

Create Your Own Daily Face Yoga Routine by Ivana
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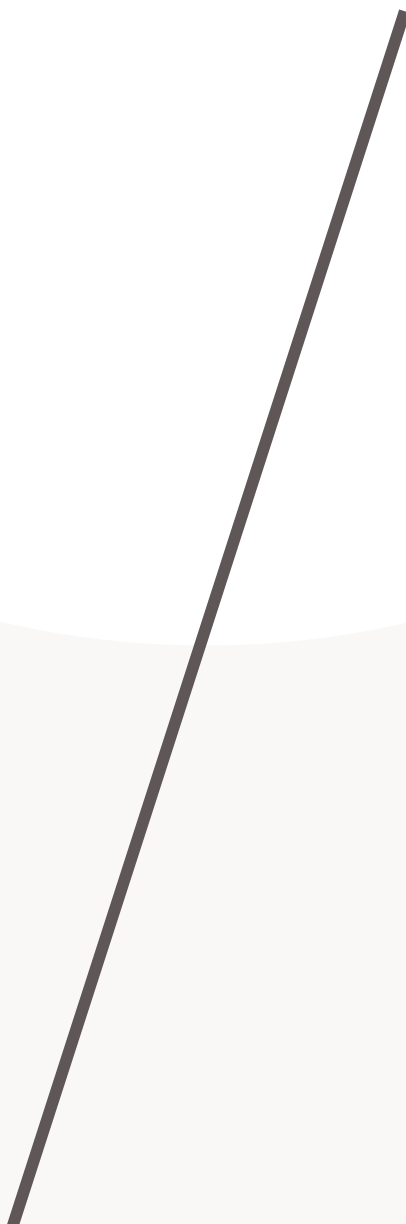
www.growyoungerfaceyoga.com

Disclaimer: Creator of all the poses shown in this ebook is my teacher
Fumiko Takatsu whom I have learnt from. Therefore I am not claiming any right
on the actual FACE YOGA METHOD poses, but on the creation of this ebook.

05



D A Y



05

D A Y 0 5

M I N D

natural breathing:

- breathe slowly and deeply through the nose
- feel the air passing first to your belly then to your chest – while inhaling, and from your chest then from your belly – while exhaling
- repeat 3 times minimum

extra tip: straighten the spine & relax the shoulders and your face



DAY 05

NECK & ENTIRE FACE

neck massage:

- slide one hand from under the chin down the neck
- follow the movement with another hand
- repeat up to 10 times

extra tip: relax the jaw



D A Y 0 5

L O W E R F A C E

lymphatic massage:

- place index & middle finger just above the edge of the lower jaw and make few gentle circles

extra tip: relax the jaw and do not press too hard



D A Y 0 5

L O W E R F A C E

neck & jawline shaper:

- breathe in through the nose
- breathe out through the mouth and say HI HI HI (hee hee hee)
- feel the neck tightening with every exhale, all the way toward the collarbone

extra tip: place the hands below the collarbone to feel the muscle movement



D A Y 0 5

N E C K & J A W L I N E

swan neck:

- pucker the lips
- turn the head toward the shoulder
- lift the head slightly up
- feel the stretch on the opposite side of the neck and jawline
- hold for 10 seconds & repeat on the other side
- do 3 rounds on each side

extra tip: keep the shoulders in the same level & relaxed



D A Y 0 5

C H E E K S & L O W E R F A C E

slimmer cheeks:

- send the lips over the teeth toward the ear
- if the lines are visible on the cheek place same side hand and lightly tighten
- hold for 5 - 10 seconds
- repeat 3 times both sides

extra tip: great pose to make cheeks slimmers and shape the jawline; also can be done after exercising the cheeks to relax them



D A Y 0 5

J A W L I N E & L O W E R F A C E

knuckle massage:

- place the knuckle of the index finger up on the chin
- knuckle of the middle finger goes just below
- slide the hands from the chin toward the ears along the lower jaw

extra tip: relax the jaw; do not
cling the teeth



D A Y 0 5

J A W L I N E & L O W E R F A C E

chewing muscle massage:

- place the index & mid finger in between the jaws
- open the jaws few times; where you feel the movement keep the fingers
- make circles or hold for 10 to 60 seconds

extra tip: relax the jaw; do not clinge the teeth



D A Y 0 5

E N T I R E F A C E & N E C K

tapping:

- 2, 3 or 4 fingers
- where: under the collarbone; back of the head; jawline; under the nose; along the cheekbone; above the eyebrow; forehead; top of the head
- from the collarbone up

extra tip: relax the face & shoulders; use two fingers under the eyes (along the cheekbone)



D A Y 0 5

E Y E S

under eye relaxer:

- rub the palms, create the heat
- rest your eyes on them
- hold for 10 seconds
- optional: close your eyes

extra tip: breathe normally; feel the tension & release with exhale; say nice words to yourself

