

Some approaches to yoga by french ayurveda specialist kiran vyas

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Always in demand, even at night during dreams, the eyes do not have time to rest. Master Yoga and French Ayurveda specialist Kiran Vyas offers another approach to yoga to improve and maintain visual acuity. To see always more, further, for longer. Our eyes are constantly under pressure and even more so with the presence of screens from sunrise to sunset. Migraines, dry eyes, deterioration of visual acuity... eye aches are numerous, but preserving sight is rarely the first of our concerns. With a yoga dedicated to sight, Kiran Vyas, yoga master, French specialist in ayurveda, and author of the book *Yoga of the Eyes*, proposes to take care of it as it should be.

Overall approach Always in demand, “ even at night since eyeballs move when we dream, the eyes don’t have time to rest,” the author explains. According to him, the purpose of yoga practice is to release the tension in the eyes. “ It’s not just a series of eye gymnastics exercises. It is a global approach during which we will solicit the mind and body with postures such as greeting the sun but also walking,” he says. The exercises are inspired by Ayurveda, yoga but also the Bates method, a technique developed in the 1920s by American ophthalmologist William Bates to improve vision without going through the glasses box.

A ten-minute eye yoga session once a week would have many benefits. “ It brings inner calm, increases visual and other memory and improves concentration,” says Kiran Vyas. It is also excellent in preventing age-related eye problems such as presbyopia. The following sequences can be practiced at the beginning of the day in natural light, or several times a day as soon as you feel the need. Showing up in the sun Outside, stand with your feet

slightly apart, close your eyes and present your face in the sun. Feel the earth under your feet and let thoughts pass through for 1 to 2 minutes. After the session, return to the shade and wash your face to moisturize your eyes.

Walk with your eyes open and closed Outdoors, or indoors in a well-ventilated room, walk two steps with your eyes open and three steps with your eyes closed. This exercise alternates between rest and activity phases for the eyes. Walk calmly, breathing naturally with a slow pace for at least 1 minute and 30 minutes. Practice “ palming” Rub your hands together to warm them up. Place the hollowed out palms on your eyes without pressing on the eyeballs. Breathe calmly and deeply for 3 to 5 minutes in absolute darkness. The retina does not perceive any light, it is at complete rest. Focus on your breathing. You can do this “ palming”, the elbows placed on your desk after a long exposure to the screens.

Apart from these eye yoga sessions, Kiran Vyas advises to blink regularly to “ maintain the level of hydration and bring relaxation to the eyes”. You can also make micro-pauses by looking away for ten seconds.