

Create Your Own Daily Face Yoga Routine by Ivana
Vujovic

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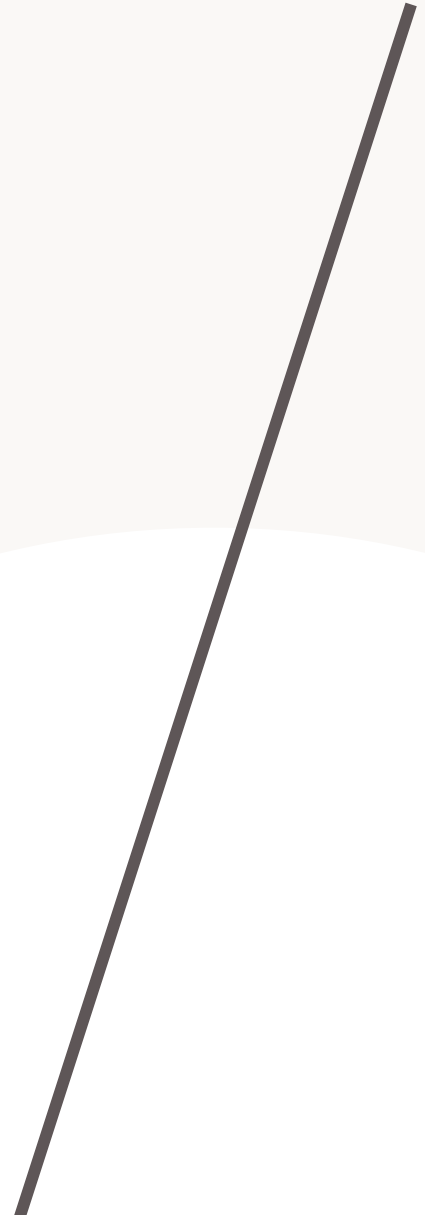
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Disclaimer: Creator of all the poses shown in this ebook is my teacher
Fumiko Takatsu whom I have learnt from. Therefore I am not claiming any right
on the actual FACE YOGA METHOD poses, but on the creation of this ebook.

06



D A Y

06

D A Y 0 6

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



DAY 06

WARM UP

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 6

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 06

NECK & ENTIRE FACE

neck massage:

- slide one hand from under the chin down the neck
- follow the movement with another hand
- repeat up to 10 times

extra tip: relax the jaw



D A Y 0 6

L O W E R F A C E

lymphatic massage:

- place index & mid finger just above the edge of the lower jaw and make few gentle circles

