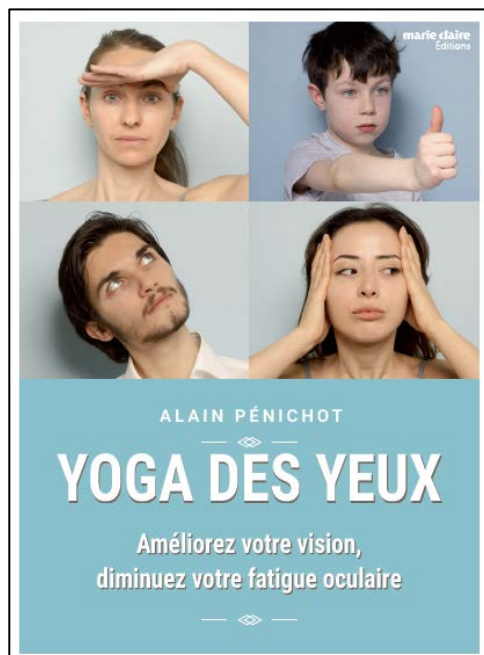


Eye Yoga

improve your eyesight, decrease eye strain

September 2018



Synopsis:

Dreaming of a life without glasses ?

Days spent on computers or cell phones, stress, pollution... Imply that more and more people have to wear glasses. Yoga techniques and ocular gym can help you to improve your eyesight

Content:

5 minutes of exercises a day is the best way to improve eyesight. The exercises stress out the importance of relaxation as a key factor for your eyes.

The Author:

Alain Pénichot (Paris) is a specialist in relaxation and well-being techniques. He teaches these techniques as well as relaxation therapy, fast walk and foot reflexology.

- He is the author of *Face Yoga* published by Marie Claire Books.

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