

FACE YOGA

in English

**4-Week Course to Lift, Tone
& Refresh Your Face — Naturally!**

COURSE DETAILS

When: November 2025—Thursdays: 6, 13, 20, 27

Time: 18:30 – 19:30

Where: Nagoya International Center

Cost: ¥8,800 for the full 4-week course

Places: Limited to 15 participants



WHO'S THIS FOR?

- Adults who want to refresh and tone their face naturally
- People interested in beauty, wellness, and self-care
- Anyone looking to learn Face Yoga while practising English in a friendly setting

YOUR INSTRUCTOR

Nicole – Graduate of Face Yoga Method (2024), experienced English teacher, British national, and passionate about Face Yoga, Breath Work, and Contrast Water Therapy.

– HOW TO PAY & RESERVE YOUR SPOT

Email: faceyogaplus@gmail.com to book your place and any questions you have

WHAT YOU'LL LEARN

Over 4 weeks, you'll discover how to:

- Lift & tone facial muscles naturally
- Reduce tension in the face, jaw & neck
- Improve circulation for a healthy glow
- Use massage and acupressure for relaxation and rejuvenation

All while sitting down at your desk!

WHAT TO BRING

- A mirror
- Drinking water
- Moisturiser
- Clean hands

(You can practise with or without makeup – poses can be adjusted.)