

Eye Exercises

This **palming** exercise will teach you to relax your eyes, helping them feel more energised.

First, rub your hands together until they feel warm. Then place your cupped hands over your closed eyes, being careful not to touch your eyes with the palms of your hands. The fingers of each hand should overlap and rest gently on the centre of your forehead. Don't create any unnecessary pressure on your face. If your arms get tired, rest your elbows on a table.

Sit quietly for one to two minutes with your hands over your eyes. The more relaxed you become, the blacker the darkness you will see with your eyes closed.

This **scanning** exercise helps you increase the flexibility of your eyes.

Sitting or standing at one end of a room, let your eyes scan around the edges of objects in the room - clocks, televisions, doors, lights, computers, etc. The object of this exercise is to keep your eyes moving in a loose and fluid way. Do this exercise for two minutes. Remember to breathe.

This **Near-far focus** exercise improves eye flexibility.

Hold your thumb about 15cm from your nose. Focus on your thumb. Take one deep breath and exhale slowly. Then focus on an object about 3 metres away. Take another deep breath and slowly exhale. Repeat back and forth 15 times