Face Yoga Method

CHANGE YOUR FACE, CHANGE YOUR LIFE

Face Yoga *Essentials.*

Five foundational poses to bring freshness and energy back to your face — in just a few minutes a day.



with Fumiko Takatsu

FOUNDER · FACE YOGA METHOD

A 5-POSE
STARTER GUIDE



THE FOUNDER

Meet Fumiko Takatsu

Founder of the Face Yoga Method

Fumiko Takatsu transformed a personal healing journey into a global movement. After a life-altering car accident left her with facial asymmetry, she developed the Face Yoga Method — combining her background in yoga instruction, traditional Japanese beauty practices, and extensive research in facial anatomy.

Today, she's a renowned facial exercise expert featured in New York Times, Vogue, Cosmopolitan, Good Morning America, and Allure with over 1.5 million students worldwide. Her techniques have earned her recognition as the leading authority in natural facial rejuvenation.

AS FEATURED IN

The New York Times · VOGUE · COSMOPOLITAN · allure · GOOD MORNING AMERICA

The power of *Face Yoga.*

A natural method that works on your face — and with your whole self — at the same time.



Physical *benefits*

— Naturally lifts and tones facial muscles, reducing sagging and fine lines.

— Enhances collagen production for improved skin elasticity.

— Boosts circulation, bringing vital nutrients to skin cells.

— Activates lymphatic drainage to reduce puffiness and toxins.

— Relaxes overworked muscles that cause tension and wrinkles.

Holistic *wellness*

Beyond physical transformation, the Face Yoga Method embodies a holistic approach to beauty and well-being. It combines mindful breathing, stress reduction, and facial exercises to create lasting changes — both inside and out.

This method doesn't just teach exercises. It provides a sustainable, chemical-free path to aging gracefully while nurturing your mind-body connection.

A proven system — naturally, without surgery or invasive procedures.

THE STARTER ROUTINE

5 foundational poses.

This routine is a great first step to bringing freshness and energy to your face, setting you on the path to lasting results.

You can start anytime — try these poses in the morning when you wake up, in the evening before bed, or both. It only takes a few minutes, making it an easy way to begin your Face Yoga journey.

WHAT YOU CAN EXPECT

01

Boost blood flow

Increases circulation for a natural, healthy glow.

02

Reduce puffiness

Gently stimulates lymphatic flow to ease puffiness.

03

Smooth fine lines

Softens expression lines and wrinkles over time.

04

Release tension

Relaxes tight facial, neck, and shoulder muscles.

05

Energize your look

Leaves your face feeling refreshed and more awake.



01 POSE ONE

The Chest *Opener.*

POSTURE · CIRCULATION
LYMPHATIC FLOW

Opens the chest, stretches shoulders, neck, and upper back, and encourages better posture. It boosts blood flow and activates the lymphatic system — releasing tension and improving circulation.



STEP 01



STEP 02



STEP 03

HOW TO DO IT

1. Sit tall with a relaxed neck and shoulders, and breathe deeply through your nose. Place both hands on your shoulders and gently push your shoulder blades down.
2. Inhale as you bring your elbows together in front of you and lift them up toward the ceiling.
3. Exhale as you open your elbows out to the sides and bring them down, creating a circular motion. Repeat this movement 4 times.
4. Reverse the direction: inhale as you bring your elbows back and up toward the ceiling. Exhale as you bring them together and down. Repeat this movement 4 times.

REPEAT FOR *3 sets total*

02 POSE TWO

Forehead acupressure *point push.*

FOREHEAD · FROWN LINES CIRCULATION

Relieves tension, promotes relaxation, and stimulates circulation along the forehead. Regular practice can soften frown lines and reduce forehead wrinkles over time.



STEP 01



STEP 02

HOW TO DO IT

1. Sit tall with a relaxed neck and shoulders, and breathe deeply through your nose. Make fists with both hands and place the knuckles of your index and middle fingers on the center of your forehead.

2. Apply firm pressure and slowly slide your knuckles from the center of your forehead outward toward your temples. Repeat this sliding motion 5 times.

REPEAT FOR *3 sets total*

03 POSE THREE

The Eye *Flex.*

EYE AREA · LIFT
REDUCE PUFFINESS

Gently activates and tones the muscles around the eyes, helping to lift and firm the eye area. Regular practice can improve focus, reduce puffiness, and support smooth skin around the eyes.



STEP 01



STEP 02



STEP 03

HOW TO DO IT

1. Sit tall with a relaxed neck and shoulders, and breathe deeply through your nose. Place your middle and index fingers at the outer corners of your eyes. Spread your fingers slightly and gently pull back at a 45-degree angle.

2. Look straight ahead at a point in the distance. With a very subtle movement, focus by lightly squinting — without creating tension or lines around your eyes. Hold this gentle squint for 5 seconds.

