

The Yoga and Meditation Center of Montclair

292 Bloomfield Ave. Montclair, NJ 07042

www.yoginmontclair.com

973-746-6707

Yamuna Face Ball Massage Workshop

with Jackie Cozzolino

LIFT YOUR FACE NATURALLY

Saturday, January 15, 9:30 to 11:30 a.m.

**\$115 (includes a Face Ball Kit - two balls and a DVD
that retail for \$65)**

Yamuna Face Ball work is “fitness for the Face”. It is a proactive solution to the effects of repetitive stress and sustained tension in the face, neck and jaw. Skin and muscle tone of the face and neck are improved by directly stimulating and realigning facial bones and activating facial and neck muscles. While aesthetically effective, this work can also help alleviate common problems such as sinusitis, TMJ and headaches. Join us to learn how to keep your skin toned, your sinuses open and reverse the effects of gravity! You will receive your own Face balls and a DVD to take home with you.

YAMUNA FACE MASSAGE PREVENTS AGING AND WRINKLES

Use it or lose it: the myth of “pat, pat, pat.”

Women in our culture are told to apply moisturizer by patting it on and to take measures to tighten their skin. But the fact is that skin needs elasticity and tone – and whatever you don't use, you lose. Skin that has no tone sags earlier as you age. The sooner you begin to exercise your face, activating its bone and muscle, the more tone it will have and the less it will sag as you age.

HOW IT WORKS

Yamuna Face Massage counteracts the aging process by stimulating bone, waking it up, increasing blood circulation and restoring the face to healthy state. Stimulating the bone stimulates muscle which then stimulates skin, bringing increased circulation to all three layers, so all the cells start working instead of atrophying. It's by connecting skin to muscle and bone in this way that YFM prevents lines and wrinkles.

YAMUNA FACE MASSAGE RELIEVES CHRONIC PAIN

Many people have tight facial muscles. They grind their teeth and clench their jaws. Common side effects are chronic sinus problems, headaches, TMJ pain (temporomandibular jaw pain) and eye problems. By releasing the tightness and freeing the tissue of the head, YFM eases these problems.

Please register in advance as the workshop is limited to 14 people.

Register online at www.yogainmontclair.com or send in a check to 292 Bloomfield Ave. Montclair, N.J. 07042