



# MODULE 06

## Face Lift Yoga Asana

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- 12 Face Lift Yoga Asana

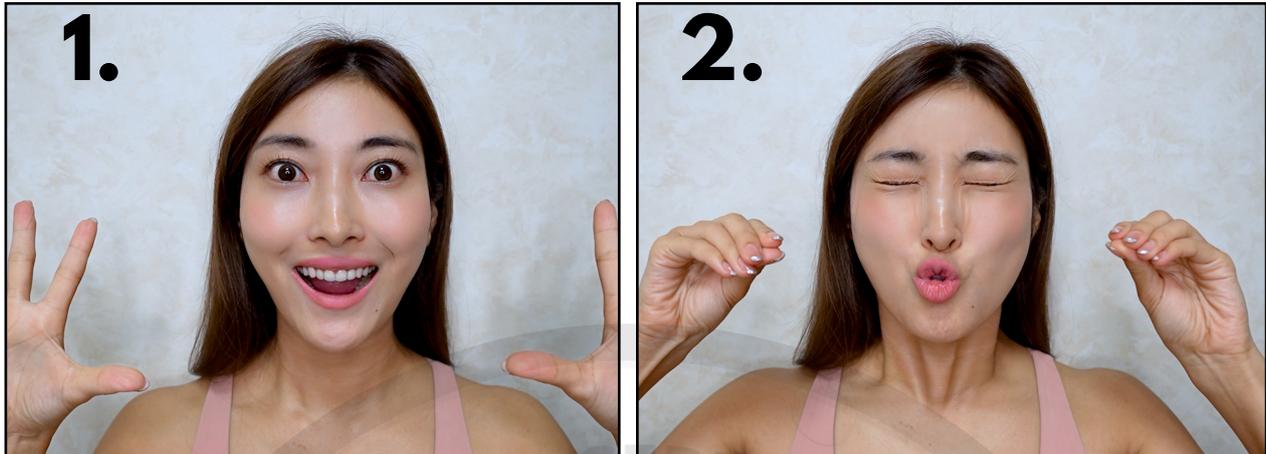


# 12 Face Lift Yoga Asana

Asana Name	Target Area	Benefits
• <b>Surprise Pose</b>	<i>Full Face (Warm-up)</i>	Promotes relaxation and flexibility in the face.
• <b>Zen Forehead Pose</b>	<i>Forehead</i>	Strengthens the frontalis muscle for a lifted look.
• <b>Squint &amp; Shine Pose</b>	<i>Eye Muscles</i>	Enhances eye muscle strength and elasticity.
• <b>Glowing Cheek Lift Pose</b>	<i>Cheek Muscles</i>	Defines and lifts the cheek muscles.
• <b>Glowing Balloon Pose</b>	<i>Cheeks</i>	Improves blood circulation for a glowing complexion.
• <b>Lip Lift Smile Pose</b>	<i>Mouth Corners</i>	Prevents sagging and maintains lifted mouth corners.
• <b>Tongue Extend Pose</b>	<i>Tongue</i>	Enhance speech clarity, improve swallowing function, and potentially reduce the risk of oral health issues.
• <b>Kiss Tone Pose</b>	<i>Mouth Muscles</i>	Tones and firms the muscles around the mouth.
• <b>Sky kiss Pose</b>	<ul style="list-style-type: none"><li>• <i>Chin</i></li><li>• <i>Jaw</i></li><li>• <i>Neck</i></li></ul>	Chin, jaw and Neck Lifts the chin and tightens neck muscles.
• <b>Neck Opener Pose</b>	<i>Neck Muscles</i>	Strengthens and tones the neck muscles.
• <b>O Stretch Pose</b>	<i>Under Eyes &amp; Cheeks</i>	Focuses on toning and relaxation in the specified area.
• <b>Full Face Lift Pose</b>	<i>Full Face</i>	Targets various muscle groups for an overall lift.



# Surprise Pose



## 1. Muscles Worked

- The entire facial muscles, with particular emphasis on the cheeks, mouth area, eyes and forehead.

