

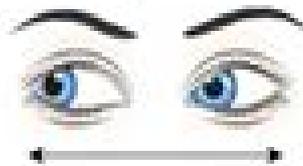
YOGA EYE EXERCISES

Find a neutral point in the centre of your field of vision. Do each exercise 5-10x. Return to the neutral point between. Then close and relax your eyes for a moment, before going on the next exercise.

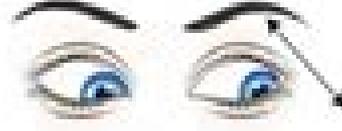
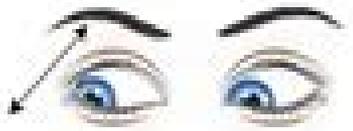
Up - Down



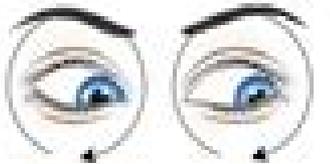
Right - Left



Diagonals



Circling



Distance / Peripheral vision



Tip of nose



Rub palms together to generate heat in them, place over the eyes, without touching the eyes excluding all light and open eyes into the darkness



Gently press and release a few times into the edges of the eye sockets.

+/- humming breath (*bhramari*)

Repeat 2-3 x

Good for relaxing your eyes e.g. after staring at a screen for a long time. Calm the mind and reduce stress. Strengthen eyesight.

Stretching The Eyes Distance

Daniela Niemeyer

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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