

## TIBETAN EYE CHART EYE EXERCISES

The illustration provided in this exercise was developed by Tibetan monks to strengthen the eyes, improve vision, and correct vision problems. The exercise, when performed as described below, is designed to stimulate muscles and optic nerves. Practicing this exercise twice daily, in the morning and evening, may improve vision problems over time.

- Remove glasses or contacts.
- Perform this exercise while sitting with the back straight and the chart centered about one inch directly in front of the face with the center dot at nose level.
- Move only the eyes while performing the exercise. Do not move the head.
- Do each movement for 30 seconds.
- Begin by relaxing the eyes, closing them gently and cupping with the hands.

### **Movement #1**

Move the eyes from dot to dot, beginning with 12 o'clock, moving clockwise around the outer circle of dots.

### **Movement #2**

Repeat this pattern, moving counterclockwise, beginning with 12 o'clock.

### **Movement #3**

Move eyes back and forth between dots at 2 o'clock and 8 o'clock.

### **Movement #4**

Move eyes back and forth between dots at 4 o'clock and 10 o'clock.

- End by relaxing eyes, again, by cupping them with the hands.
- Repeat exercise twice daily, and avoid eye strain.



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