

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,



Rumiko 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.

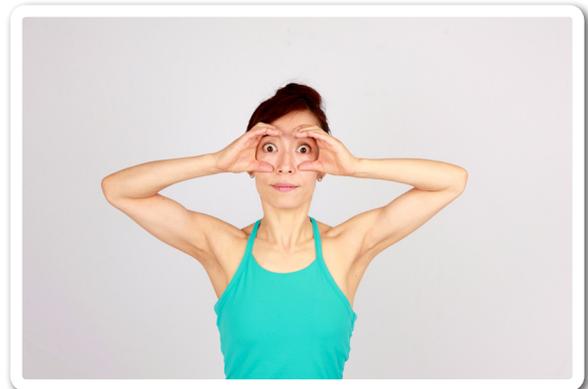
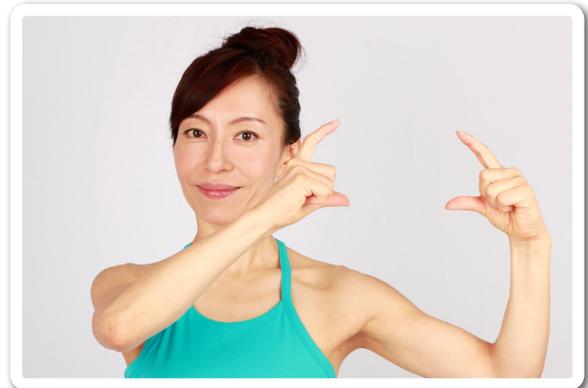


Method 1

The Forehead Area

This pose reduces unnecessary forehead movement and prevents wrinkles. It also opens droopy eyelids.

- Curl your hands into “C” shapes.
- Place your index fingers above each eyebrow, along the upper eye bones.
- Position each thumb on either side of your nose, just above the nostril.
- Press the fingers of each hand downward and then sideways.
- Open your chest. Pull down your shoulder blades.
- Open your eyes as wide as possible, hold for 5 seconds, while pressing your index fingers firmly into your eyebrows making sure neither your eyebrows nor forehead move. Squint the eyes 5 times. Close your eyes and relax for a few seconds.
- Repeat 2 more sets.



BENEFIT:

This reduces unnecessary forehead movement and prevents wrinkles.

