

Take 5 Years Off Your FACE

FACE YOGA METHOD

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The Face Yoga Method

Take Five Years Off Your Face

FaceYoga Method (FYM) is a blend of yoga-like body postures and facial exercises that improves your appearance and sense of well-being. The Face Yoga Method focuses on your facial movements and expressions, and teaches you to use your face muscles in ways you never thought possible. The end result is younger, radiant, glowing skin.

Your face is made up of over 60 muscles that can be toned in the same way as your body. It is never “too late” and you are never “too old” to tone your muscles. Anybody can do it anytime, anywhere! That is the beauty of Face Yoga Method.

Japanese people use fewer facial muscles than Americans when speaking. Most Japanese don't have forehead wrinkles because they don't move their eyebrows as much as Americans when speaking. On the other hand Japanese people do complain about sagging skin more because they don't use their facial muscles as much as Americans. No matter what your background, Face Yoga can have a positive effect on you.

Breathing also plays an important role in Face Yoga Method. In our daily breathing we do not fully exhale the air in our lungs. It is important to fully exhale during FYM, replacing accumulated CO₂ with fresh, oxygenated air. By focusing on your breath, you will relax and reset both your mind and body.



Expected Benefits of The Face Yoga Method

- Get younger, clearer, more radiant skin
- Activate and tone your face muscles
- Increase the blood and oxygen flow to your body

The end results will uncover a youthful glow and tautness to your skin that you may not have seen in years.

As a busy working mom with a baby and a husband to take care of, I do not have a lot of time for myself. So what do I do to keep myself looking and feeling good? The secret is the Face Yoga Method. You can still look good and feel good without spending a lot of time and money.

In this ebook I give you my five top poses for creating visible results in two weeks!

Warmly,



Fumiko Takatsu

Face Yoga Method Time Buster
Take 5 years off your face in just 6 minutes a day!

This is what I do when I don't have much free time. I have proven to myself that if I do just these 5 exercises for 6 minutes a day I get noticeable results.



Method 1 Center Me

Do this exercise for 1 minute to center and improve your focus. For an added bonus close your eyes while you do this.

1. Using the pads of your fingertips (no nails) rhythmically tap your entire scalp. Locate pressure points where the tapping feels good. Focus your efforts on those points

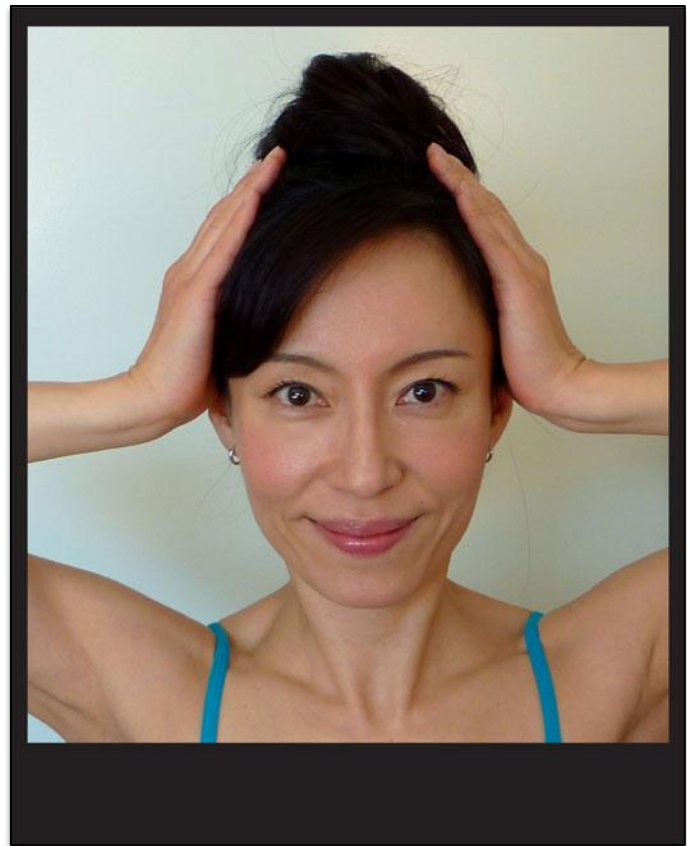


Method 2

Cure that Headache/Hangover

Do one minute of this pose right after the scalp massage for quick relaxation. Combine these two exercises for relief from headaches and hangovers.