3. Close your eyes and relax for 3 seconds.

REPEAT FOR *3 sets total*

04 POSE FOUR

The Cheek & face *line lifter.*

CHEEKS · JAWLINE DEFINITION

Lifts and defines the cheek and jawline, creating a firmer, more sculpted face. It engages and tones the muscles around the cheeks and mouth, supporting a smoother, lifted face shape.



STEP 01



STEP 02

HOW TO DO IT

1. Sit tall with a relaxed neck and shoulders, and breathe deeply through your nose. Place your palms on the sides of your face, thumbs under your ears, and press gently upward at a 45-degree angle.

2. Open your eyes wide without wrinkling your forehead. Curl your lower lip over your teeth and pull the corners of your mouth back toward your molars. Hold for 10 seconds, then release and relax.

REPEAT FOR *3 sets total*

05 POSE FIVE

The Swan *Neck.*

NECK · POSTURE
UNDER CHIN

Lifts and tones the neck area, reducing puffiness under the chin and minimizing signs of a "turkey neck." It also enhances posture, creating a graceful, elongated look for the neck.



STEP 01



STEP 02



STEP 03

HOW TO DO IT

1. Sit tall with a relaxed neck and shoulders, and breathe deeply through your nose. Look straight ahead, then shift your gaze upward by about 45 degrees.
2. Turn your head in the same direction to feel a gentle stretch along the side of your neck.
3. Pucker your mouth and hold for 5 seconds. Move your head back to the center and repeat on the other side.

REPEAT FOR *3 sets total*

The *do's* & *don'ts.*

A few quiet rules to keep your practice safe, gentle, and effective. Print this page or revisit it as you build a routine.

DO

Practice mindfully.

✓ *Stay mindful.*

Focus on each movement to boost the physical and mental benefits.

✓ *Focus on good posture.*

Proper alignment helps you engage facial muscles and avoid tension.

✓ *Breathe deeply.*

Steady breaths relax the face and boost circulation for a healthy glow.

✓ *Stay hydrated.*

Water nourishes your skin and facial muscles from within.

✓ *Practice regularly.*

Consistency is everything — this routine works best done daily.

DON'T

Force a result.

— *Never pull or tug on your skin.*

Keep steady contact with your face when using your hands.

— *Never feel pain or discomfort.*

Face Yoga should feel gentle. If something hurts, ease up.

— *Don't rush through poses.*

Slow, intentional movements engage muscles correctly.

— *Don't skip the mirror.*

Practicing in front of a mirror helps you check your form.

— *Don't compare your progress.*

This is a personal journey; your face responds in its own time.

FACE YOGA GENERAL RULES

Five principles to *practice by.*

Hold these in mind every time you sit down to practice. They turn five poses into a sustainable routine.



01 Less is more

Gentle, mindful movements bring better results than overdoing any pose.

02 Never force a pose

Face Yoga should feel good. Avoid pushing to the point of discomfort or strain.

03 Stay consistent

Regular practice is key to seeing lasting results in tone and relaxation.

04 Quality over quantity

A few poses with correct form beat many done with rushed or poor technique.

05 Release tension

Focus on relaxing tense areas as much as on engaging muscles — for a balanced, lifted look.

Ready to experience *more?*

These five foundational techniques are just the beginning of your journey to restore your natural radiance.



LIMITED-TIME WELCOME OFFER

Face *Lift & Tone* Program

A visibly lifted, more toned face in just 7 days. Strengthen the 40+ muscles beneath your skin to naturally lift, define your jawline, and reduce puffiness — without products or procedures.



BEFORE · DAY 01 AFTER · DAY 07

WHAT'S INCLUDED

- ✓ ***7-Day Video Program*** with Fumiko
- ✓ ***Quick-Reference Pose Guide***
- ✓ ***Progress Tracking Calendar***
- ✓ ***12 Skin-Glowing Recipes***

~~$97~~ **$7**

Forever access · Instant delivery
30-day money-back guarantee

YES! START MY PROGRAM →

> *"After just 3 days I looked so much more refreshed. Friends kept asking what I'd changed — the answer is nothing, just ten minutes a day.*
>
> SARAH M.
> AGE 52

Change your face, *change your life.*

Starting your Face Yoga journey is a simple yet powerful step toward a healthier, more radiant look. By following these foundational poses, practicing regularly, and keeping the do's and don'ts in mind, you'll begin to see and feel positive changes in your face and overall well-being.

Face Yoga is more than a set of exercises — it's a lifestyle that encourages self-care, mindfulness, and confidence. Embrace the process, be patient with your progress, and enjoy every moment as you build a stronger connection with yourself.

> *"I've been where you are and seen millions of lives changed with the Face Yoga Method. You may think that plastic surgery is the only route, but it isn't.*
>
> — FUMIKO TAKATSU