



MASUMI FACE LIFT YOGA

Fundamental
Teacher
Training
Course





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- **Impact on Face and Body:** In this course, you will learn how to maintain healthy facial muscles and aim for a youthful appearance through the practice of Face Lift Yoga. It is crucial to perform the provided materials and exercises safely. When doing facial exercises, take special care of the delicate facial muscles and skin, and practice gently without straining. If you experience any discomfort or abnormalities in your face or body while using the materials for practice, stop immediately and consult a professional if necessary. Please understand that the instructors and the organizing body cannot be held responsible for any physical damage or injuries resulting from the practice.
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Your Name:

*Mrs. Anand
Kumar*

Date:

2/14/2024

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