

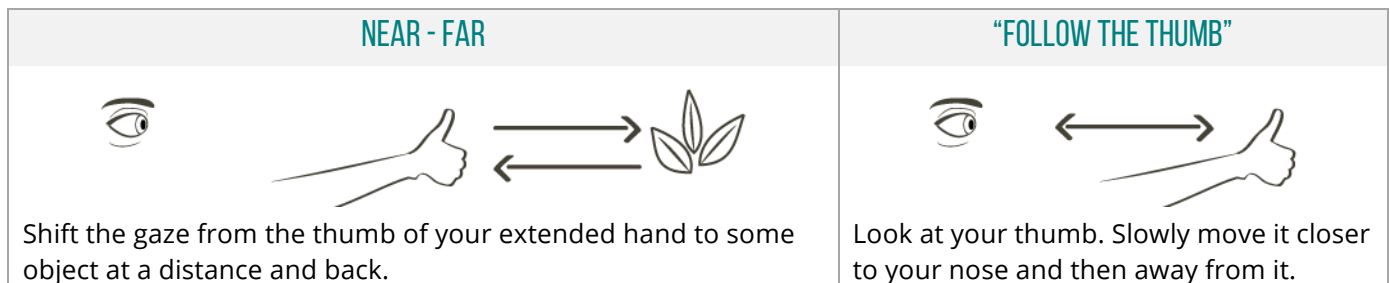
## YOGA FOR YOUR EYES

Looking at screens for extended periods of time makes users focus the eyes at a short distance for prolonged periods, which can make the eyes tired and strained. Try these exercises to relieve eye strain, relax your body and focus your mind.

**1. EYE MOVEMENTS.** Slowly move your eyes in these directions. Repeat 6-8x each. Breathe deep.



**2. EYE FOCUSING.** Shift your eye focus from near to far and back. Repeat 6-8x each. Breathe deep.



**3. PALMING.** Rub the hands vigorously together for couple of minutes until you feel the warmth in your palms. Then cup your hands over your eyes to block out the light, but making sure not to touch the eyelids. Feel the warmth of your hands on your eyes, breathe deep and relax your eyes.

**4. DRSHTI.** Focus your eyes on some object at a distance and look at it for few minutes. Keep your gaze soft and imagine resting the gaze on the object. Instead of paying attention to the minor details of the object, see if you can grasp its essence.

**5. DRIFTING.** Focus your eyes at a distant object, breathe deeply, take it in for a breath or two. Then slowly shift the gaze to another distant object and observe it for couple of breaths. Then move on to another object. Continue to drift slowly like that taking in your surroundings. It is best to do this outdoors or look out the window.

**6. TRATAKA.** Look at the light of the candle in a darkened room. Keep your gaze soft and do not blink. This is a traditional purification exercise, so you will feel your eyes watering. Then close your eyes and visualize the candle as clearly as possible. Maintain the image for a while. Overtime try to extend the length of the visualization.



**7. COVER AND REST.** In a supine position close your eyes and cover them with a towel. Breathe deep, relax your body and keep softening your eyes and your body with every exhalation.

During the day take breaks away from the screen, look out the window often and close your eyes occasionally to rest them.