

# Tibetan Eye Chart



## Tibetan Eye Chart Instructions

- **Place the Tibetan Eye Chart at Eye Level on a Wall that You Can Easily Access**
- **With Your Eyes, Trace Around All the Edges of the Spokes and the Black Dots in a Clockwise Direction**
- **Repeat in a Counter-Clockwise Direction**
- **Then Trace from the Center Along the Spokes to the Black Dots at the Ends, then Back to the Red Dot at the Center**
- **Follow One or Both of these Patterns at Close-Up and Far-Away Distances**
  - **Practice with and without Glasses**
  - **Twice Daily**