

Create Your Own Daily Face Yoga Routine by Ivana  
Vujovic

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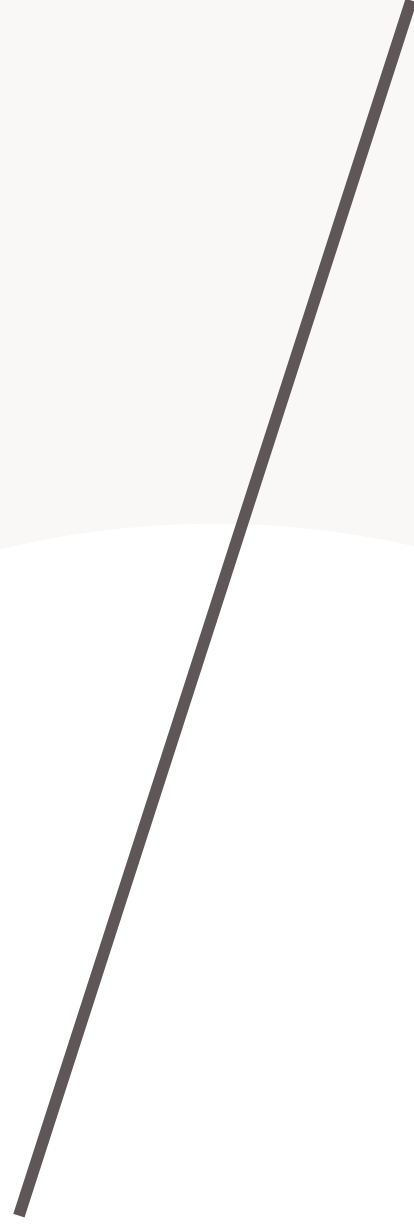
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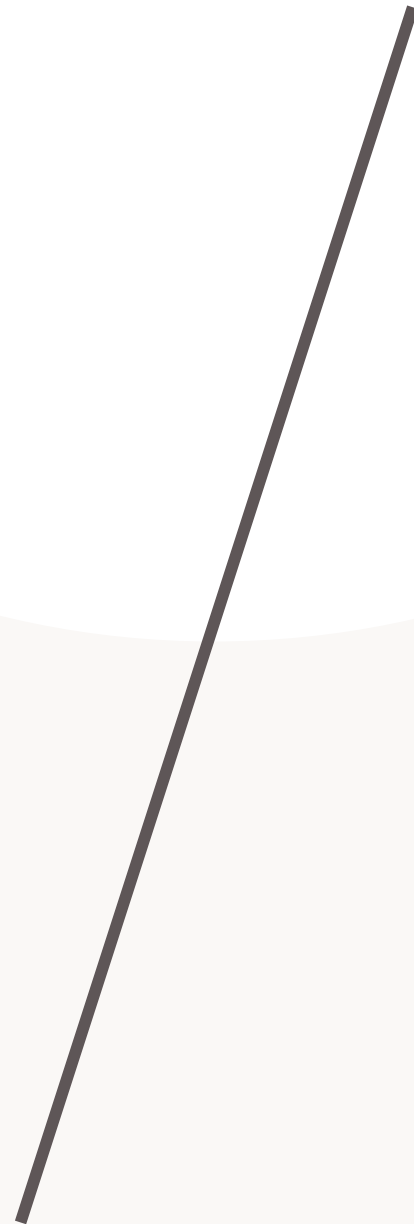
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Disclaimer: Creator of all the poses shown in this ebook is my teacher  
Fumiko Takatsu whom I have learnt from. Therefore I am not claiming any right  
on the actual FACE YOGA METHOD poses, but on the creation of this ebook.

