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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