## 2. Effects and Benefits

- Activation of facial muscles may enhance blood circulation in the face, potentially imparting a more youthful appearance.
- Stress relief and relaxation effects can be expected.
- **Slim Face Effect:** Strengthening the facial muscles can lead to a more defined facial contour and a slimmer face line.
- **Beautiful Skin Effect:** Increased facial blood flow due to muscle activity helps improve skin condition, aiming for healthy and radiant skin.

## 3. How to Perform

- Begin with a relaxed face.
- Take a breath, and then, while exhaling through your mouth with a 'shoo' sound, scrunch all parts of your face towards the center, creating a wrinkled look.
- Next, inhale through your nose while expanding your entire face, making a surprised expression.
- Repeat this movement carefully about 3 times.

## 4. Precautions

- Imagine squinting at something bright without actually looking at a bright. Move your facial muscles naturally, without exerting excessive force.
- Stop immediately if you feel any pain or discomfort.
- Be mindful not to clench your teeth during the exercise.

## 5. Recommended Repetitions:

- Perform this pose in 1 set of 3 repetitions, aiming for about 3 sets in total.



# Zen Forehead Pose



## 1. Muscles Worked

- Primarily targets the frontalis muscle (the muscle of the forehead).

## 2. Effects and Benefits

- **Relaxation of the Frontalis Muscle:** Helps in loosening the frontalis muscle, breaking the habit of creating forehead wrinkles.
- **Reduction of Eye Fatigue:** If eyes feel heavy, it might indicate accumulated eye strain. This pose can help alleviate that.
- **Contribution of the Frontalis Muscle:** The frontalis muscle plays a significant role in this. When it's tense, it can sag and put pressure on the muscles around the eyes.
- **Improving Vision Clarity:** Lifting the sagging frontalis muscle can also enhance the field of vision, making it feel more open and clear.



### 3. How to Perform

- Place the base of your hand on the prominent part of your forehead.
- With fingers lightly spread, support the middle part of your forehead, where it protrudes, with the base of one hand. Use the other hand to support the back of your head.
- Align the four fingers of the opposite hand and place them on the back of your head. Lightly clasp your hand and support as if embracing the back of your head.
- Apply upward pressure with the base of your hand on the forehead muscle (frontalis), fixing it in place with a bit of pressure, enough to slightly lift your chin. Keep the hand on the back of the head in a clasped position and maintain this posture.
- Applying this gentle pressure can help in reducing the heaviness of the eyes and clear the vision.

### 4. Precautions

- When wearing makeup, placing a tissue between your hand and the forehead can prevent slipping.
- If you have neck pain, refrain from tilting your neck during this exercise.

### 5. Recommended Repetitions:

- Hold this pose for 15–20 seconds and repeat it 3 times during a session.



# Squint & Shine Pose



## 1. Muscles Worked

- This pose primarily targets the muscles around the eyes, specifically including the orbicularis oculi muscle.

## 2. Effects and Benefits

- Strengthens and relaxes the eye muscles, particularly the orbicularis oculi.
- Helps in reducing fine lines around the eyes and improving overall eye muscle tone.
- Improves drooping eyelids, lessening forehead wrinkles, and reducing frown lines between the eyebrows.
- Makes the eyes appear larger and more open.

## 3. How to Perform

- Create an 'M' shape with your fingers. Using your index fingers, gently press down on your eyebrows to prevent them from raising and slightly pull them sideways to avoid creasing the forehead.
- Keep your hands fixed in this position.
- While exhaling, squint your eyes as if looking at something bright.
- Then, while inhaling, open your eyes wide.
- Ensure that your eyebrows remain stationary while performing these movements.

## 4. Precautions

- Imagine squinting at something bright without actually looking at a bright object.
- Pay attention to your breathing throughout the exercise.
- Keep your gaze forward or slightly upward, and avoid looking down.
- Be careful not to move your eyebrows when opening your eyes wide.

## 5. Recommended Repetitions:

- Perform this as one set of squinting and opening the eyes wide, and repeat for a total of 5 sets in a session.



# Glowing Cheek Lift Pose



## 1. Muscles Targeted:

- This pose primarily targets the muscles around the eyes, specifically including the orbicularis oculi muscle.

## 2. Effects and Benefits

- Targets the zygomaticus major muscle and the buccinator muscle.
- Effects and Benefits
- This pose is designed to strengthen and tone the cheek muscles.
- Regular practice can lead to more defined cheekbones and a lifted appearance of the cheeks.
- Effective in eliminating nasolabial folds (smile lines).

