

YOGIC EYE EXERCISES



I include this in my “Good Night’s Sleep” workshops as an additional exercise for relaxation, relieving tension in the eye muscles (it is amazing how much tension we hold around the eyes!) and to help improve sleep.

It can initially feel a bit strange and tiring for the eye muscles, as we are not accustomed to using our eyes in this way, but can be really beneficial. **Note:** if you suffer from cataracts or other eye problems, please consult with your doctor/ophthalmologist before trying this out.

When doing these exercises:

- *Keep your head straight and do not move it, only moving the eyes
- *Close & relax your eyes for about 30 seconds between the exercises
- *If you normally wear contact lenses, it may be better to take them off

1. Keep your head still & look ahead. Look up and down, floor to ceiling, 10-15 times.



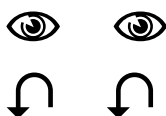
2. Look left & right as far as possible 10-15 times.



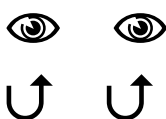
3. Move the eyes diagonally as far as possible 10-15 times one way, then 10-15 times the other way.



4. Move the eyes in a 180 degree upwards arc 10-15 times



5. Finally, move the eyes in a 180 degree downwards arc 10-15 times.



If you feel a bit dizzy or uncomfortable at any point during these exercises, just stop, close your eyes and allow them to rest for longer.