



Movement I

1. Close your eyes
2. Using your thumbs, place them on the base of the skull.
3. Then apply pressure on the base of the skull. Move the pressure upward.
4. Repeat that motion for one minute.

Function

-Prevent headaches



Movement II

1. Close your eyes
2. Using your two index fingers, place them on your temple.
3. Using your two index fingers, gently and repeatedly massage your temples in a clockwise direction. Make sure to relax your eyebrows and shoulders.
4. Repeat that motion for one minute.

Function

-Protect eye sights from getting worse
-Prevent headaches
-Increase blood circulation
-Relax tight muscles



Movement III

1. Close your eyes
2. Using your index finger and thumb, place them on your nose bridge.
3. Then pinch the bridge of your nose and the outset of your eyes.
4. Repeat that motion for one minute.

Function

-Relaxes nose muscles
-Ideal when your vision is exhausted
-Increase blood circulation



Movement IV

1. Close your eyes.
2. Using the surface of your index finger, place them both on the upper and the lower parts of your eye sockets.
3. With your two index fingers, trace along your eyebrows starting from your nose all the way down.
4. Then move right below your eyes and trace your eyes starting from the nose again and repeat the circular motion.
5. Repeat that motion for one minute.

Function

Helps relax eye muscles
Prevents your eyes from getting tired
Increase blood circulation