



Palming

Palming is an excellent way to rest and refresh your eyes and mind. First warm your hands by rubbing them together briskly. Then place your softly cupped hands over your closed eyes, with the heel of each hand resting on your cheekbones. The center of each palm should lie directly over each eye, without actually touching the eyelid.

To keep your neck and back straight while your shoulders stay relaxed, raise your elbows to shoulder level, and rest them on a stack of books or on the back of a chair placed in front of you. As you palm quietly for several minutes, feel the warmth and darkness soothe your eye muscles and your whole body.



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