

22/08/2022

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Dr Marc Grossman

The ancient practices of yoga have now been incorporated into a 5 minute a day, fun and easy routine to help build the flexibility and adaptability of your eye muscles to help with visual demands of the 21st Century technological world, an important role in maintaining healthy eye function for people of all ages.

I recommend the Eye Yoga 20-20-20 PRO™ Headset, for anyone that is spending more than 2 hours a day in front of digital screens.

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