## 3. How to Perform

- Open your eyes wide.
- Lift your cheeks towards your temples.
- Keep a gap between your upper and lower teeth, about the width of one finger.
- Hold this position for 10 seconds.

## 4. Precautions

- Ensure that your lower and upper gums are not visible.
- Relax your jaw and maintain a relaxed state.
- Avoid creating wrinkles around your eyes during the exercise.
- Touching your cheeks to check for firmness during the pose can be helpful.

## 5. Recommended Repetitions:

- Hold this pose for 10 seconds and complete 3 sets during a session.



# Glowing Balloon Pose



## 1. Muscles Targeted:

- Buccinator Muscle (responsible for puffing the cheeks)
- Orbicularis Oris Muscle (encircles the mouth)

## 2. Benefits

- Eliminates nasolabial folds (smile lines).
- Promotes glowing skin by improving facial blood circulation.

## 3. How to Perform

- Fill your cheeks with air, puffing them out.
- Lightly press your index and middle fingers against your lips to prevent air from escaping.
- Slowly move the air from right to left cheek.
- Finally, place the air in both cheeks and hold for 5 seconds.
- When moving the air, keep each position for about 3 seconds before shifting.

## 4. Precautions

- Avoid creating wrinkles around the lips during the exercise.
- Move the air slowly and deliberately, holding each position for 3 seconds.

## 5. Recommended Repetitions:

- Do 3~5 rounds and Perform this exercise for 3 sets during a session.



# Lip Lift Smile Pose



## 1. Target Area Marked

- Mouth Corners

## 2. Muscles Targeted:

- Zygomaticus Major Muscle (大頬骨筋: responsible for lifting the corners of the mouth)
- Zygomaticus Minor Muscle (小頬骨筋: assists in smiling)
- Buccinator Muscle (頬筋: contributes to cheek tautness)
- Orbicularis Oris Muscle (口輪筋: encircles the mouth)

## 3. Benefits

- Lifts and strengthens the corners of the mouth.
- Enhances the smiling muscles for a more natural smile.
- Improves overall flexibility and strength of facial expression muscles.

## 4. How to Perform

- Gently tuck your lips inside, towards your gums.
- Keeping your lips closed, slowly lift the corners of your mouth upwards.
- Hold this pose for 10 seconds.

## 5. Precautions

- Avoid biting the insides of your mouth; biting can lead to the development of masseter muscles, resulting in a more pronounced jawline.
- Keep your jaw relaxed throughout the exercise.

## 6. Recommended Repetitions:

- Hold the pose for 10 seconds per set, aiming for 2~3 sets in total.



# Tongue Extend Pose



## 1. Muscles Worked

- Tongue muscles

## 2. Effects and Benefits

- Promotes facial blood circulation for beauty benefits
- Improves articulation and speech clarity
- Maintains and enhances taste sensitivity
- Helps in reducing snoring
- Decreases the risk of sleep apnea

## 3. How to Perform

- Keep the area around your mouth relaxed.
- Extend your tongue as far and as straight forward as possible. The tip of your tongue should form a triangle shape.
- Hold this position for 10 seconds.
- Relax and retract your tongue back into your mouth.
- Repeat this for 3 sets.

## 4. Precautions

- Be careful not to exert excessive force on your jaw.
- Ensure that your tongue does not sag downwards.
- If you experience any pain or discomfort, immediately stop the exercise.

## 5. Recommended Repetitions

- In your lesson, hold the pose for 10 seconds and perform 3 sets.



# Key Points:

## The Importance of Tongue Position

Understanding the correct position of the tongue is crucial for its impact on our health and beauty.

Properly managing the tongue's position offers benefits in various aspects of our lives, from quality sleep to a beautiful smile. In the following sections, we will delve into the significance of maintaining the correct tongue position.

