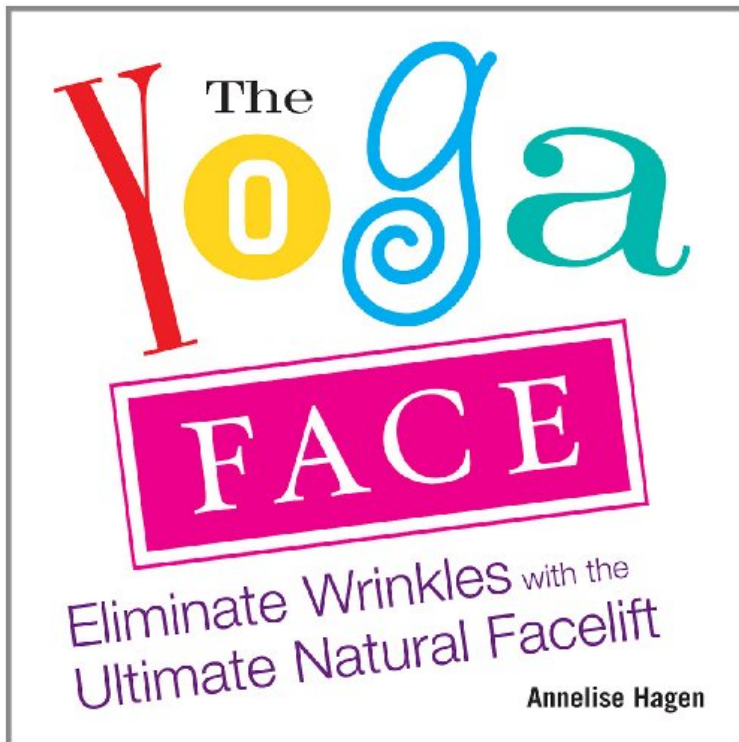


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The Yoga Face: Eliminate Wrinkles with the Ultimate Natural Facelift



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(Pdf free) The Yoga Face: Eliminate Wrinkles with the Ultimate Natural Facelift

Par Annelise Hagen : The Yoga Face: Eliminate Wrinkles with the Ultimate Natural Facelift before purchasing it in order to gage whether or not it would be worth my time, and all praised The Yoga Face: Eliminate Wrinkles with the Ultimate Natural Facelift:

Description : Description du produitTo keep their faces looking younger, women today try everything from invasive procedures such as plastic surgery and Botox to expensive cosmeceuticals. "Yotox" is a new and completely natural alternative anti-aging regimen that women can do anytime and anywhere-and in just minutes. The exercises, developed by yoga expert and instructor Annelise Hagen, are based on a simple principle: The muscles of the face are no different from the muscles of the rest of the body. If you don't exercise the muscles below the neck, they become weak and flabby, and the same thing will happen to your face with age. Just as yoga routines work the muscles in the body, the stretches and movements in Yotox tighten and tone the face muscles-and combat wrinkles. "Working out" with fun facial exercises such as the Louis Armstrong "Satchmo," the Marilyn Monroe "kiss," and the "Lion Face," readers will notice changes quickly; and over time, the results are dramatic. Illustrated with more than seventy-five instructive photos throughout, Yotox offers an easy, safe, and effective solution to help women turn back the clock and have beautiful, young-looking skin.

Prsentation de l'diteurView our feature on Annelise Hagen's The Yoga Face.To keep their faces looking younger, women today try everything from invasive procedures such as plastic surgery and Botox to expensive cosmeceuticals. The Yoga Face is a new and completely natural alternative anti-aging regimen that women can do anytime and anywhere-and in just minutes. The exercises, developed by yoga expert and instructor Annelise Hagen, are based on a simple principle: The muscles of the face are no different from the muscles of the rest of the body. If you don't exercise the muscles below the neck, they become weak and

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Biographie de l'auteur Annelise Hagen has taught yoga for eight years in New York City in fitness clubs and yoga studios, such as Equinox, New York Health Racquet Club, Reebok Sports Club/LA, Crunch, David Barton Gym, Laughing Lotus Yoga Center, and Levitate Yoga. She also teaches private clients. Her "Yotox" class, which she conducts at New York Health Racquet Club, has been featured on NY1 news, the WB11, and Fox 5 Morning News. She lives in Brooklyn.