

MIRROR EYE MOVEMENT



PURPOSE

This exercise is intended to enhance the communication between the internal GPS system for the roadmap of life known as the vestibular system, and your visual system. This simple exercise will allow for the communication in your brain to start taking place to support sensitivity to motion.



REPEAT

Repeat for 2 minutes with each eye.

1

Stand in front of a mirror, balanced, with equal weight on each foot. Gently cover your left eye with your left hand.

2

While looking at the reflection of your own eye in the mirror, slowly move your head side to side without looking away from your open eye.

3

Keep the movement of your head small and controlled at first while looking at your eye in the mirror. The movements should become gradually bigger and the speed gradually faster.

4

Remember to not look away from the reflection of the open eye the entire time your head is changing position.

5

Continue for 2 minutes with your right eye. Next gently cover your right eye with your right hand. Repeat this for your left eye, also for 2 minutes.