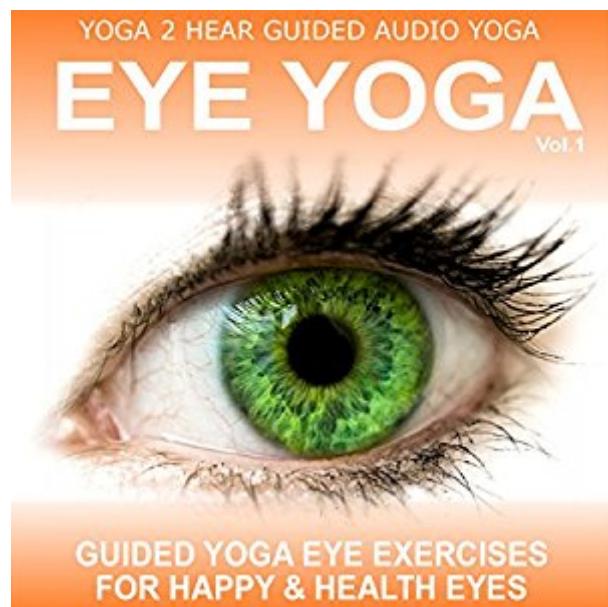


The book was found

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

Listening Length: 25 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Yoga 2 Hear

Audible.com Release Date: July 19, 2010

Language: English

ASIN: B003X4T6U0

Best Sellers Rank: #123 in  Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #1201 in  Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

[Download to continue reading...](#)

Eye Yoga, Vol.1: Yogic Eye Exercises for Strong, Healthy and Relaxed Eyes Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3)

Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work

And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Third Eye: Third Eye Activation Mastery, Easy And Simple Guide To Activating Your Third Eye Within 24 Hours (Third Eye Awakening, Pineal Gland Activation, Opening the Third Eye) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) The Essence of Yoga: Essays on the Development of Yogic Philosophy from the Vedas to Modern Times Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth 45 Lazy Eye Exercises: Eye Patch Exercises To Improve Vision for Those Who Suffer From Amblyopia Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)