

# EASY YOGA FOR THE EYES

**Kapalbhati Pranayama helps improve the circulation of oxygen, which can help reduce muscle tension around the eyes.**

- Begin in a comfortable seated position.
- Close your eyes and place your hands on your lower belly to focus on your breath
- Inhale quickly into your belly and immediately exhale
- Continue this quick breath for about 20 seconds



## Kapalbhati Pranayama



## Palming

**Palming is an easy way to provide deep relaxation for your eyes, which can help relieve puffiness and eye strain.**

- Begin in a comfortable seated position
- Rub your hands together until you feel heat between your palms
- Gently cup your hands over your eyes
- Take deep breaths and enjoy the warmth
- Repeat if desired



## Eye Rotation Exercises

**Just a few minutes a day of simple eye movement can help keep the eyes healthy.**

- Sit comfortably and rest your hands on your knees
- Begin to draw big circles with your eyes, looking slowly in every direction in a clockwise circle
- Repeat several times, then reverse the direction to look in a counterclockwise circle
- Be sure you do the same number of rotations in each direction