

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA



Koko Hayashi

Skin Fit Gym, USA

Face yoga, natural alternative to botox or plastic surgery

It's been popular in Japan for more than 10 years and finally being introduced in the States. You will learn how to control your facial muscles for wrinkle reduction and anti-sagging. When face changes, your mind changes too. How I teach: Usually people can sit on chairs or yoga mat as below. They use phones as mirrors to check their faces.

Biography

Koko Hayashi, founder and Face Yoga Instructor at Skin Fit Gym was born and raised in Japan. Having practiced face yoga for over a decade and experiencing the benefits both physically and mentally, she decided to bring the practice to the United States in 2016. Skin Fit Gym offers classes in-person and online to provide access to clients all over the world. CIDESCO License Holder (most internationally respected aesthetic license) and author of Less is More, Japanese Anti-Aging Secrets.

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