

Gentle Eyes Exercises

Palming

Rub your palms together vigorously to generate heat and gently cup them over your closed eyes, without pressing. Allow the eyes to relax in complete darkness. Concentrate on your breathing, and feel the warm prana emanating from your palms.

Moving your eyes around the clock

Sit in a comfortable seated position. Make sure your spine is long and supported over your hips so you can relax your neck and shoulders and your entire body.

Rest your eyes with palming. .

Open your eyes. Picture a clock face in front of you, and raise your eyeballs up to 12 o'clock. Hold them there for a second, then lower the eyeballs to 6 o'clock. Hold them there again. Continue moving the eyeballs up and down 10 times. Your gaze should be steady and relaxed.

Once you finish these 10 movements, rub your palms together and palm your eyes.

Follow this exercise with horizontal eye movements—from 9 o'clock to three o'clock—ending again by "palming" (cupping your hands over your eyes). Then do diagonal movements—2 o'clock to 7 o'clock, and 11 o'clock to four o'clock—again followed by palming.

Conclude the routine with 10 full circles in each direction, as though you are tracing the clock's rim. Do these clockwise and counterclockwise circles 3 times.

Shifting Focus

While sitting relaxed and still, pick a point in the distance and focus on it. Extend your arm and put your thumb right underneath the point of concentration. Now begin shifting your focus between the tip of your thumb and the faraway point, alternating rhythmically between near and distance vision. Repeat the exercise 10 times, then relax your eyes with palming and deep breathing.

Close Range Focus

As in the shifting focus exercise, gaze at your thumb with your arm extended. This time move the thumb slowly toward the tip of your nose. Pause there for one second. Then reverse the sequence, following the thumb with your eyes as you extend your arm again. As before, repeat the sequence 10 times, then relax with palming.

Eye Squeezes

Close your eyes as tightly as you possibly can. Really squeeze the eyes, so the eye muscles contract. Hold this contraction for three seconds, and then let go quickly.

This exercise causes a deep relaxation of the eye muscles, and is especially beneficial after the slight strain caused by the eye exercises. Blink the eyes a few times.

Conclusion:

Practicing yoga is great for the eyes because it relaxes the whole body. Savasana is great relaxation for the eyes and body. Place a lavender eye pillow over your eyes for an extra benefit.