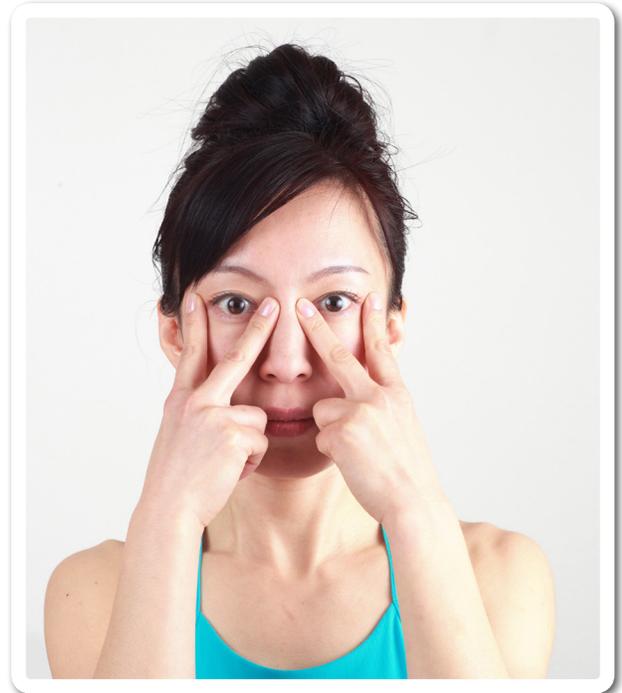


Method 2

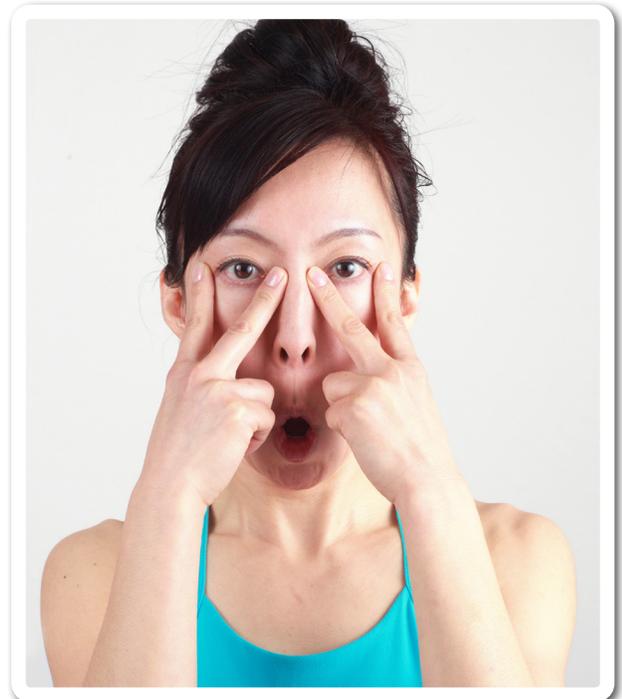
The Eye Area

This pose tones the under eye bags and reduces eye puffiness.

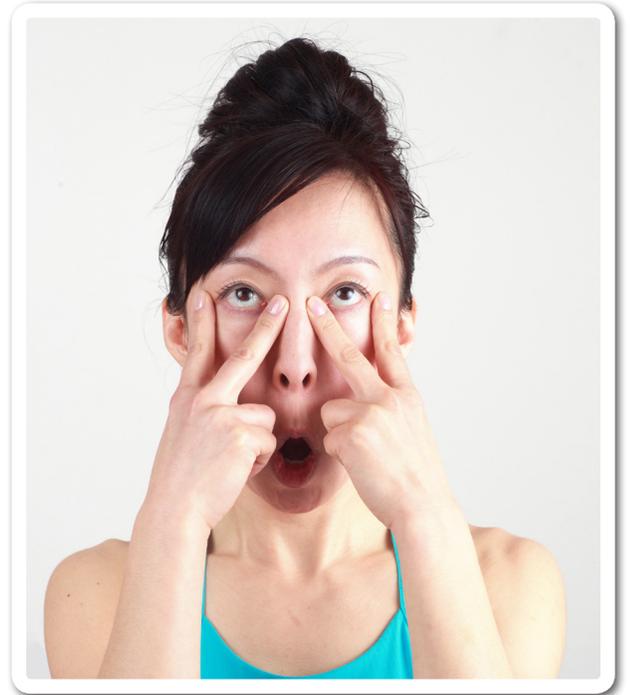
- Place the middle fingers at the innermost corner of the eyes and index fingers at the outermost corner of the eyes and apply slight pressure.



- Look straight. Make an “O” shape with your mouth.



- Look up at the ceiling with just your eyes keeping the forehead relaxed and feel the stretch under the eyes.
- Without moving or wrinkling the forehead, open your eyes wide.
- Squint for 5 seconds.
- Close your eyes and relax for 3 seconds.
- Repeat 5 times holding and relaxing.



BENEFIT: This tones the under eye bags and reduces eye puffiness.

