Reduced fatigue  
Increased interest in learning • Improved reading comprehension  
Greater coordination and proficiency in athletics and driving

**Class Sponsor: Kathy Brown, M.Ed. • 602-952-7001**  
**www.centeredge.com • kathy@centeredge.com**

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**Yes, please register me for Vision Rejuvenation**  
**January 20-21, 2018 (Sat-Sun)**

Name (please print clearly) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\$325 early registration (rec'd by January 6) \_\_\_\$350 thereafter

\$100 of each registration is a non-refundable deposit, unless we cancel
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**If paying by credit card - You're welcome to call and I'll register you by phone.**

Card # \_\_\_\_\_ Expiration \_\_\_\_\_ Code \_\_\_\_\_

Signature \_\_\_\_\_ Billing zip code \_\_\_\_\_

**You can:**

- Send your registration form with cc# or check made payable to Center Edge  
Mail to: Kathy Brown / Center Edge • 4915 E. Pinchot Avenue • Phoenix, AZ 85018
- Fax your registration form w/ cc# to 602-952-1174
- Scan & email your registration WITHOUT cc# to [kathy@centeredge.com](mailto:kathy@centeredge.com)  
then call me with your cc# (emailing a cc# is NOT secure!)
- Call me to register by phone – 602-952-7001

**Purchase Orders welcome**

Card # \_\_\_\_\_ Expiration \_\_\_\_\_ Code \_\_\_\_\_

Signature \_\_\_\_\_ Billing zip code \_\_\_\_\_

This complete flyer / registration form is available at [www.centeredge.com](http://www.centeredge.com)  
Click on the Courses page and follow the links to Vision Rejuvenation

*We look forward to having you in class!*