

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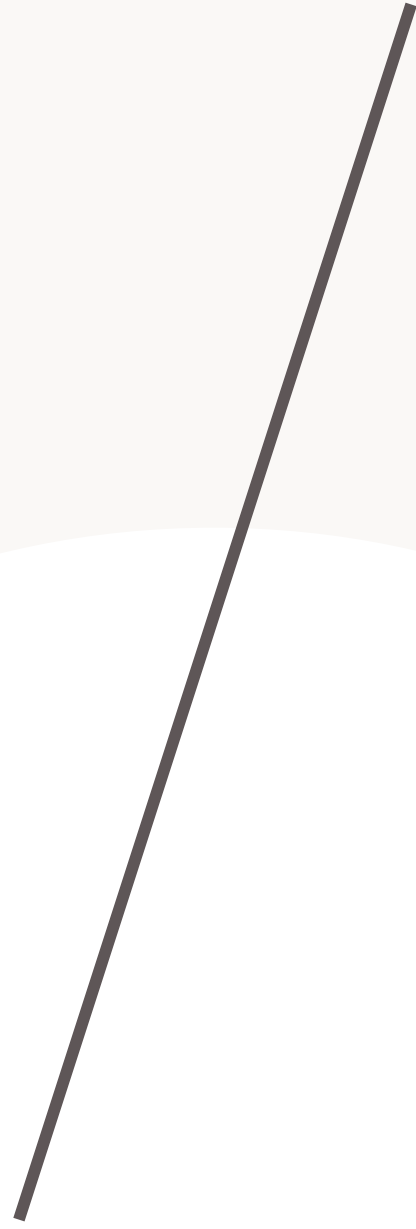
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Disclaimer: Creator of all the poses shown in this ebook is my teacher
Fumiko Takatsu whom I have learnt from. Therefore I am not claiming any right
on the actual FACE YOGA METHOD poses, but on the creation of this ebook.

04



D A Y

04

D A Y 0 4

M I N D

natural breathing:

- breathe slowly and deeply through the nose
- feel 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



D A Y 0 4

E N T I R E F A C E

detox:

- breathe deeply through the nose
- send the tongue out; breathe through the mouth and say HAAA
- repeat 3 times minimum

extra tip: straighten the spine & relax the shoulders and your face; do not wrinkle the forehead



D A Y 0 4

W A R M U P

neck stretch:

- interlace the fingers
- place them at the back of your head
- face is facing the ground
- stretch the back of the neck
- hold for 10 seconds or more

extra tip: breathe through the nose



D A Y 0 4

M O U T H & N E C K

symmetrical mouth:

- curl the lips over the teeth & seal them together
- lift the corners of the mouth up (smile)
- place the index finger higher on the lower corner of your mouth
- send the head toward the ceiling and back 3 times
- engage the cheeks and open the eyes widely
- repeat for 3 times



D A Y 0 4

M O U T H & N E C K

smile lifter:

- curl the lips over the teeth
- send the lower jaw in front, lower lip over the upper lip
- smile
- engage the cheeks and open the eyes widely
- tongue on the roof of the mouth
- lift the head slightly up
- hold for 5 - 10 seconds
- repeat for 3 times



D A Y 0 4

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 lines on your cheeks are visible place same side hand and lightly tighten the skin
- 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 4

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 04

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 4

N A S O L A B I A L F O L D S

nasolabial folds lift up:

- place the index finger on both sides of your nostrils, just below the cheekbone
- press in
- hold for 10 - 60 seconds

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



D A Y 0 4

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 4

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