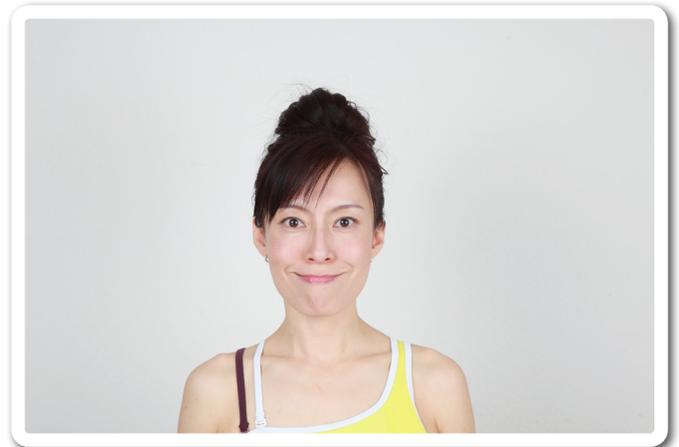


Method 3

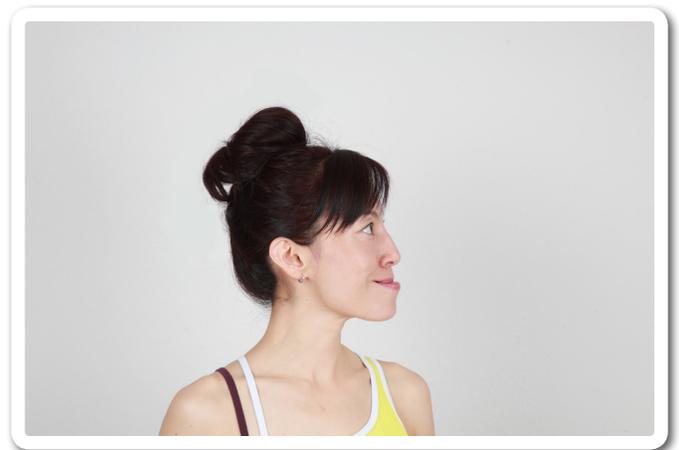
The Mouth Area

This pose firms and lifts up the cheeks. It also lifts up the corners of the mouth.

1. Move jaw slightly forward, curl your lower lips over your teeth.



1. Smile, making sure both corners of your mouth are at the same level.
2. Lift up the chin slightly.
3. Push your tongue up to the roof of the mouth. Keep pushing hard for 10 seconds, then relax. Repeat 2 more times.



TIP:

By pushing the tongue to the roof of the mouth, the muscles around the mouth and the cheek contract more and tone the neck area.

BENEFIT: This firms and lifts up the cheeks. It also lifts up the corners of the mouth.



Method 4

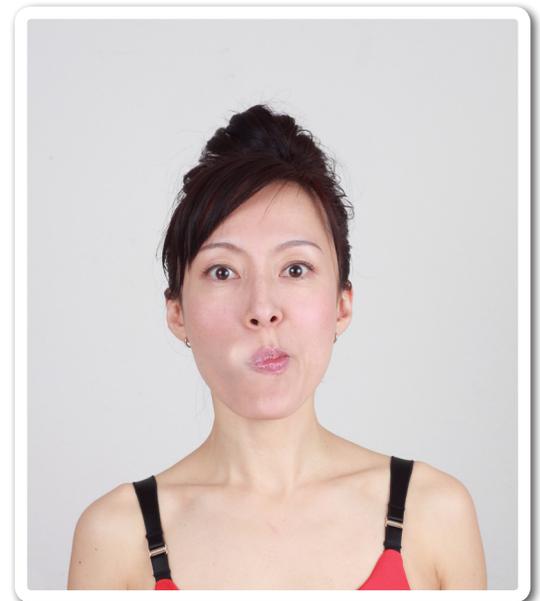
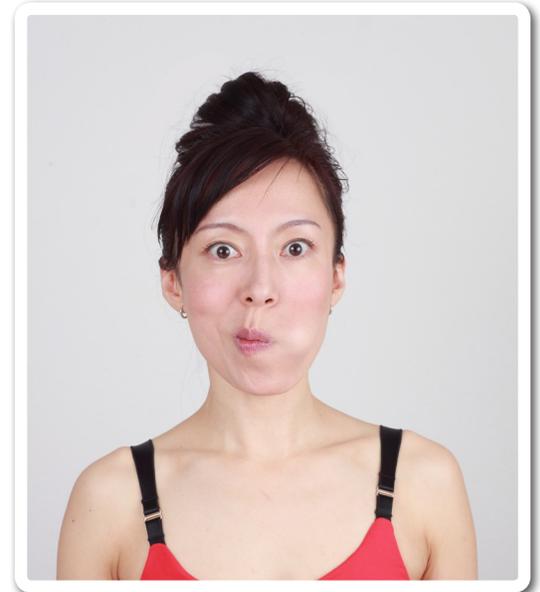
The Nasolabial Folds Diminisher

This pose firms and strengthens the area around the mouth and reduces the nasolabial folds.

- Push the right side of your mouth with your tongue very hard.
- Move the tongue slowly clock wise around the mouth, taking about 5 seconds.
- Repeat 2 more times.
- Now move the tongue slowly counter clockwise, taking about 5 seconds.
- Repeat 2 more times.

