



**FACE YOGA METHOD**  
CHANGE YOUR FACE, CHANGE YOUR LIFE

# **SAY GOODBYE TO DOUBLE CHIN & TURKEY NECK WITH FACE YOGA**



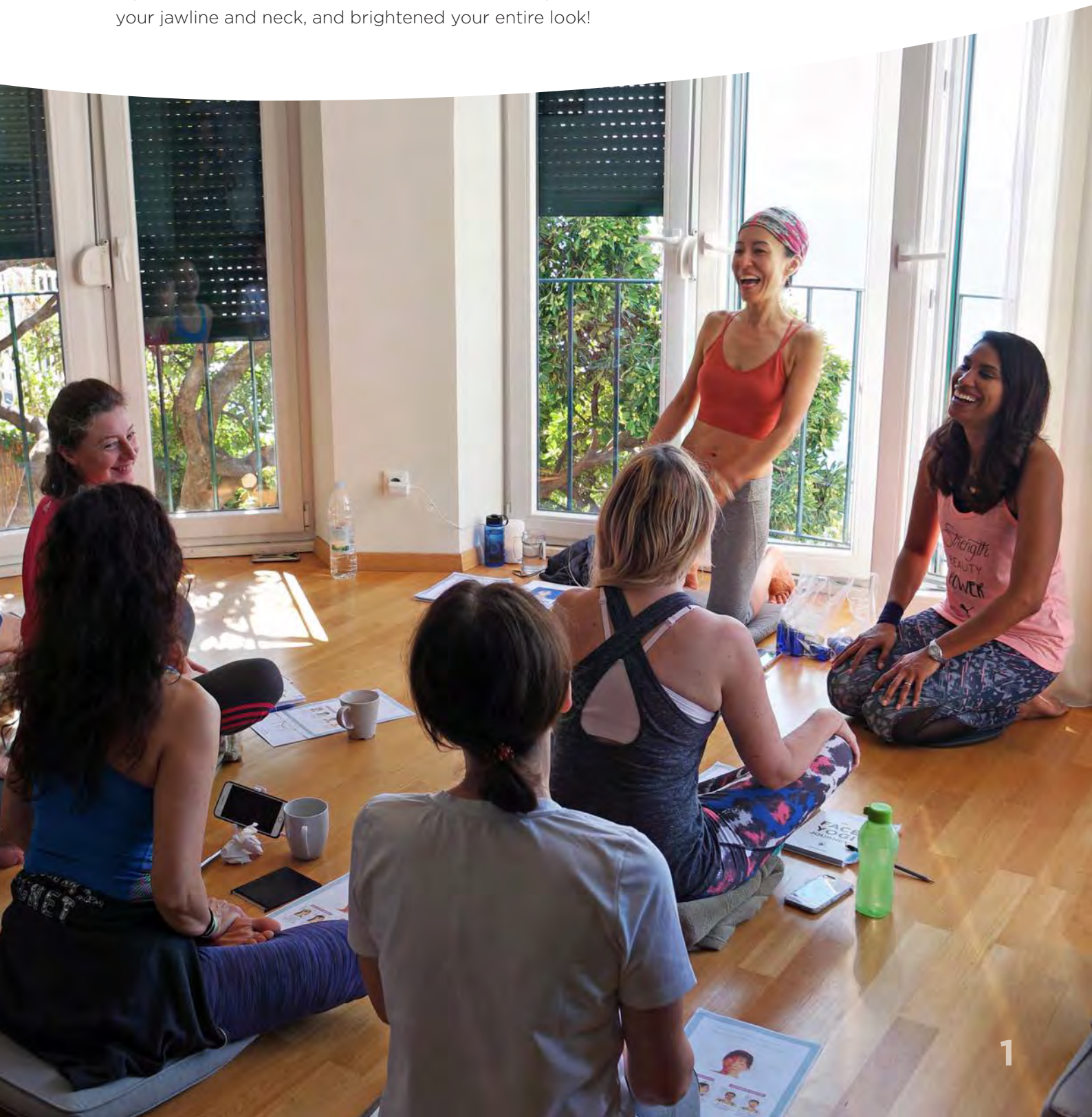


# Hi! I'm Fumiko Takatsu, best-selling author and leading Face Yoga teacher worldwide.

I have been teaching the Face Yoga Method for over 15 years and one of the most common questions I am asked is: **what can I do for my neck and jawline?**

I have over 70 Face Yoga Method poses and they are each great in their own way, but if I had to choose, this is the top pose I would recommend to get you started using Face Yoga for your neck and jawline!

Try this routine now and in less than two minutes you will have toned your jawline and neck, and brightened your entire look!







# Tips To Get You Started

In this quick routine you will have:

- Delivered vital nutrients to your face, creating a youthful glow.
- Undone damage and tightness from daily habits.
- Toned your neck and jawline!
- Bonus: uplifted your mood, too.

## TIPS

Please note: The Face Yoga Method, when done properly, cannot cause more wrinkles. This is a misconception from those that have not tried it or followed my instruction.