extra tip: relax the jaw and do not press too hard



D A Y 0 6

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 6

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

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



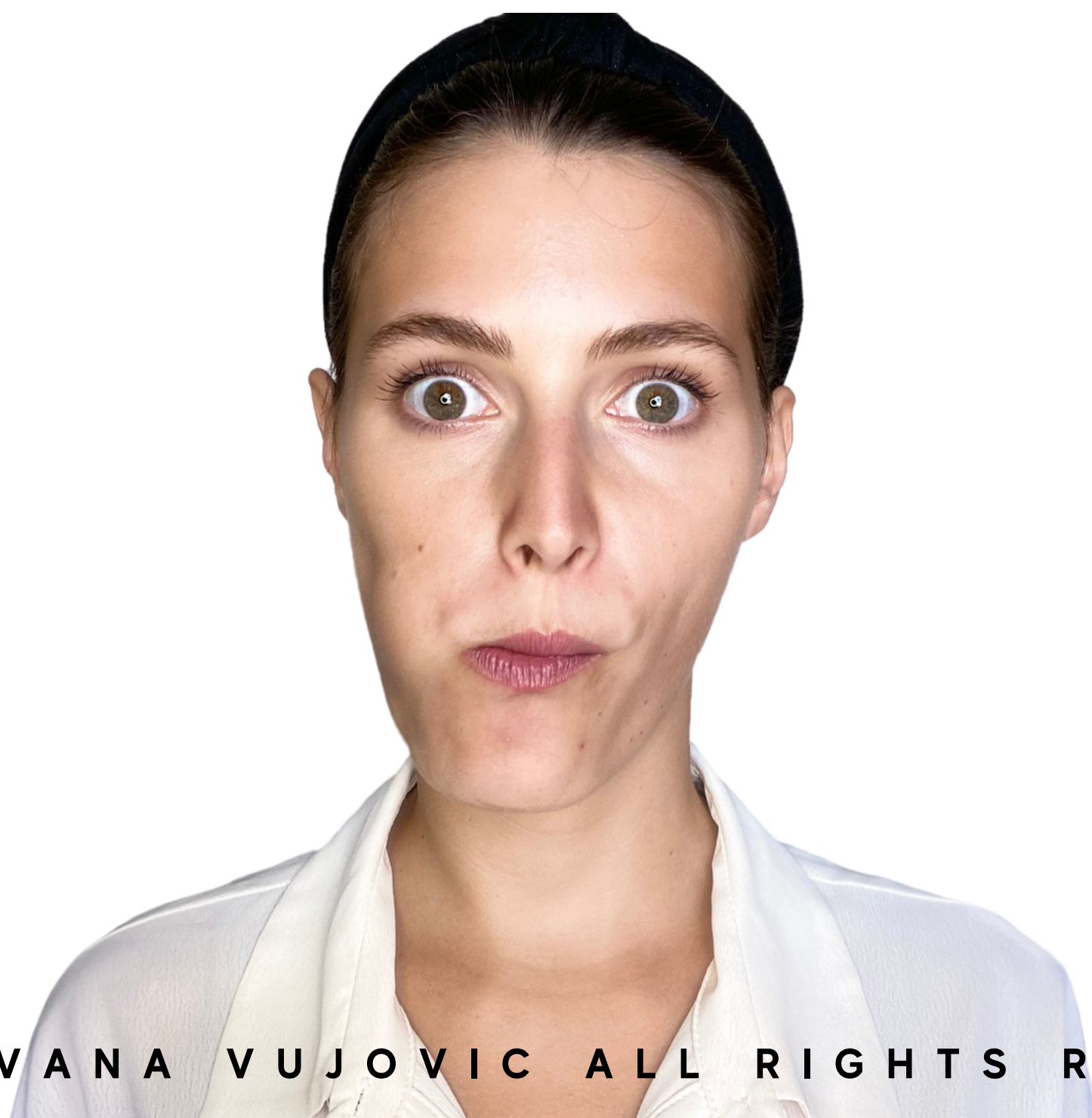
DAY 06

MOUTH & NASOLABIAL FOLDS

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



D A Y 0 6

J A W L I N E & L O W E R F A C E

knuckle massage:

- knuckle of the index finger goes up on the chin
- knuckle of the middle finger goes just below
- slide the hands from the chin toward the ears along the lower jaw & down to collarbone

extra tip: relax the jaw; do not clinge the teeth



D A Y 0 6

C H E E K S & N A S O L A B I A L F O L D S

knuckle massage:

- knuckle of the index finger goes up over the cheekbone
- knuckle of the middle finger goes just below
- slide the hands from the nostrils toward the temple & down to collarbone

extra tip: relax the jaw; do not clinge the teeth



DAY 06

CHEEKS & NASOLABIAL FOLDS

knuckle massage:

- knuckle of the index finger goes up over the eyebrow
- knuckle of the middle finger goes just below
- slide the hands from inner corner of the eyes along the eyebrow toward the temple & down to collarbone

extra tip: relax the entire face



DAY 06

FOREHEAD & UPPER FACE

knuckle massage:

- knuckle of the index finger goes on the hairline
- knuckle of the mid finger goes just below - over the eyebrow
- slide the hands from middle of the forehead toward the temple & down to collarbone

extra tip: relax the jaw; do not clinge the teeth



D A Y 0 6

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 6

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