TIP:

You may feel a strange tightness or stimulation under the chin area or the back of your head at first. Just try to breathe out while moving your tongue. Eventually the pain/discomfort will go away and you will be able to move your tongue much easier.



BENEFIT:

This firms and strengthens the area around the mouth and reduces the nasolabial folds.



Method 5

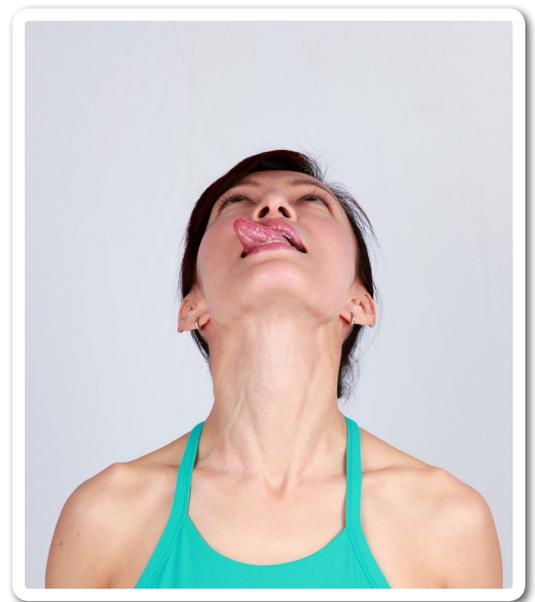
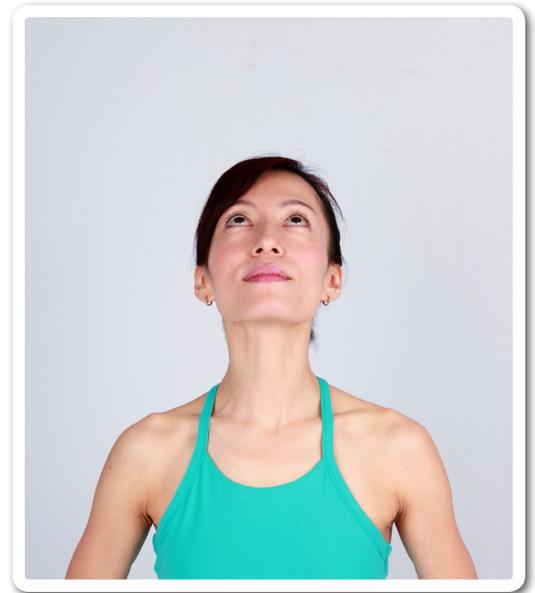
The Neck and Jawline Area

This pose tones the neck and jawline area. It is a great pose to reduce/prevent double chin.

- Chest open. Shoulders are relaxed. Push down shoulder blades. Breathe in from your nose and out from the nose.
- Look up the ceiling and feel the stretch on the front part of the neck. Keep breathing.
- Stick your tongue out toward the ceiling.
- Gradually move your tongue to the right, and then left.
- Repeat 3 more sets

TIP:

If you have a neck pain or feel any discomfort, please listen to your body and do the pose accordingly.



BENEFIT:

This tones the neck and jawline area. It is a great pose to reduce/prevent double chin.

