



MODULE 08

Body Exercise

- Body Asana for Great Postures



Body Asana for Great Postures

Facial lifting is not just about facial exercises; proper posture plays a crucial role as well. Poor posture can counteract the benefits of your facial workouts, potentially leading to issues like a double chin.

It's advisable to remind your students of this often overlooked aspect. In this section, we will introduce several movements that can be easily practiced at home to improve posture and enhance the effectiveness of facial lifting exercises.

Asana Name	Target Area	Benefits
Cat and Cow Pose	<ul style="list-style-type: none">• <i>Beck</i>• <i>Neck</i>	Enhances spinal flexibility and relieves back and neck tension.
Upper Dog Pose	<ul style="list-style-type: none">• <i>Chest</i>• <i>Shoulder</i>• <i>Arms</i>	Strengthens the frontalis muscle for a lifted look.
Downward Dog Pose	<ul style="list-style-type: none">• <i>Full Body</i>	Stretches and strengthens the body; improves digestion.
Neck rotation	<ul style="list-style-type: none">• <i>Neck</i>	Increases neck flexibility and relieves tension.
Shoulder Lift	<ul style="list-style-type: none">• <i>Shoulder</i>• <i>Neck</i>	Improves blood circulation for a glowing complexion.
Shoulder Circles	<ul style="list-style-type: none">• <i>Shoulder</i>• <i>Upper Back</i>	Strengthens upper back and improves posture.



Cat Pose (Marjaryasana) and Cow Pose

- **Cat Pose:** Start on your hands and knees in a tabletop position. As you exhale, round your spine towards the ceiling, tucking your chin towards your chest. This pose helps release tension in the back and neck muscles, indirectly aiding facial lifting by promoting overall relaxation.
- **Cow Pose:** From the tabletop position, inhale and lift your head and tailbone towards the ceiling, allowing your belly to sink towards the floor. This pose encourages spinal flexibility and can improve posture, which is essential for a lifted facial appearance.

These poses are beneficial in releasing tension and improving posture, which are key elements in achieving and maintaining a lifted and toned facial appearance.



Bitilasana

Marjaryasana



Upward Facing Dog Pose (Urdhva Mukha Svanasana)

1. How to Do It:

- Lie face down on the floor with legs extended back, tops of the feet on the floor.
- Place hands on the floor beside the waist, fingers pointing forward.
- Press into the palms, straighten the arms, lift the torso and thighs off the floor.
- Keep the shoulders away from the ears and look straight ahead.

2. Effects:

- Strengthens the spine, arms, and wrists.
- Stretches the chest, lungs, shoulders, and abdomen.
- Stimulates abdominal organs, helping in digestion.
- Helps relieve mild depression, fatigue, and sciatica.
- Therapeutic for asthma.



Downward Facing Dog Pose (Adho Mukha Svanasana)

1. How to Do It:

- Start on your hands and knees in a tabletop position.
- Lift your hips up and back, extending your legs and arms, forming an inverted V-shape.
- Keep hands shoulder-width apart, fingers spread wide, and heels pushing towards the floor.
- Head should be between the arms, facing towards the knees.

2. Effects:

- Stretches the shoulders, hamstrings, calves, arches, and hands.
- Strengthens the arms and legs.
- Helps relieve stress and mild depression.
- Energizes the body and improves digestion.
- Can be therapeutic for high blood pressure, asthma, flat feet, and sciatica.

This pose is a staple in many yoga practices and is excellent for stretching and revitalizing the entire body.



Neck Rotation

- **Effects:** Increases neck flexibility, relieves muscle tension.
- **Target Area:** Neck muscles.
- **Method:** Slowly rotate your head in a circular motion, first clockwise, then counterclockwise.
- **Repetitions:** 5-10 rotations in each direction.

Shoulder Lift

- **Effects:** Relieves tension in shoulders and neck, improves shoulder mobility.
- **Target Area:** Shoulders and neck.
- **Method:** Lift your shoulders up towards your ears, hold for a moment, and then release.
- **Repetitions:** 10-15 lifts.

Shoulder Circles

- **Effects:** Strengthens upper back muscles, improves posture and shoulder mobility.
- **Target Area:** Upper back, shoulders, and shoulder blades.
- **Method:** Place your hands on your shoulders. Rotate your elbows in large circles, first forward then backward.
- **Repetitions:** 10-15 circles in each direction.