



## Change Your Face, Change Your Life

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My life has changed dramatically in many ways since I started my Face Yoga Method journey in 2006 in Japan. In 2008, I was married and moved to California and in 2010, I gave birth to my daughter, Nina. I have now trained over 400 Face Yoga-certified teachers from around the world. These teachers are of different ages, languages, cultures, and personal backgrounds. But all have one thing in common: they know the power of the Face Yoga Method. I could never have imagined the life I have now. I have seen many transformations in my students: not only in their faces, but also in their mental health. Many of them are happier, calmer, and more confident in themselves. I feel these positive changes in myself as well. This year, 2018, I am turning 50 years old. I feel more comfortable and happier with myself than I did in my twenties, thirties, or forties. I not only accept the way I look and feel, I celebrate these things as well.

The Face Yoga Method is not just yoga for your face but also for your mind and body. The FYM changed my face and my life. I hope you, too, enjoy a life-changing journey with the FYM.

Arigato,

高津文美子



## HOW TO USE THIS BOOK

# Do the Warm Up Poses!

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For the best results, remember that your body and your face are connected and work together. I highly recommend you begin the face exercises with simple, warm-up body poses (See Part 2: Chapter 7). You will feel more energized and, at the same time, more calm and focused.

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## Targeting Problem Areas

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Part 2 has specific exercises based on the eight most common areas people are most concerned with: forehead, eyes, mouth, cheeks, lips, nasolabial folds, neck, and jawline. You could target a specific area, practice the poses on that area for a while, and then move to another area. However, like any other exercise, it is better to combine the exercises in order to achieve the best results. For example, if you want to have nicer legs, you could work on just your legs alone, but ideally it is better to tone your whole body and get it into better shape overall. The same concept applies to your face.

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## Face First

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Most of the exercises have an “advanced pose” that is combined with body posture. I recommend you try the face exercises first and then add body posture for better results. Once you learn the face poses (most of them are very simple and easy), you will not need to refer to this eBook every time you exercise. One of my clients, who has seen great results, told me that she does the exercises every day while she is commuting by car. Every time she gets in a car, she practices the FYM!



# The FYM

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The FYM is a blend of yoga-like body postures and facial exercises that will improve your appearance and build up your overall sense of well-being. The FYM is a unique technique to turn back the clock. It focuses on your facial movements and expressions, and teaches you how to exercise your face muscles to create a firmer, more sculpted face line. And because conscious breathing has been known to help increase blood flow to the skin, the FYM also encourages deep breathing techniques. With regular practice you will notice that your expressions will change and any stress lines on your face will start to smooth out. The end result is younger, radiant, glowing skin, a greater sense of self-confidence, and a new awareness from the inside out.

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## Face Muscles - Use It or Lose It

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It is the nature of muscles: if you don't use your muscles, you lose them. There are almost 60 muscles in the face (research shows varying amounts up to 60). The face muscles are very busy and get a daily work out by talking, chewing, smiling, laughing, frowning, and kissing. How often do you pay attention to the repetitive facial movements you make? When you use your face muscles, you need to understand how to use them so that you don't get unwanted wrinkles. The FYM makes you aware of your "bad habits" and teaches you the "proper" way to use your face muscles so that you won't need to worry about unwanted facial lines.



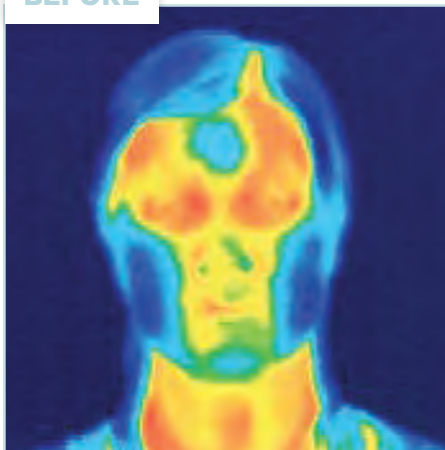
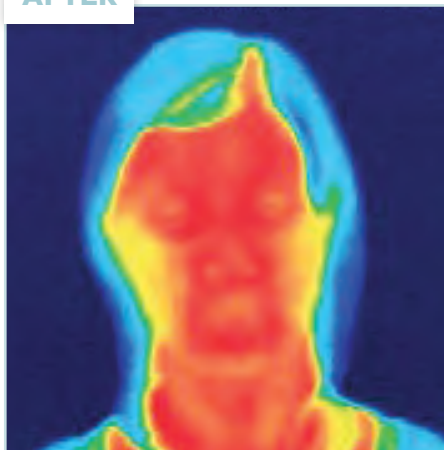