- **Reducing the Risk of Sleep Apnea:** Habitually lowering the tongue can partially or completely obstruct the airway, increasing the risk of sleep apnea. Placing the tongue on the upper palate supports normal breathing.
- **Alleviating Snoring:** When the tongue is positioned downward, it can contribute to snoring. Placing the tongue on the upper palate can reduce the frequency and volume of snoring.
- **Maintaining and Enhancing Taste Sensitivity:** The tongue's position also affects our sense of taste. Keeping the tongue in the correct position can enhance the enjoyment of food and maintain taste sensitivity.
- **Clarity in Pronunciation and Speech:** The tongue plays a role in pronunciation and speech, and its position influences speech clarity. Placing the tongue on the upper palate improves speech articulation.
- **Reducing Double Chin:** Establishing the habit of placing the tongue on the upper palate can help reduce the formation of a double chin. When the tongue hangs down, the muscles around the jaw weaken, leading to sagging skin and the appearance of a double chin. Placing the tongue on the upper palate tones the jaw muscles and contributes to improving double chin appearance.
- **Enhancing Facial Contour:** Maintaining the tongue on the upper palate can contribute to a tighter facial contour. Particularly, it helps in strengthening the muscles around the lower jaw and reducing sagging. A firm facial contour gives a youthful impression and contributes to beauty.



# Kiss Tone Pose



## 1. Pose Name

- Kiss Tone
- Muscles Worked
- Targets the orbicularis oris muscle.

## 2. Effects and Benefits

- Improves the firmness around the mouth area.
- Aims to achieve plump and fuller lips.
- Helps in preventing dryness of the lips.
- Effective in preventing vertical lines on the lips.

## 3. How to Perform

- Pucker your lips slightly and protrude them forward.
- Bring the corners of your mouth inward, as if making a kissing shape.

## 4. Precautions

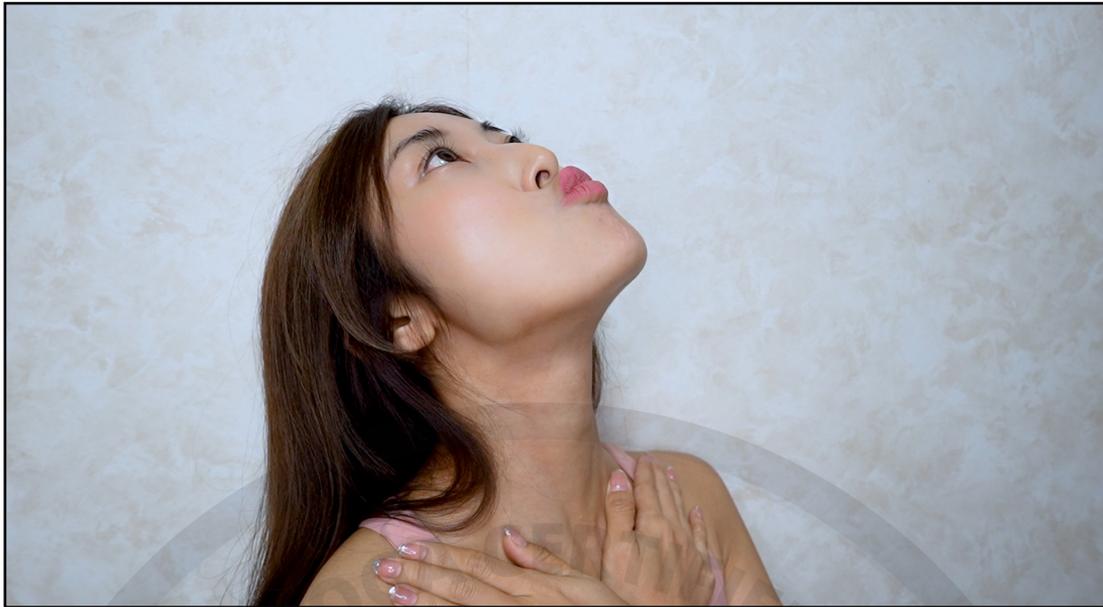
- Remember to spread your upper lip upward.
- Keep the size of the mouth opening about the width of one finger.
- It's okay to have a little tension in your jaw, but avoid clenching your teeth.

## 5. Recommended Repetitions

- Hold this pose for 10 seconds and complete 3 sets during a session.



# Sky Kiss Pose



## 1. Muscles Targeted

- Sternocleidomastoid Muscle (a major muscle in the neck)
- Orbicularis oris muscle.

## 2. Effects and Benefits

- Eliminates horizontal neck wrinkles and creates a youthful neck line.
- Contributes to forming a beautiful décolletage.
- May also aid in enhancing the bust line.

