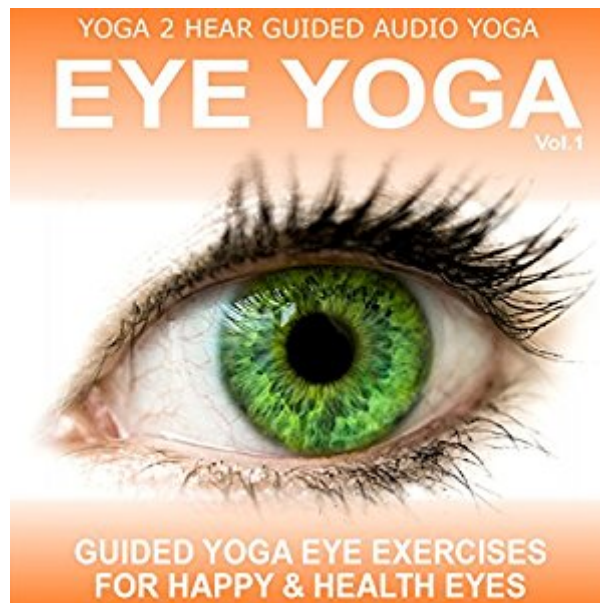




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# Eye Yoga, Vol.1: Yogic Eye Exercises For Strong, Healthy And Relaxed Eyes



## Synopsis

The Yoga 2 Hear Eye Yoga, Vol. 1, class will strengthen your eyes, improve concentration and help to prevent eyestrain, headaches and tiredness. The class uses simple yogic eye exercises combined with gentle rhythmic breathing techniques that will strengthen, relax and refresh tired eyes. The clear, easy-to-follow narrated instructions are combined with subtle atmospheric background music. The class can be used whilst you are seated or lying down - which makes it ideal to use last thing at night so that you deeply relax, sleep well and wake feeling refreshed. This class is accompanied by a printable PDF guide booklet that contains helpful information to enable you to get the greatest benefit from the class and tips on how to keep your eyes healthy. Eye Yoga Vol.1 is devised and narrated by Sue Fuller. Sue is widely recognised as a leading yoga teacher, writer and training course author. She is also the resident yoga expert for Natural Health magazine. Yoga 2 hear classes are effective and practical. Unlike DVD based classes Yoga 2 hear classes cause no visual distraction, this means you can focus 100% on the instruction, your breathing and on how your body feels whilst performing the postures which maximises the benefits you gain from each class. Yoga 2 Hear also releases you from the TV screen, giving you the freedom to enjoy top quality yoga instruction whenever and wherever you choose.

## Book Information

Audible Audio Edition

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