

# Move Your Eyes Around the Clock



YOGA MOVES **MS**

- Begin in a Mountain Pose in a chair
- Imagine a large circular clock face in front of you.
- Practice a mindful breath in and out through your nose.
  - Inhale and raise your eyes to gaze at twelve o'clock.
  - Exhale and return your gaze to the center of the clock.
  - Inhale and gaze at one o'clock.
  - Exhale and gaze back at the center of the clock.
- Repeat this exercise and gaze at each consecutive hour in a clockwise movement.
- Repeat the exercise above in the opposite, or counterclockwise direction, matching your eye movements with your breath. Soften your gaze lowering your eyelids to half-way closing for 3 to 5 breaths.

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\*\*Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.