

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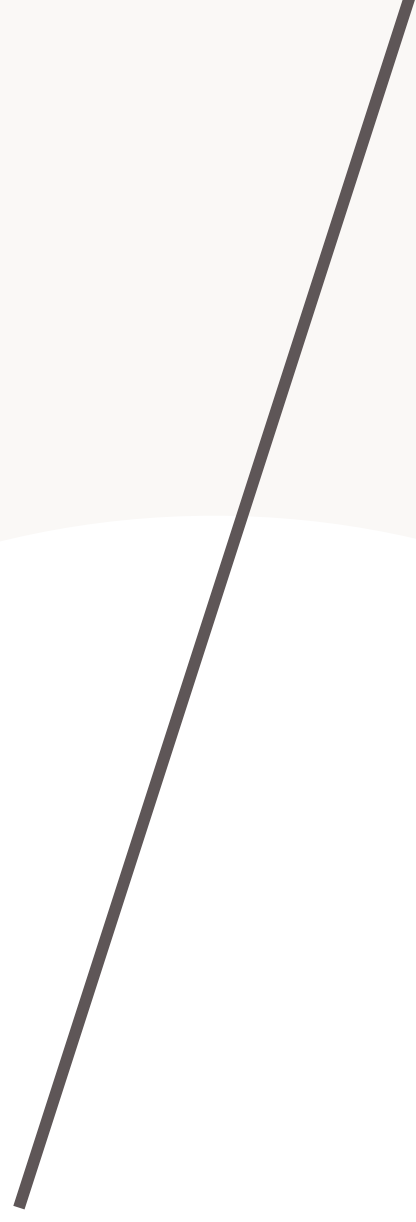
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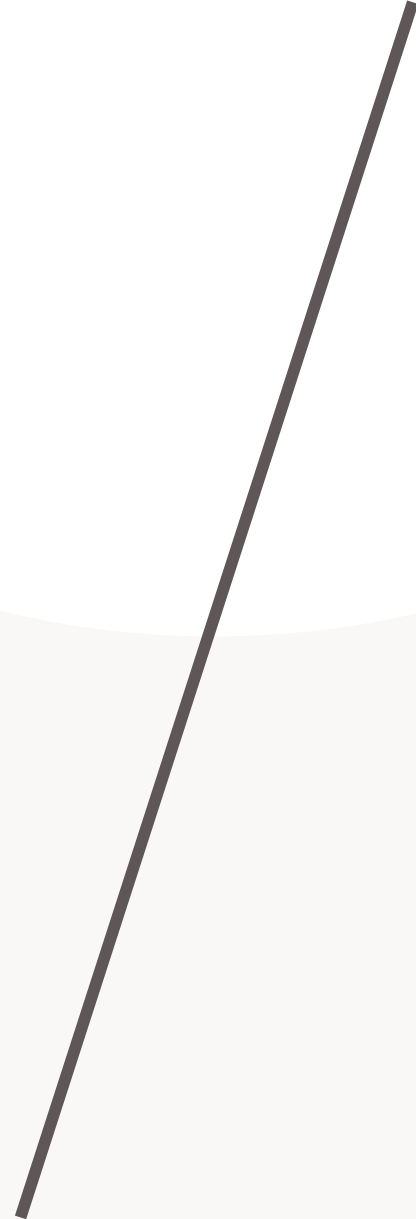
www.growyoungerfaceyoga.com

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.

07



D A Y



07

D A Y 0 7

M I N D

natural breathing:

- breathe slowly and deeply through the nose
- feel air 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 7

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 7

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 7

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 wow shape with your mouth, with or without vocalizing it
- do WOW 3 times after every inhale; repeat 3 times - 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 07

EYES, NASOLABIAL FOLDS & ENTIRE FACE

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



DAY 07

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
- optional: hands pulling the lower face toward the ears
- hold for 5 - 10 seconds
- repeat 3 times

extra tip: open the chest & relax
the shoulders



D A Y 0 7

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 7

M O U T H & N A S O L A B I A L
F O L D S

Rolly Polly:

- keep the mouth closed and firm
- press the mouth with tongue from inside placing it just over the teeth
- make slow circles
- repeat 3 times both directions

extra tip: make the mouth resist the movement of tongue for the best benefit



DAY 07

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 7

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

nasolabial folds lift:

- place the index finger on both sides of the nostrils, just below the cheekbones
- hold for minimum 10 seconds
- optional: close your eyes

extra tip: relax the jaw; feel the tension & release with the exhale;



D A Y 0 7

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 7

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

