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The Ultimate Guide To The Face Yoga Method: Take Five Years Off Your Face

Fumiko Takatsu

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The Ultimate Guide To The Face Yoga Method: Take Five Years Off Your Face Fumiko Takatsu
The Face Yoga Method is practiced all over the world and has helped thousands of women and men to exercise their way to a younger more vibrant face without any fillers or injections. Fumiko Takatsu is a world renowned Face Yoga teacher and creator of the Face Yoga Method. She will show you how to reshape your jawline, define your cheeks, align your smile, turn up the corners of your mouth, smooth out forehead lines and eliminate under eye circles in just eight minutes a day.

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