

# WAKE-UP POINTS

Vision Gym



With your fingertips or knuckles of your thumbs, gently vibrate points on the inner, then outer '8' around your eyes. The inner circle follows the line of your eyebrow to temples and 1.5 cm beneath eyes. The outer circle crosses the middle of your forehead to your temples, continues under cheekbones to the bridge of your nose. Finish by pinching the bridge of your nose.

## Wake-Up Points

- Increases circulation to eyes
- Relaxes 'squint' muscles in the forehead
- Relaxes eye muscles