



# Face yoga

@ROSSDUTTON

## Tech neck

Interlace your fingers. Place them behind your head on your neck. On the out breath, look down with just your head. Feel the stretch in your neck area.

## Eye strain

Place the middle fingers on inner most corner of eyes and index fingers on outer corners. Look up with just your eyes. Squint & release 10 times.

## Energise

Drop your chin & create an O shape with your mouth. Activate all muscles around the mouth & hold for 10 seconds. Repeat 2 times.