1. Press the palms of your hands just above your ears where there is a slight depression in the skull. Breathing out through your nose, gradually increase the pressure while moving your palms in a circular motion.

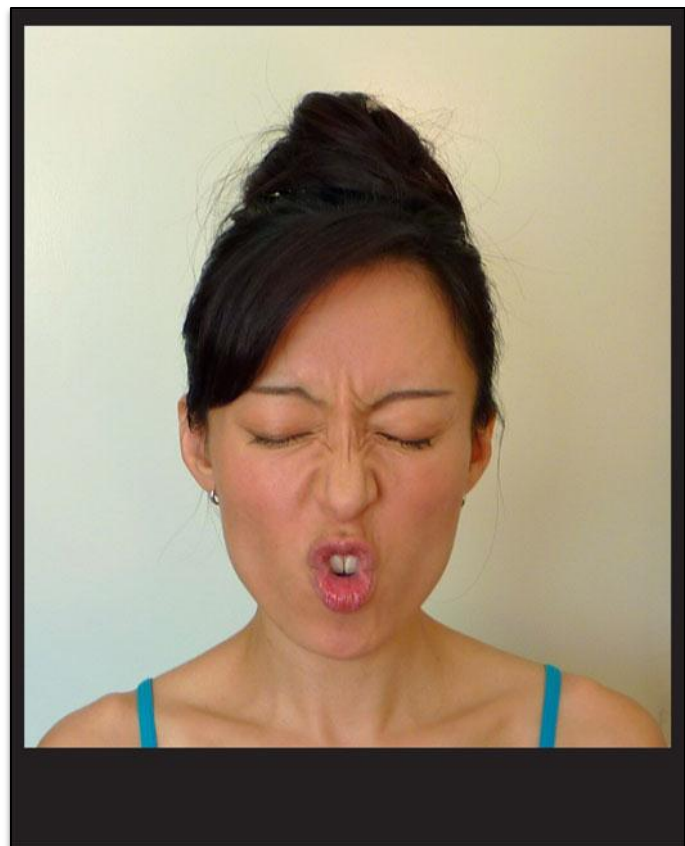


Method 3

Combat stress

(The enemy of mental health and beauty)

1. From deep in your abdomen steadily exhale through your nose and mouth for 10 seconds pushing all the parts of your face toward the center as hard as you can.
2. Relax the whole face and let the tension drain. Take a couple of deep breaths in and out while you relax your entire face, releasing any remaining tension.



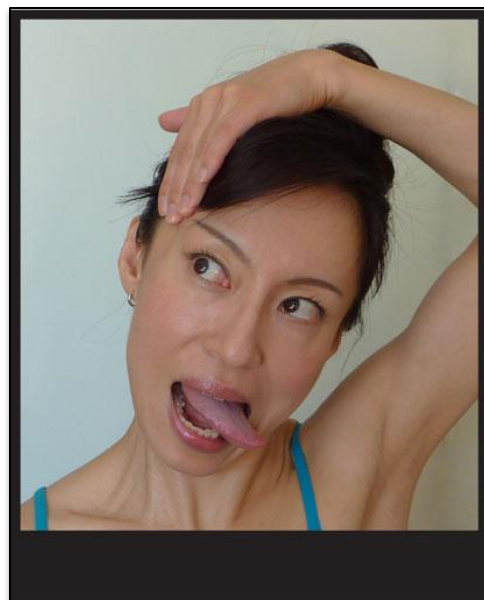
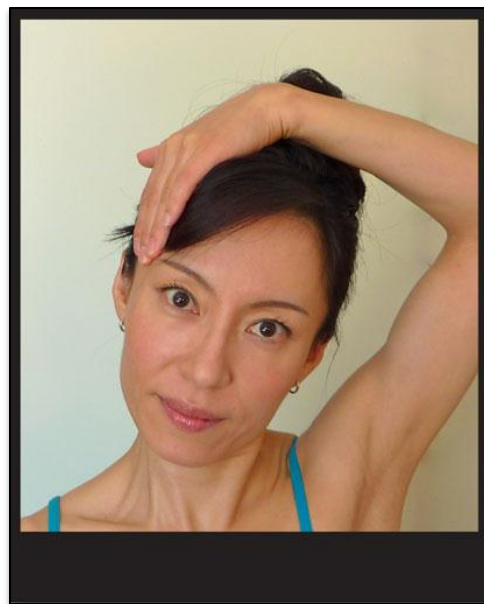
Method 4

Ultimate Face Line Lift

Take the time to learn this exercise; it can produce dramatic results along the jawline and upper eyelid in as little as two weeks.

