

# Eye Stretches

Level 1

## Benefits: Fun!

Strengthens eye muscles & relieves eye strain.

**Time to Do:** 1 minute or as long as you'd like!

**Body Parts Used by This Posture:** Eyes

**Combines Well with:** Lion, Neck Rolls, Neck Stretches.

**Energy Centers Used:** Third Eye



Yoga even has stretches for you eyes! Use these movements to relieve eye strain, to strengthen the muscles and make them more resilient. Some people believe this will help prevent the need for glasses. At any rate, it's fun – kids like to do it, too! I recommend doing this with your eyes closed so that you don't get dizzy!

## Yoga Snack

Stuck in traffic? Waiting on hold on the phone? Been studying all night? Any time you have a few seconds, you have time to do a few eye stretches. Just make sure other people don't think you're rolling your eyes *at them!*

## Start

Sitting, standing, lying down, any way you like  
Looking straight ahead.

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Look up all the way.  <b>Hold for one breath.</b>	Roll your eyes in a wide circle until you're looking all the way to one side.  <b>Hold for one</b>	Roll your eyes in a wide circle until you're looking all the way to the other side.  <b>Hold for one</b>	Roll your eyes in a wide circle until you're looking all the way down.  <b>Hold for one breath.</b>
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**Finish the Circle:** Roll your eyes all the way to the top. **Hold for 1 – 3 breaths.**

**Reverse your direction for the next circuit.**

**Repeat 3 – 5 times** in each direction. (Or as much as you'd like.)

## Option

Try holding your finger just at the edge of your field of vision and follow it around in a circle, stopping at each quarter (top, side, bottom, side). Then reverse direction etc.