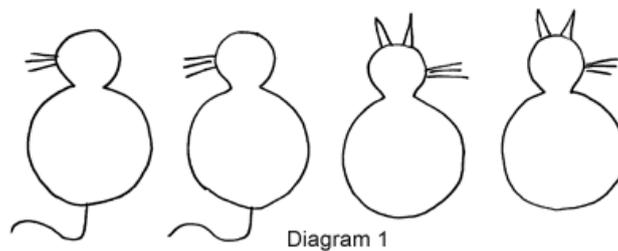


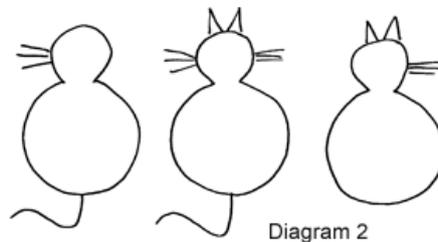
Cat Stereogram Exercise (Near)

Purpose: To improve control of your eyes and encourage convergence.

1. Hold the card with the images facing you at arm's length at eye level.
2. Place a pen in front of the card and in between the two images.
3. Keep looking at the pen constantly. It is very important at this stage of the exercise NOT to look directly at the card or the exercise will not work – look continuously at the pen.
4. Whilst looking at the pen you should be aware of both the images becoming double, therefore you should see 4 images. (Diagram 1)



5. 4 images should become 3 images with the middle (fused) image appearing complete. (Diagram 2)



6. Once the middle image appears, stop moving the pen and try to keep the third image in focus for 10 seconds. Do NOT look at the middle complete image as it will disappear immediately if you do. If the third image disappears, stop counting and refocus to get the third image to appear again.
7. Repeat.

Frequency: Perform for 10 to 15 minutes a day. This can be broken up into 2 or 3 sessions.

At the end of your exercise session it is important to relax your eyes by looking out of a window at a faraway object OR by closing your eyes for a few minutes. Do not proceed to do near work immediately.