02



D A Y



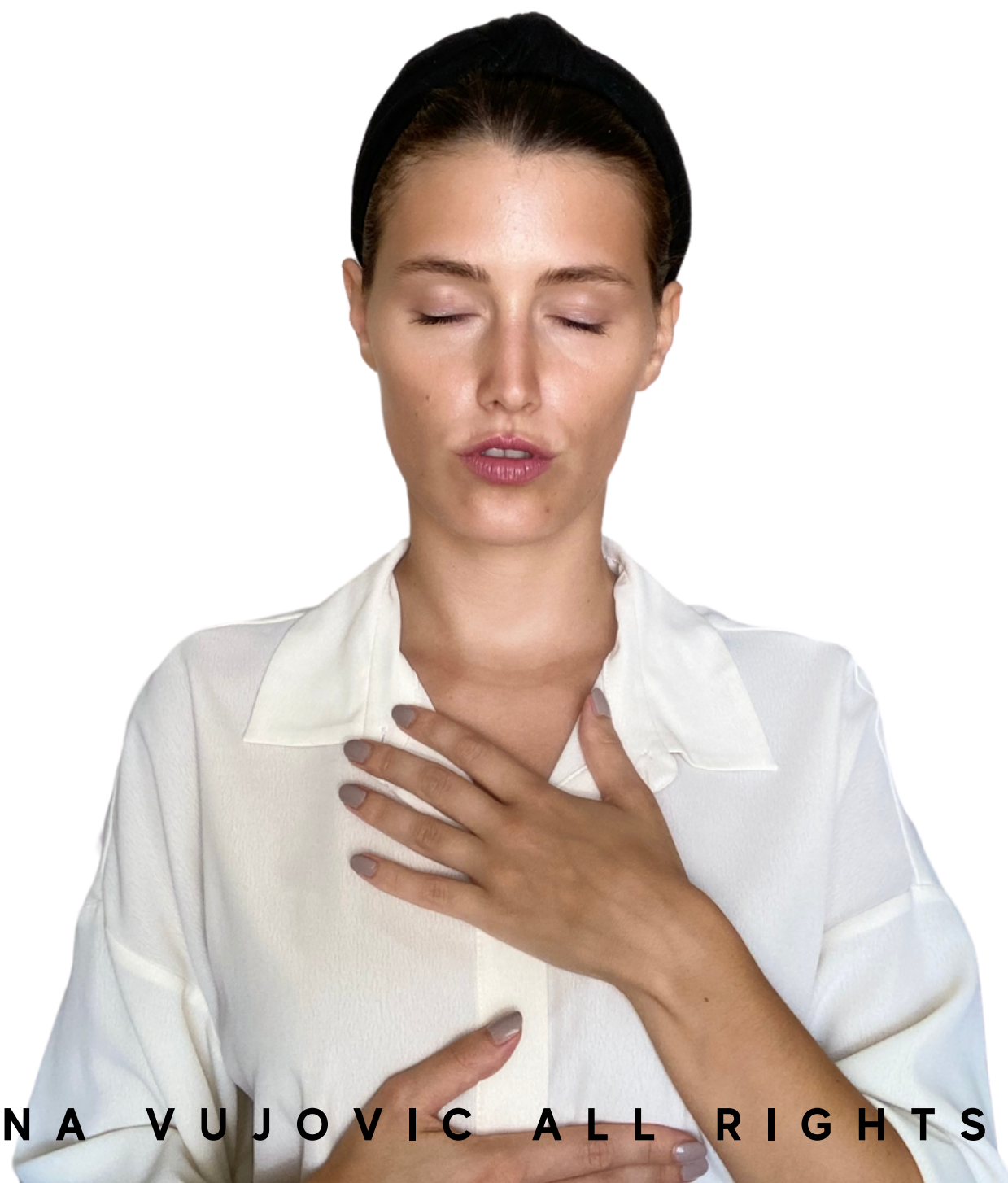
02

# D A Y 0 2

## M I N D

natural breathing:

- place the left hand on the center of your chest, right hand below on the belly
- breathe slowly and deeply through the nose and relax the shoulders and your face
- 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