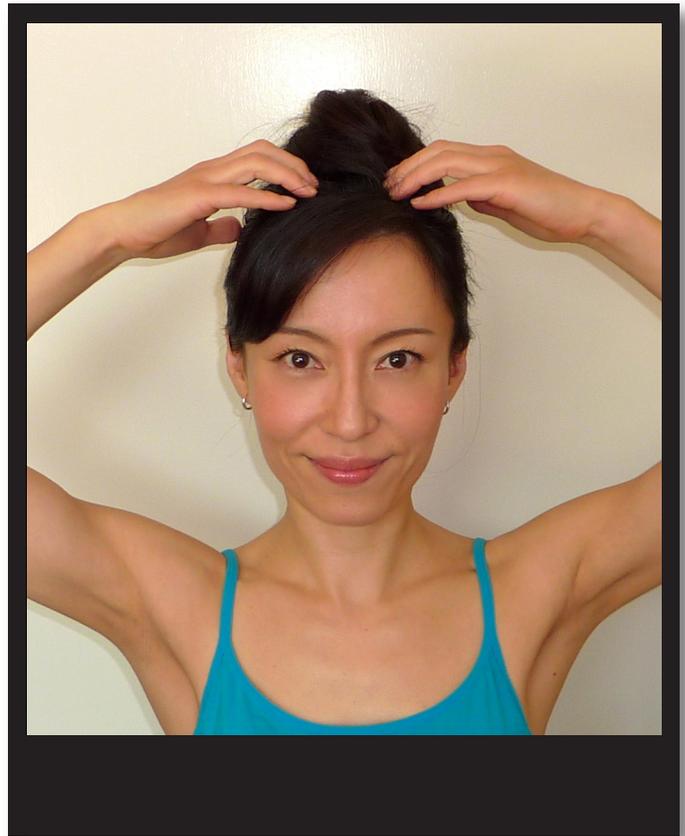


Bonus Method 1

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.

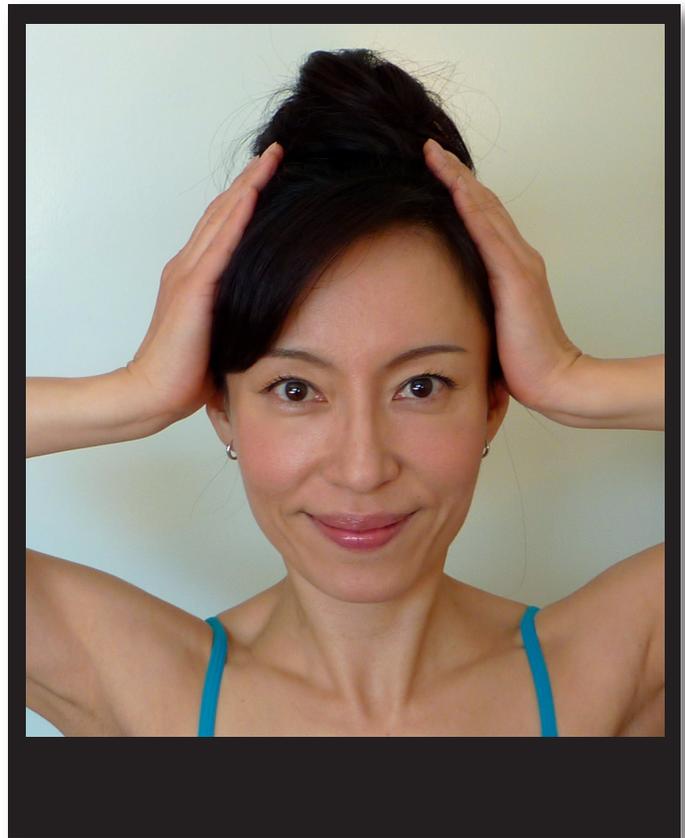


Bonus Method 2

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.



