**Initial check list**

The checklist below is designed to highlight what areas of your face should be targeted through Face Yoga. Place a check next to any symptoms you notice.

 Eyes are getting smaller

 Eyelid are getting droppy

 Eye bags are getting bigger

 Both corners of the mouth are getting low

 Nasolabial folds are getting longer and deeper

 Wrinkles on the forehead

 Wrinkles on the neck

 Double chin

 Puffiness on the face

 Faceline is getting less defined

 Jaw line is getting rounder