

Face & Eye Yoga

Exercises for a tonic and relaxed face and an improved eyesight.

Author: Alain Pénichot

A natural method – that you can practice yourself, without any material needed – to reduce eye strain and keep a tonic and supple face!

By stimulating energy points, face yoga is a very efficient technic to relax and activate face muscles. Exercises are following the different areas of the face, allowing each reader to create a program adapted to their needs. Just a few minutes a day will bring amazing results!

Relaxation and muscle work are also at the base of eye yoga. It is a preventive method fighting against the effects of stress, pollution and screens.

Content: Anatomy – Relaxation – Hydration – Dietetic – Exercises with step by step photos.



The Author:

Alain Pénichot (Paris) is a specialist of relaxation and well-being. He is practising yoga, relaxation, sophrology, brisk walking, etc. He worked for many years for a wellness group. www.yogaduvissage.com

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