## Better Circulation = A Younger Looking Face

Every day, when our skin metabolizes, new skin cells are produced. As we age, however, our skin's metabolism slows down, much like other parts of our bodies. In order to keep and increase the metabolism of our skin, good circulation is key.

Almost everyone knows the mental and physical benefits of body exercise. It improves your mood, energy, and posture. It tones your muscles, increases oxygen flow, and helps your body to be strong, flexible, and lean. If you don't exercise, your body grows weak and flabby. The same thing applies to your face. Moving your face promotes better circulation, more oxygen flow, and makes it easier for nutrients to reach the top layer of your skin. When your skin is given proper nutrients, its turnover speeds up, resulting in more radiant, softer, beautiful looking skin.

Here are “before” and “after” photos of the FYM exercises using a thermo-graphic camera. The thermal imaging made it possible to see the amount of radiation sent out by the Face Yoga students. After 3 sets of a 10 second pose, we could see the increases in temperature on their faces! In the photos below, see how the warm parts of the face stand out in contrast against the cooler parts of the face.

**BEFORE****AFTER**

**PART 1**

## Chapter 4: FAQs

### FAQs

Here are some of the frequently asked questions I hear from people regarding the FYM.

#### **1 When should I practice the FYM?**

Ideally twice a day: first thing in the morning and right before going to bed. When you practice the FYM poses in the morning, it wakes up your face muscles and makes you more aware of facial movements throughout the day. Most of us develop unfavorable muscle practices, i.e. frowning too often. Practicing the FYM in the morning can help break bad facial habits. Practicing the FYM before going to bed helps to reset the muscles you used during the day, and to relax not only your face muscles but also your mind to prepare you for a nice, peaceful sleep. If you find it hard to practice the poses in the morning, practice them throughout the day. You can practice some of the poses while driving, cooking, watching TV, or even in the shower! Try to make it a daily habit.

#### **2 How often do I have to practice the FYM before I see results?**

Some people see results right away, even after one practice! But most people will see results after two weeks of practice.

Please note that measuring facial changes is very different from measuring bodily changes, which are easy to track with scales and other measuring devices. The results seen on the face are much subtler and appear slowly over time.



## THE FOREHEAD AREA

# The Forehead Lift (With Hands)

### BENEFITS

- Lifts up your forehead.

### KEY POINTS

- You can bring your elbows forward if you feel tension on your shoulders.

**1** Place the sides of your hands (the inner web from index finger to thumb) along your hairline with your thumbs pointed downward in front of your ears.

**2** Apply firm pressure and push your hairline backward.

**3** Keep your chest open and neck and shoulders relaxed, making sure your forehead is not wrinkled.

**4** While keeping the pressure, look down toward the floor with only your eyes and make sure you are not frowning. Make sure to not tilt your head down.

**5** Feel the contraction.

**6** Keep breathing.

**7** Hold this pose for 10 seconds.

**8** Repeat 1 more set.





## THE EYE AREA

# The Eye Flex (Hands Free)

### BENEFITS

- Firms and strengthens the muscles around your eyes.

### KEY POINTS

- Don't move or furrow your forehead.

- 1 Look straight ahead.
- 2 Relax your forehead.
- 3 Gaze at a point in the distance and tighten your focus by squinting for 5 seconds.

- 4 Close your eyes and relax for 3 seconds.
- 5 Repeat 2 more sets.





## THE MOUTH AREA

# The Smile Lifter (Hands Free)

### BENEFITS

- Firms and lifts up your cheeks.
- Lifts up the corners of your mouth.
- Tones your neck area.

