



# MODULE 12

## About Exam

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- Final Examination Overview



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To become a certified teacher in the Masumi Face Lift Yoga – Fundamental Course Method and to obtain your certificate of achievement, you must pass both a written and a practical examination. Below are the details for each exam:

## 1. Written Exam:

- The written exam will take approximately 30 minutes.
- You will answer 10 questions based on the content of this chapter.
- Your answers should be expressed in your own words, demonstrating a thorough understanding of the training material.
- Provide detailed answers to show the depth of your knowledge.
- Once completed, submit your written exam via email to your designated trainer.

## 2. Practical Exam Instructions:

- Record approximately 10~15 minutes of an online one-on-one class session.
- Follow the lesson manual to conduct a class with an opening, teach three facelift asana poses, and conclude the class.
- You may invite friends or family to act as students, or you can record yourself alone.
- If you have students, use Zoom or Google Meet to record the session. If alone, a vertical selfie video on your phone will suffice.
- If recording alone, imagine that you are teaching me. Act as though you are instructing a student, not just performing the poses.
- Upload your video here. Masumi will review your class footage.
- Poses to teach: Surprise Pose, Squint & Shine Pose, Glowing Cheek Lift Pose.

## 3. What Masumi Expects From You:

- The ability to properly conduct a class following the Masumi Face Lift Yoga method.
- Effective interaction with actual or imagined students.
- Clear and effective teaching of the specified poses: Surprise Pose, Squint & Shine Pose, Glowing Cheek Lift Pose.