For best results, we recommend you practice the poses in front of the mirror until you feel comfortable and confident that you're doing the poses correctly. You should also drink plenty of water to keep hydrated.



**Enjoy your Face Yoga practice for your neck and jawline!**



# The Swan Neck (Hands Free)<sup>TM</sup>

**This pose helps tighten your neck and jawline. I love this pose as it also helps reduce tension from the neck and upper body while smoothing out the neck area, perfect for those who work at a desk.**

## BENEFITS

- Tightens up your neck and jawline.
- Prevents a sagging neck and double chin.

## KEY POINTS

- After the pose, make sure to smile to smooth out your mouth and lip areas.
- Move your gaze first and then let your body follow your gaze. This prevents discomfort or pain in your neck area.
- Keep your forehead relaxed.

**1** Move your gaze to the upper right about 45 degrees, then turn your head in the same direction.

**2** Pucker your mouth and move it to the right.

**3** Feel the stretch on the left front of your neck.

**4** Hold for 5 seconds.

**5** Move everything back to the center.

**6** Move your gaze to the upper left about 45 degrees, then move your head in the same direction.

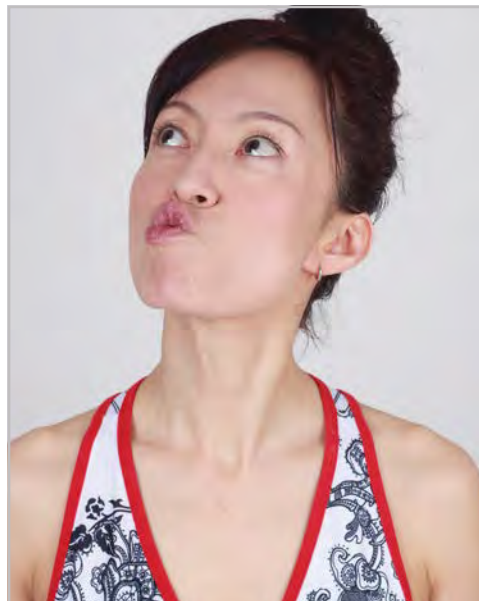
**7** Pucker your mouth and move it to the left.

**8** Hold for 5 seconds.

**9** Move everything back to the center.

**10** Repeat 2 more sets.

**11** Come out of the pose and smile.





How do your neck and jawline feel after this quick routine? We just melted away stress, sent vital nutrients to your skin, toned your jaw and neck, all in just a couple of minutes!

Ready to experience even more benefits with Face Yoga? I have combined the perfect daily routines for you to do each day to take years off your face.

In just 28 days you can say “goodbye” to turkey neck, jowls, double chin and creases on the neck.

## Continue your practice with my 28-Day Neck & Jawline Jumpstart - yours for just ~~\$198~~ \$48

[CLICK HERE >](#)



It's day 27 of the 28-day Jawline Jumpstart. I am amazed with the results! I will for sure continue.

**KARI**



Less double chin in 3 weeks! Also the vertical lines on my cheeks are softer.

**ZOFIA**

**BEFORE**



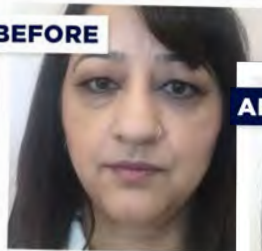
**AFTER**



I see some differences less eye puffiness, slimmer jaw, slimmer cheeks. I am more aware of the way I smile, and my face expressions. I have started implementing Face Yoga in my everyday life.

**ROSIE**

**BEFORE**



**AFTER**





# Meet Fumiko Takatsu,

## Founder of the Face Yoga Method

I'll never forget looking in the mirror and not recognizing the woman looking back at me...

When I was in my mid-thirties, at the height of discovering who I was and finding true love, I had a fateful car accident that left my face and body completely misaligned.

I had been through struggles with my skin before. As a teenager, I suffered from **severe acne** which caused me to lose all confidence in my skin.

But this was different.

I no longer recognized the face in the mirror- a mouth that once smiled was completely misaligned and I felt I had aged a decade in an instant. No amount of makeup could hide my insecurities or how I felt when I looked in the mirror.

I knew I had to take action, and as I was recovering my body, it clicked-- **Our face has muscles just like the rest of our body and we can tone and shape them to achieve a desired look!**

Since 2005, I have dedicated my life to empowering women with the Face Yoga Method.

I never want another woman to feel stuck, unhappy, or insecure about her face or her age. I want everyone to know that there is a 100% natural way to address almost any facial concern:

- \*Asymmetry
- \*Eye Bags
- \*Wrinkles
- \*Acne
- \*Thin lips
- \*Even facial paralysis...

With regular practice, this Method can help them all.

I give you simple, easy to follow poses, tips, from decades of experience through **a Method that works for every face, every time.**

**I've been where you are and I've seen millions of lives changed with the Face Yoga Method.**

You may think that plastic surgery is the only route, but it isn't.

Change Your Face.  
Change Your Life.

高津文美子

Fumiko Takatsu

