

# SUNBEAMS

Vision Gym



Close your eyes and imagine a golden sun shining on them, warming them. Allow your eyelids to flutter as you gather up light. Imagine your pupils opening wide to the light. Take a sun break or aim a pen light between your closed eyes, at the bridge of your nose. Look at the light through closed lids, enjoying splashes of light or colour that you experience. Remove the light and enjoy the relaxation of darkness.

## **Sunbeams**

- Encourages the pupils to dilate and contract, improving awareness of light and dark contrasts
- Assists in balancing the body clock
- Assists in depression and insomnia
- Releases the staring habit