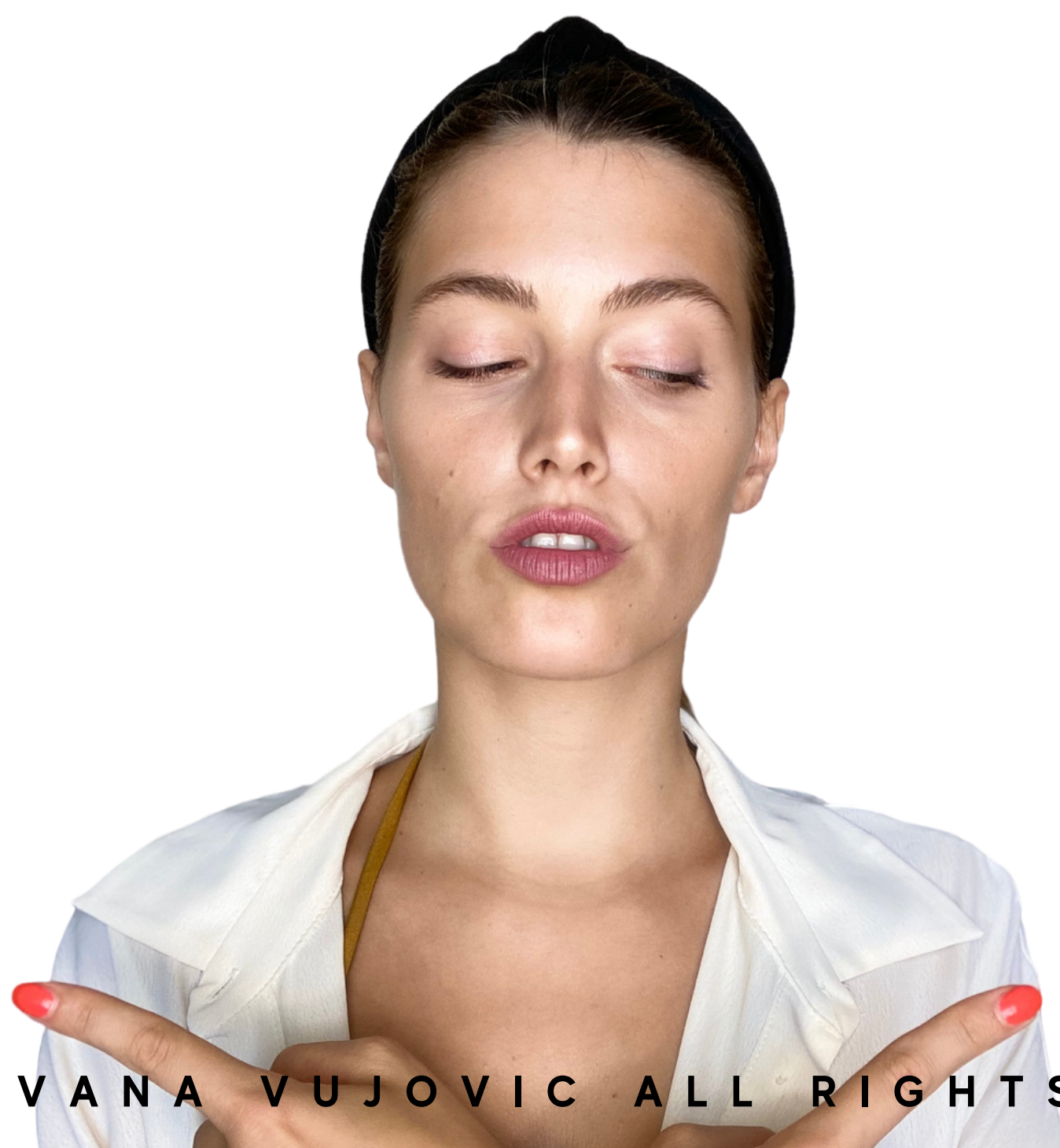
# D A Y 0 2

## E Y E S

eyes rotation:

- look up & hold for minimum 3 seconds
- look to the very right & hold for minimum 3 seconds
- look down & hold for minimum 3 seconds
- look to your very left & hold for minimum 3 seconds
- rotate in the opposite direction (closing your eyes is an option)

extra tip: do not wrinkle the forehead





# D A Y 0 2

## D R O O P Y E E Y E L I D S , F O R E H E A D & E N T I R E U P P E R F A C E

forehead lift:

- place the index fingers on the hairline, thumbs towards the ears
- press in and lift up with your hands
- look down 5 -10 seconds
- repeat 3 times

Extra tip: open your chest and relax the shoulders





# D A Y 0 2

## F O R E H E A D & E Y E S

forehead freeze:

- interlace the fingers, both palms on the forehead
- press in and up
- squint for 5 - 10 seconds
- open your eyes widely, without wrinkling the forehead
- repeat 3 times

extra tip: open your chest and  
relax the shoulders





# D A Y 0 2

## C R O W ' S F E E T , N A S O L A B I A L F O L D S & E N T I R E F A C E

eye bag toner:

- drop the jaw and press your upper lip on the upper teeth
- look to the tip of your nose and up
- squint 10 times, repeat 3 times

extra tip: do not wrinkle the forehead, if difficult place one hand there to stop the movement





# D A Y 0 2

## 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 2

## 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

