



MODULE 13

About Bonus

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Congratulations on making it this far—the Instructor Training Course is now coming to a close. 🌸

The poses you have learned in this program may not be many in number, but mastering them with precision is what truly matters. For me, it took years of dedicated practice to embody them fully. The quality of your teaching will depend on both the practice you continue to do yourself and the experience you gain by guiding others.

As certified instructors, I encourage you to share the beauty and benefits of Face Lift Yoga with as many people as possible. If you haven't yet joined our Facebook community, please do so—you'll find new updates, helpful resources, and opportunities to stay connected with fellow instructors.

To maintain authenticity and ensure you are always teaching with correct technique, I also recommend participating in other classes and attending special workshops. Remember: poses done incorrectly may contribute to sagging or wrinkles, so continual learning and refreshing your knowledge is essential.

You are now ready to carry Face Lift Yoga into the world—not just as a practice, but as a way to bring joy and confidence to others.

1. License & Community:

Once you are certified, you will continue to have access to our private Facebook group community.

Here we will share useful information, practice session announcements, and other updates on a regular basis, so please check in frequently.

In the future, we plan to further enhance the community system by introducing exclusive benefits and new support programs for graduates.

2. Next Step in Courses:

For those who wish to deepen their skills, we offer an Intermediate Course with more advanced and challenging poses.

We also provide additional learning opportunities such as exercise-with-music programs and a dedicated Gua Sha course.

Exploring these next steps will expand the variety of your lessons and further increase student satisfaction.



3. Certificate of Completion:

Upon completing the course, you will receive a certificate of completion. To issue the certificate, please fill out the dedicated Certification Form.

4. Instructor Directory Listing

If you would like to be listed as a certified instructor on our website, please complete the Certified Instructor Registration Form.

5. On Mindset and Self-Control

While we talk about learning techniques and teaching systems, the most important foundation is your own mindset. Remember, you and your students reflect each other. When you teach with motivation and joy, you naturally attract positive and motivated people.

Always keep this in mind—share the joy of Face Lift Yoga, focus on helping others, and happiness will circle back to you as well.

There may be times when you feel bored or tired of repeating the same routine. When that happens, take a short break or join someone else's class to recharge your energy. And never stop learning. Everyone has their own pace—some may struggle with poses or compare themselves to others. It took me years to master the movements, so don't be too hard on yourself or your students.

I'm always here to support you. Remember, you deserve to be happy. Let's continue to grow together through Face Lift Yoga!

Best Regards,

Masumi Hasegawa