



EYE EXERCISE GUIDE

5-15 minutes

Move eyes slowly in these directions

- UP/DOWN, DOWN/UP
- LEFT/RIGHT, RIGHT/LEFT
- UPPER LEFT TO RIGHT & SWITCH
- CLOCKWISE THEN COUNTER

OTHER OPTIONS

- RUB PALMS & PLACE ON EYES
- CANDLE GAZING—5-15 MINUTES

TERMS:

- DRISTHI—GAZE
- STHIRA—STEADINESS
- SUKHA—EASE