**VISUAL RESET #1**

**Eye Massage**

Your safety is our first concern. With regards to the exercises in The Vision Gym, there are four important safety elements.

1. Take three fingers, and put them just underneath your eyes where you can feel the bony ridge. Roll your fingers so they are right on the edge of that bone, then press very gently. It may even be a tiny bit sore, but press gently holding for about five seconds, then do a little bit of light massage. Just a little bit of rotation with your fingers will work. If you prefer, you can keep your eyes closed for this section of drills.

2. Next, take your index fingers and come just inside the inner portion of both eyes (near your nose), and push up slightly toward the ridge of your nose. Once again, you may potentially find a little bit of tenderness or tension in that area, so don’t be surprised. Like last time, hold for about five seconds and then do a little bit of rotation.

3. Repeat that same thing on the outer corners of both eyes. Once again, you are finding the bony ridge, pressing directly in there, and then doing a little light massage.

4. Finally, you are going to do the same thing on the bony ridge just below your eyebrows. Go a little more gently as you start to press. You may find some different areas of tension and some tissues that feel a little bit different. Like last time, hold for five seconds and then do a little bit of rotation.
VISUAL RESET DRILLS

1. [Image of person performing visual reset drill 1]
2. [Image of person performing visual reset drill 2]
3. [Image of person performing visual reset drill 3]
4. [Image of person performing visual reset drill 4]
Eye Spirals

Eye spirals are similar to eye circles but we are going to add some depth and movement to increase the challenge involved.

1. Stand in a comfortable position, feeling balanced and relaxed.

2. Hold your finger, a pen or other visual target in front of your nose.

3. While keeping your head as still as possible, start making a circle close to you and while slowly moving away out to arm’s length, gradually increase the size of the circle.

4. Allow 30 seconds to spiral away from you and about 30 seconds to bring the spiral back to you.

5. Repeat #3 in a vertical direction. Start with your pen or finger near your navel; slowly spiral up until you are looking up. Repeat the spiral in the opposite direction, returning to the original position.
Eye Spirals - In and Out

1

2

3

4

5

CONT'D
Pencil Pushup #2 – Near/Far Version

This version of the pencil pushup is very similar to the first version with one important distinction.

1. Stand in a comfortable position, feeling balanced and relaxed.

2. Hold a pencil or pen with the tip pointed toward the ceiling at arm’s length in front of your nose.

3. Focus on the tip and slowly bring the pencil in toward your nose.

4. Stop once the pencil tip doubles or you reach the tip of your nose.

5. Now, look away from the tip of the pencil and focus on a target out in the distance as far away as you can see clearly.

6. Return your focus to the pencil tip.

7. While maintaining focus follow the pencil back out to the original starting position.

8. Do 3 to 5 repetitions with each hand.
THE DRILLS