

Pen Rock

Description

Pen Rock

This simple technique can be practiced just about anywhere. To load the task, push yourself to keep the near target very clear and push it slowly closer to the bridge of your nose.

Watch this video to learn how to do the 'Pen Rock' activity.

Category

1. Uncategorized

Tags

1. activity
2. convergence
3. rock
4. vsa

Vision Mechanic

Date Created

December 23, 2011

Author

drb