### KEY POINTS

- By pushing your tongue up to the roof of your mouth, the muscles around your mouth and cheeks contract more and tone your neck area.

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

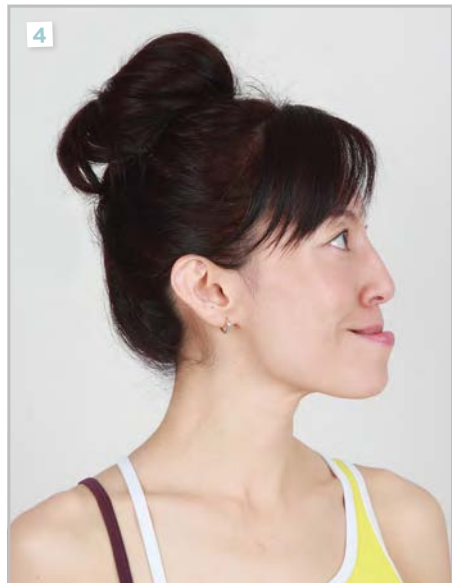
**2** Smile, making sure both corners of your mouth are at the same level.

**3** Lift up your chin slightly.

**4** Push your tongue up to the roof of your mouth.

**5** Keep pushing hard for 10 seconds, then relax.

**6** Repeat 2 more sets.







## THE NASOLABIAL FOLDS

# The Big “O” (Hands Free)

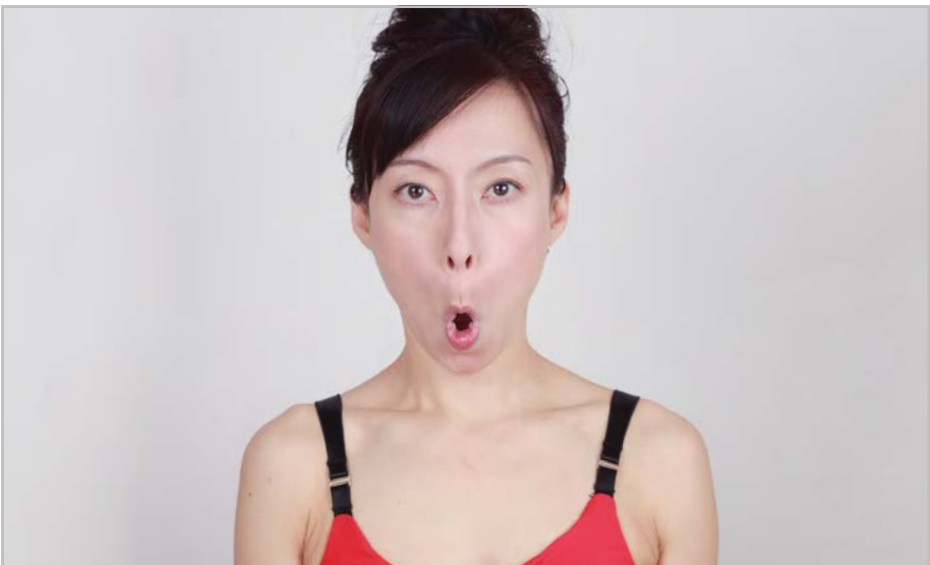
### BENEFITS

- Smoothes your nasolabial fold lines.
- Increases blood circulation throughout your entire face and neck areas.

### KEY POINTS

- Don't tighten your jaw or chin area. Instead, when you open your mouth, drop your jaw.

- 1 Open your mouth by dropping your jaw and make an “O” shape with your mouth by pressing your upper lip area against your teeth.
- 2 Feel the smoothing sensation under your eye area.
- 3 Hold this for 10 seconds.
- 4 Repeat 2 more sets.





## PART 4

## Chapter 4: Skin Care

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## Skin Care

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In order to keep your face in optimal condition, you need to take care of it from the inside out.

The FYM exercises combined with good nutrition and skin care will dramatically change your skin's condition. It's important to properly and gently cleanse and moisturize your skin as well as provide it with the proper nutrients.