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.

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.

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.

Source: https://www.yogiapproved.com/yoga/practice-yoga-improve-eyesight/
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