

Create Your Own Daily Face Yoga Routine by Ivana  
Vujovic

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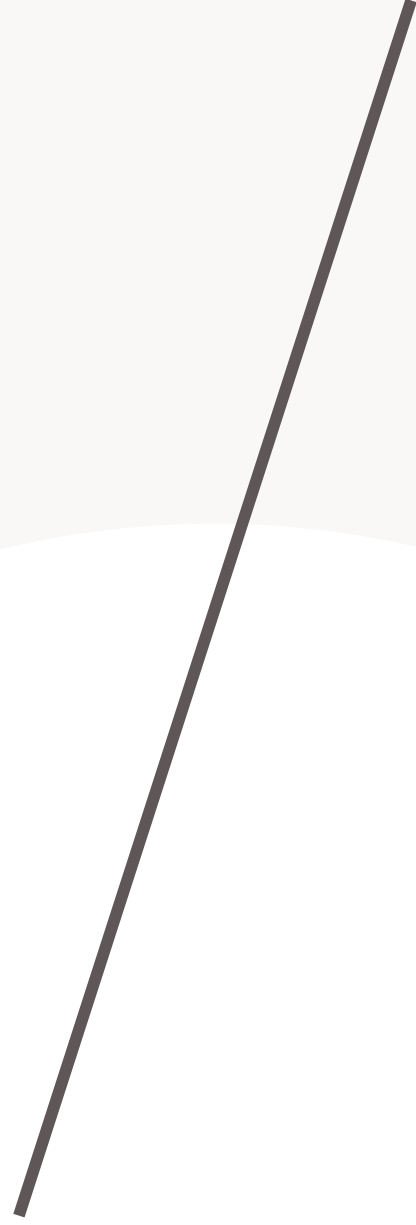
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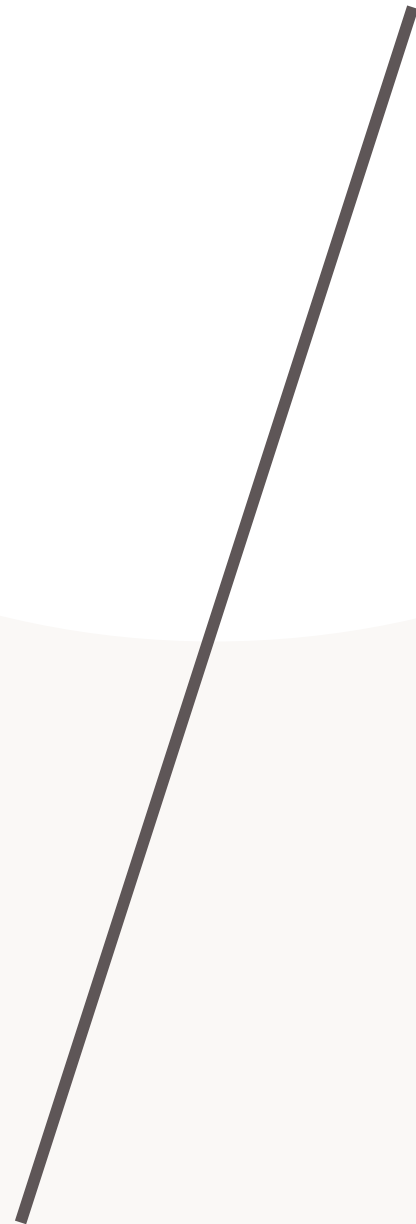
**[www.growyoungerfaceyoga.com](http://www.growyoungerfaceyoga.com)**

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.

0 1



D A Y



0 1

# D A Y 0 1

## W A R M U P

shoulder rotation:

- 3 times from front to the back
- 3 times from back to the front
- inhale when elbows are up,  
exhale when elbows are down

extra tip: breathe through the nose



# D A Y 0 1

## W A R M U P & F A C E L I F T

mini face lift:

- ring finger on the edge of the eyebrow, middle finger just below
- lift the side of the face all the way to the nasolabial folds
- pull the tongue out
- hold for 5 to 10 seconds

extra tip: breathe through the nose, do not wrinkle the forehead with your ring finger



# D A Y 0 1

## 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



# DAY 01

## WARM UP & RELAX

forehead massage:

- interlace the fingers
- place them at the forehead
- move the hands up and down, gently
- repeat 10 times
- optional: eyes opened or closed

extra tip: do not slide hands too much down and wrinkle the eye area



# D A Y 0 1

## E Y E S & C R O W ' S F E E T

eye flex:

- index & middle finger on outer corner of the eyes
- pull slightly toward the temple
- squint & hold for 5 seconds, release for 3
- repeat 3 to 5 times

extra tip: relax the shoulders



# D A Y 0 1

## D R O O P Y E Y E L I D S & C R O W ' S F E E T

crow's feet press:

- index & middle finger on the edge of the eyebrow, lift the skin slightly up
- squint for 5 seconds, release for 3
- repeat 3 to 5 times

extra tip: do not create wrinkles on the forehead with your fingers





# D A Y 0 1

E Y E B A G , 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

the big O:

- drop the jaw and press your upper lip on the upper teeth
- look to the tip of your nose and up
- hold for 5 - 10 seconds
- repeat 3 times
- optional: hands on the temple; if so lift the face gently up

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



# D A Y 0 1

## 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 minimum 10 seconds
- optional: close your eyes

extra tip: relax the jaws and shoulders; breathe normally; feel the tension & release with exhale



# D A Y 0 1

## 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 1

## 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