1. Sit tall in a chair or on the floor. Extend your right arm at a 45 degree angle with the palm facing the floor. Reach over your head with your left arm touching your right temple with the middle and ring fingers. While tilting your neck to the left, open your chest as you pull your right temple upward extending the neck tilt. Fully stretch the neck, shoulders and arm muscles. Feel the stretch lengthen as you exhale.

2. While holding the pose stretch your tongue out as far as you can in the direction of the tilt. Turn your gaze upward and exhale through your mouth for about ten seconds, pushing all the air out of your lungs.

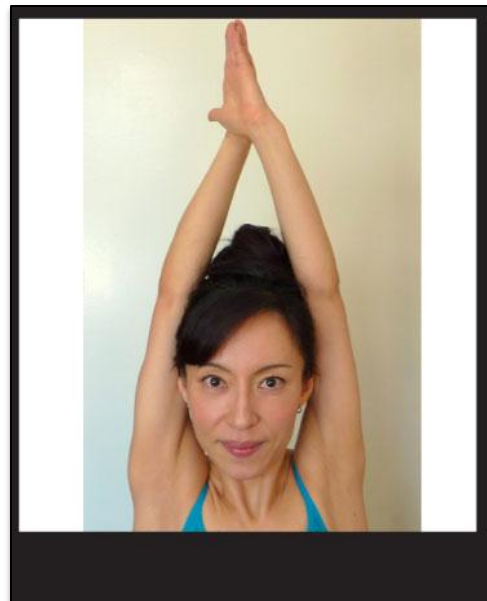


Method 5

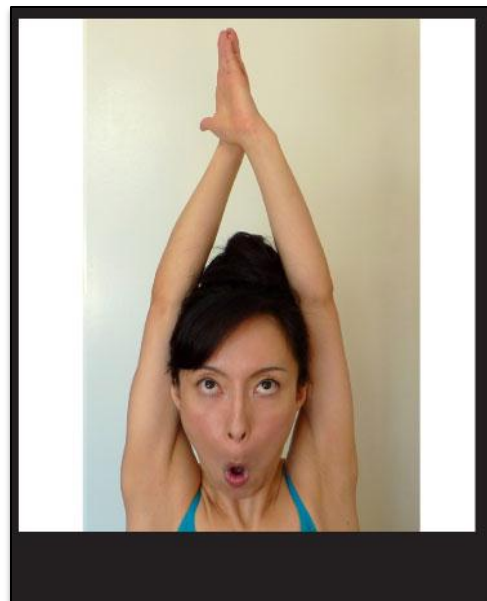
Baggy Eye Eliminator

Do one minute of this pose right after the scalp massage for quick relaxation. Combine these two exercises for relief from headaches and hangovers.

1. Holding your arms in front of you press the back of your hands together. Raise your arms straight up until they are behind your ears. Breathe out while pressing down the shoulder blades. If possible, straighten the elbows.



2. Make an O shape with your mouth. Pull it downward to stretch the area below the nose, flattening the lines between the nostrils and the mouth. Do not wrinkle the forehead. While breathing through your nose, turn your gaze upward and feel the stretch from the mouth to under the eyes. Hold this pose for 3-5 breaths. Resist the temptation to breathe through your mouth. Breathe only through your nose.



Did you enjoy these poses? How do you feel now?

The first time you do these poses they may seem a bit awkward and funny, but after a week or two you will have it down and be able to do this whole routine in just 6 minutes a day.

Would you like your skin to get firmer and more youthful looking over the next 2 to 6 months?

Learn surgery free movements that tighten and lift brows, jowls and more. When you join the Face Yoga Method Membership you will have lifetime access to over 72 face yoga videos that have proven results.

Age naturally and gracefully with the Face [Yoga Method Membership](#)

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