

HEAD CIRCLES

1. Sitting in a comfortable position, begin moving your head in a circular motion with your eyes open.

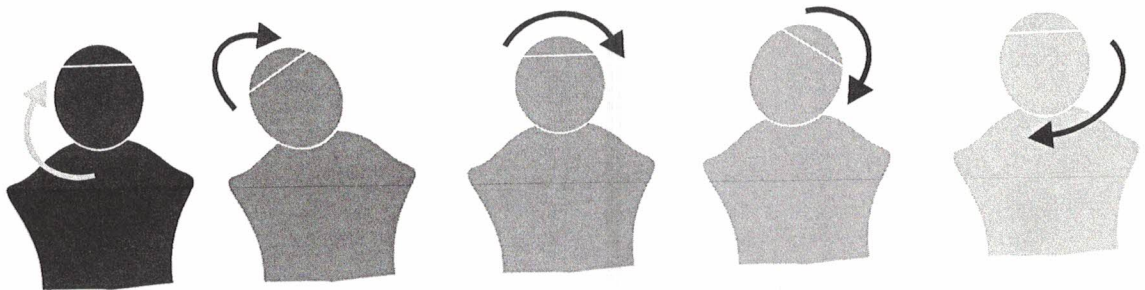
2. Repeat Step one with your eyes closed.

* Repeat **15 - 20** times.

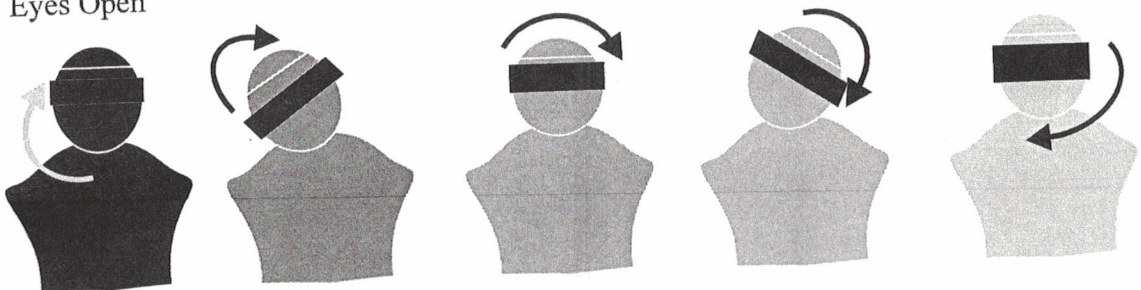
Reverse direction and

* Repeat **15 - 20** times.

Do both directions **2 - 3** times daily.



Eyes Open



Eyes Closed