

Eye Relaxation Treatment Shiatsu Massage Therapy

There are many eye relaxation exercises, and below is one I learned many years ago.

To get in a relaxed position:

Either: Lay on your back. Place a pillow under your arms as you place your cupped hands over your eyes.

OR

Sit at a desk or table. Put your elbows on the table with your cupped hands up. Place your face down with your eyes into your cupped hands. (Of course in either case do not keep your glasses on or have contacts in, just kidding.)

- Use the palms of each hand to completely cover each eye so no light can be seen.
- Keep the eyes opened and covered with your hands for ten minutes.
- Our eyes are usually open and working, or they are closed. This exercise gives the eyes a chance to rest while open, working the eyes in an unusual manner. You may find your eyes relaxing in a new and profound way. This may take several sessions until you are actually able to relax your eyes. It may feel as though a light switch goes off.

Enjoy!

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