## 3. How to Perform

- Tilt your head backward.
- Gently sway your head from side to side, pausing in the middle.
- Then, facing the ceiling, perform a kissing motion 10 times in a row.
- Repeat this movement several times, focusing on the muscles in your neck and face.

## 4. Precautions

- Be cautious if you have neck pain.
- After finishing, it's beneficial to include a stretch for the back of your neck.
- Ensure your lips project towards the ceiling during the kiss motion.

## 5. Recommended Repetitions

- In your session, perform the kissing motion 10 times in a row, and repeat this sequence several times.



# Neck Opener Pose



## 1. Muscles Targeted

- Depressor Labii Inferioris Muscle (responsible for lowering the lower lip)
- Sternocleidomastoid Muscle (a major muscle in the neck)

## 2. Effects and Benefits

- Eliminates horizontal neck wrinkles, creating a youthful neck line.
- Contributes to the formation of a beautiful décolletage line.
- May also aid in bust enhancement.

## 3. How to Perform

- While saying “**eee-eee-eee**” spread your mouth horizontally.
- Along with this movement, raise and lower your neck muscles several times.
- Focus on the muscles in your neck and face throughout the exercise.

## 4. Precautions

- Perform the movements slowly to avoid putting too much strain on the muscles.
- Stop the exercise immediately if you feel any pain or discomfort.

## 5. Recommended Repetitions

- During the session, perform 5 continuous repetitions as one set, and aim to do this about 10 times.



# O Stretch Pose



## 1. Target Area Marked

- Under Eyes
- Cheeks
- Mouth

## 2. Muscles Targeted

- Inferior Orbicularis Oculi Muscle (the muscle under the eyes)

## 3. Effects and Benefits

- Reduces under-eye sagging, puffiness, and dark circles.
- Stretches the nasolabial folds.

## 4. How to Perform

- Say “O” while stretching the area under your nose and cheeks.
- If possible, direct your gaze towards the ceiling.

## 5. Precautions

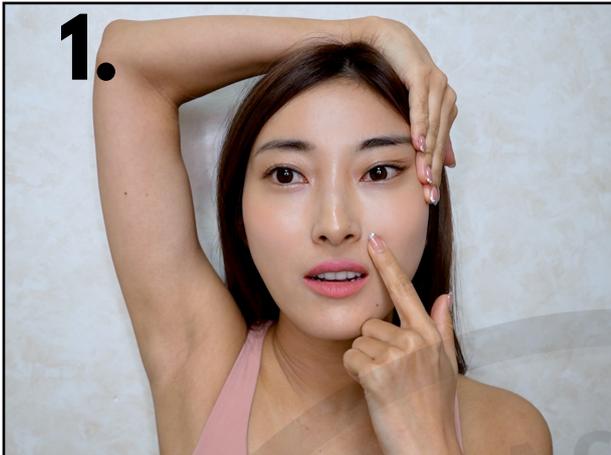
- Be careful not to open your mouth too wide sideways, as this can accentuate the nasolabial folds.
- Using a mirror can help ensure proper form and prevent your face from moving.
- Focus on keeping your face still.

## 6. Recommended Repetitions

- Hold the pose for 10 seconds and repeat it 3 times during a session.



# Full Face Lift Pose



## 1. Muscles Targeted

- Temporalis Muscle

## 2. Effects and Benefits

- Lifts the entire face
- Raises the corners of the eyes
- Lifts the corners of the mouth
- Raises the eyebrows
- Improves nasolabial folds

## 3. How to Perform

- Press the hollow under your ear, the parotid gland, to check for any pain.
- Straighten your posture.
- Lift your temples with the four fingers of the opposite hand.
- Tilt your face to the side and hold the position.
- Return to the original position and then release your hand.
- Recheck for any pain in the parotid gland area.

## 4. Precautions

- Ensure your body does not tilt.
- Pull firmly so that your jaw does not rise.
- Be conscious of your breathing throughout the exercise.

## 5. Recommended Repetitions

- Hold the pose while performing nasal breathing 5 to 10 times.
- Perform once on each side.

The **“Full Face Lift”** pose is effective for achieving a youthful appearance of the entire face, focusing on lifting facial muscles.