

## FACE YOGA WORLD

### CLASSES AND WORKSHOP CONTENT AND EXPLANATION

#### ✚ FACE YOGA CLASS PRESENTATION

The 7 habits that age us  
How to correct them right away  
Facefulness (Face Yoga and Mindfulness)  
What is the Face Yoga Method  
How does Face Yoga work  
Understanding face muscles  
Explore your “past face” and “future face” (mirror testing)  
Time for a picture

#### ✚ FACE YOGA CLASS

Warm up exercises  
Face Yoga poses  
Mini Face Lift  
Practicing correctly is key  
Face Massage  
Face Acupressure  
Tapping

Every class will cover a different overall face routine that will complement the previous class.

As a result, we will learn routines to achieve:

- Bright Eyes
- Ageless Forehead
- Beautiful Hair
- Rosy Cheeks
- The Perfect Smile
- Plumper Lips
- Defined Neck And Jaw Line
- Face Lift

#### ✚ THE ASYMMETRICAL FACE 1-4

(this class can only be booked for 4 classes together)  
analyse your face asymmetry  
learn how to correct the asymmetry  
study poses for your symmetrical face  
become aware of your asymmetrical habits  
change your "asymmetrical lifestyle"

#### ✚ FACE YOGA AT WORK

How to relax your eyes and face during your small breaks.  
Improve your eyesight  
Self Massage techniques for face and neck  
The energy booster pose  
Be mindful of your posture  
Facefulness (Face Yoga and Mindfulness)

### ✚ SKIN CARE WORKSHOP\*

Introducing the ingredients  
Homemade face and body moisturizer and how to apply it  
Homemade Body Lotion  
Homemade foaming face wash and the benefits of the 100 spashes  
Homemade Spray Mist and its benefits  
Homemade lip balm that can be the perfect eye contour cream  
Homemade make up remover  
How to apply and remove make up  
Tips on our daily routines  
\*all ingredients used are organic

### ✚ FACE YOGA INTENSIVE WORKSHOP

Learn the 10 foundational Face Yoga poses  
Warm up exercises  
Let's practice some Facefulness (Face yoga and mindfulness)  
Practicing correctly is key  
Face Massage  
Face Acupressure  
Tapping  
Bright Eyes  
Ageless Forehead  
Beautiful Hair  
Rosy Cheeks  
The Perfect Smile  
Plumper Lips  
Defined Neck And Jaw Line  
Face Lift  
Asymmetry  
Health tips and lifestyle

### ✚ FACE MASSAGE

detox your face  
flush out toxins and water retention from face and neck  
increase blood circulation  
reduce puffiness  
get rid of eyebags and dark circles

### ✚ FACE ACUPRESSURE

wake up a tired face  
get rid of sinusitis, eyebags, headaches and much more  
explore "the point of beauty"  
detox your face  
energise your brain  
regulating the flow of chi and oxygen to your face

### ✚ TAPPING

keep your face healthy, vibrant and beautiful  
explore the power of tapping

working with neurological pathways

increase blood circulation

activate lymphatic system

wake up your face muscles! if you don't use them, you lose them!