



## Kundalini Yoga for the eyes set 2



1. Stretch legs out in front, and bend over, grasping and pulling on big toes. Roll eyes to the 3rd Eye, and hold until pain comes. Prevents blindness.



2. Seated in Easy Pose, hands in Venus Lock in the lap, look to 3rd Eye, sending energy and white light to the eyes for 3 minutes.



3. In Easy Pose, look out the back of the head for 1-3 minutes. Inhale, exhale, and pull Mulbhand, holding for 30 seconds.



4. In Easy Pose, close eyes and roll them in a circle for 3 minutes. Inhale, pull Mulbhand, and continue to circle the eyes for another 30 seconds.