

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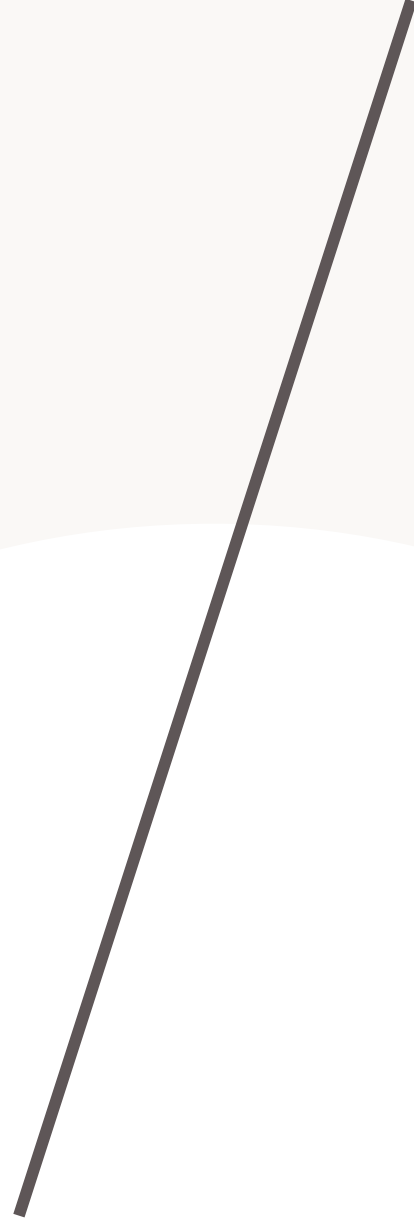
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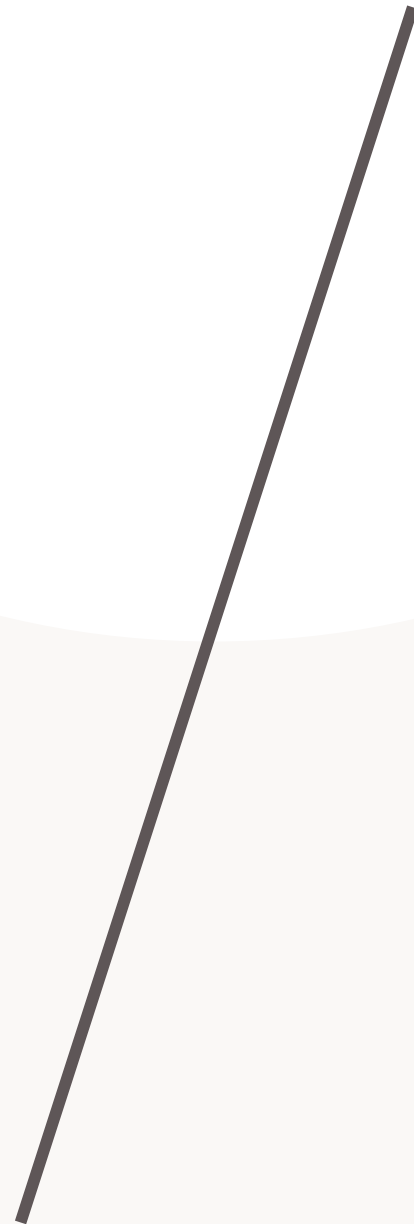
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Disclaimer: Creator of all the poses shown in this ebook is my teacher
Fumiko Takatsu whom I have learnt from. Therefore I am not claiming any right
on the actual FACE YOGA METHOD poses, but on the creation of this ebook.

03



D A Y



03

D A Y 0 3

M I N D

natural breathing:

- inhale while raising the palms toward the sky
- exhale while sending the palms toward the ground
- breathe slowly and deeply through the nose
- repeat 3 times minimum

extra tip: connect the movement of your hands with your breathe



D A Y 0 3

W A R M U P , N E C K & E N T I R E F A C E

the WOW:

- inhale and make the wow shape with your mouth, with or without vocalizing it
- do the WOW 3 times after every inhale; 9 WOW in total

extra tip: do not wrinkle the forehead; you can rest your hands lightly on the collarbone to feel the platysma muscle



DAY 03

NASOLABIAL FOLDS, CHEEKS & LOWER FACE

nasolabial folds lift up:

- curl the lips over your teeth
- engage the cheeks
- open the eyes widely without wrinkling the forehead
- hands are pulling the lower face toward the ears
- hold for 5 - 10 seconds
- repeat 3 times

extra tip: open the chest & relax
the shoulders



DAY 03

FULLER CHEEKS & LOWER FACE

the cheek lifter:

- curl the lower lip over your teeth
- send the lower jaw in front of the upper
- open the eyes widely without wrinkling the forehead
- press in with the upper lip and try to smile
- optional: place the hands on the the cheeks up
- hold for 5 - 10 seconds
- repeat 3 times



D A Y 0 3

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 3

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)



DAY 03

RELAX THE LOWER FACE

acupressure push jawline

- press in with your thumbs from under the chin along the jawline
- knuckles of index fingers are pressing from the outside; points: chin, middle of the jawline, end of the jawline
- hold for 10 - 60 seconds

extra tip: jaws are relaxed; close your eyes to feel the tension & release it



D A Y 0 3

E N T I R E F A C E

acupressure push:

- place the middle finger in the soft part under the ears
- press in and up
- hold for 10 - 60 seconds

extra tip: relax the jaw and do not
cling your teeth



D A Y 0 3

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

