

**“When the mind is at rest,  
nothing can tire the eyes,  
when the mind is under strain  
nothing can rest them.”**

Dr. William H. Bates  
Perfect Sight Without Glasses pub.1920



### **Bates Association for Vision Education**

Bates Vision Education is taught by vision teachers who are trained in the Bates tradition. They are not eye doctors or optometrists.

The Bates Association for Vision Education is a non-profit organisation of teachers representing an unbroken line of natural eyesight teaching since Dr. Bates.

#### **The Association:-**

- maintains a register of teachers
- carries out teacher assessments and continuing professional development
- maintains vision education information and resources



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# The **BATES** Method of Vision Education

**LEARN TO SEE  
IN A RELAXED  
AND NATURAL  
WAY**

## What is Vision Education?

Vision Education is an eyesight improvement process.

A vision teacher guides the student in the use of activities which encourage the efficient and relaxed use of the visual system. This is done in a gentle and non-invasive way with consideration to the needs of the whole person.

The emphasis is on learning to use the eyes and mind in a relaxed and natural way in everyday life while becoming ever more interested in the world around.



### Dr Bates

Dr. William H. Bates (1860-1931) was an ophthalmologist in New York who became disillusioned with the practice of prescribing lenses and surgery. He developed a method of helping people improve their eyesight naturally which is the foundation of vision education used today.



## Who is Vision Education for?

Vision Education is for anyone of any age who wishes to improve his or her eyesight. If you have short-sight, long-sight, presbyopia, a squint, eye disease or other visual disturbance you could benefit from Vision Education.



**“There are as many hours in the day to use the eyes well as to use them badly”**

Dr. William H. Bates  
aSight Without Glasses pub.1920

## Why choose Vision Education?

Students of Vision Education have experienced increased clarity of vision, enhanced colour, texture and depth perception, an increased sense of peripheral vision, improved concentration, faster reading, better coordination, better balance, increased energy and a greater sense of calm.



### Dr. Bates found that eyesight:

- is naturally variable
- can worsen and improve
- problems are related to strain
- is an indicator of mental, emotional and physical health