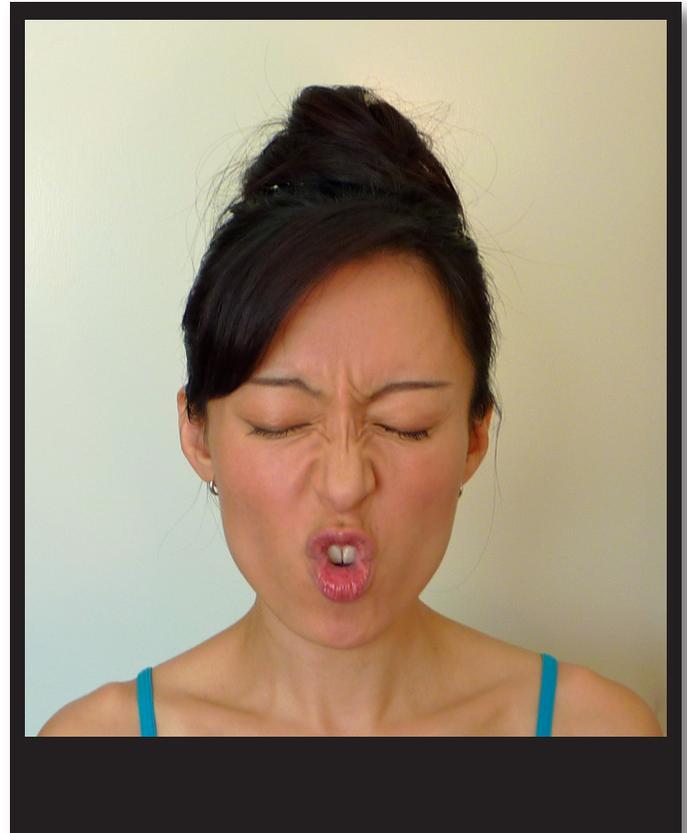
Bonus Method 3

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.

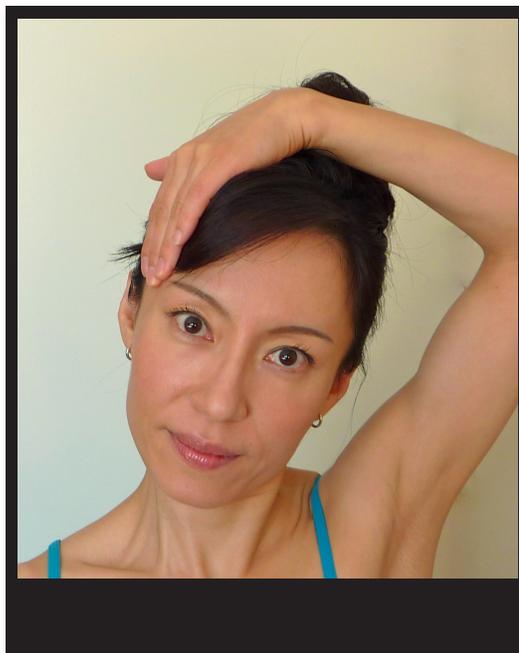


Bonus Method 4

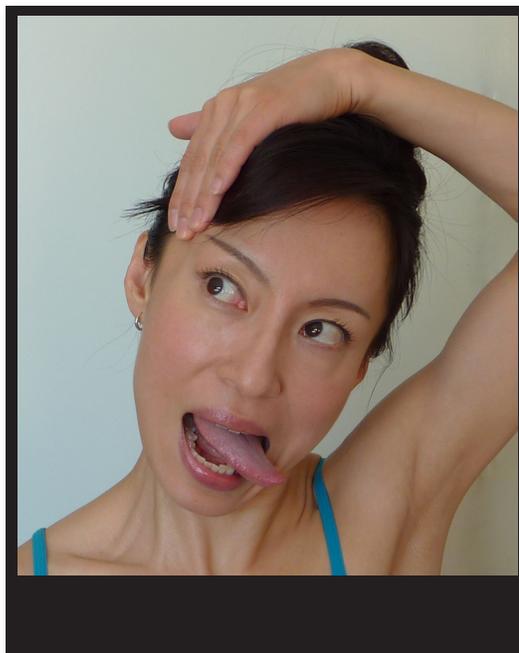
Ultimate Face Line Lift

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.

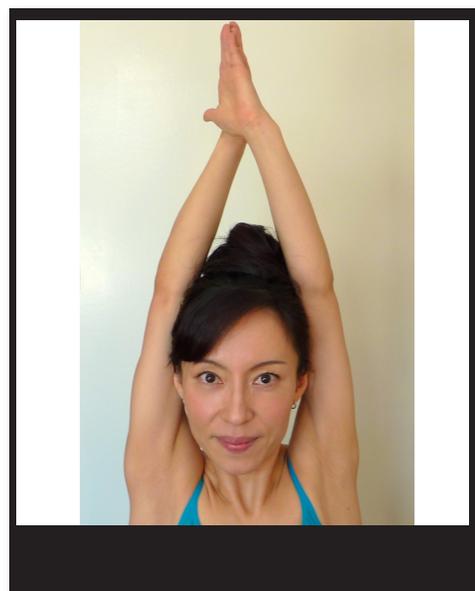


Bonus Method 5

Baggy Eye Eliminator

This exercise kills two birds with one stone: the bags under your eyes will disappear and your posture will improve as you open your chest and straighten your shoulders.

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.

