

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