



MODULE 09

How to Teach Class

- How to Teach Class
- A Guide to Enhancing the Quality of Face Lift Yoga Classes Through Understanding Your Students
- Lesson Plan
- Creating Lesson Plans Using 5 Sequences



How to Teach Class

Welcome to the next phase of your journey! Having mastered the Asanas, you're now poised to learn how to conduct your classes effectively.

Remember, the satisfaction and interest of your clients are pivotal. A satisfied client is more likely to return to your classes, so always keep their experience in mind.

In this module, we will explore several recommended strategies to enhance your classes and ensure your clients leave feeling fulfilled and eager for more.

Let's dive into creating engaging and satisfying face lift yoga experiences together!

Teaching Rules:

- Explain each pose carefully and in detail.
- Check and adjust students' poses thoroughly.
- Use students' names as much as possible to create a personal connection.
- Ensure to give attention to each student individually.

Teaching Face Lift Yoga Sessions

Group Class (45 minutes) :

- Introducing about 4~5 Face Lift Yoga Asanas.
- Spend approximately 8-10 minutes on each pose.
- Focus on leading exercises for both the upper and lower face.
- Provide general wellbeing tips within the available time frame.

One-on-One Session (60 minutes) :

- Introduce about 5~7 Face Lift Yoga Asanas.
- Allocate approximately 10~12 minutes for each pose.
- Begin with an in-depth explanation and consultation.
- Include personalized acupressure, massage, and face exercises.



Integrating Face Lift Yoga Asanas :

- If you're incorporating Face Lift Yoga Asanas into your yoga classes, it's recommended to include them either in the first half or the latter part of the class.
- This approach allows for a seamless integration, enhancing the overall yoga experience with the benefits of Face Lift Yoga.





A Guide to Enhancing the Quality of Face Lift Yoga Classes Through Understanding Your Students

In Face Lift Yoga sessions, tailoring your instruction to meet the individual needs and goals of each student is vitally important.

By focusing more specifically and excluding the collection of information on medication intake and allergies, follow these steps to plan an approach that addresses each student's unique situation.

- **Skincare:** Understand the skin type and existing skin issues of your students, providing advice based on these insights. For instance, recommend the use of oils for students with dry skin, offering specific suggestions that can help.
- **Lifestyle and Stress:** Gain an understanding of regular exercise habits, the quality of sleep, and stress levels to incorporate lessons that support the overall well-being of students. Incorporating stress reduction techniques and lifestyle improvement suggestions can be beneficial.
- **Previous Experience:** Check whether students have previously experienced Face Lift Yoga, face massage, or relaxation techniques, and adjust your lesson plan based on this information.
- **Session Goals:** Clarify what students wish to achieve from the session and plan customized lessons aimed at reaching those specific goals.
- **Facial Assessment Checklist:** Observe and evaluate the forehead, brow area, eyelids, under-eye area, crow's feet, cheeks, lines around the mouth, jawline, overall facial sagging, neck condition, and signs of tension or stress to understand each client's specific needs.



Lesson Plan

Class Opening

1. Greeting

- Start with a warm greeting to welcome the class.

2. Self-Introduction

- Introduce yourself briefly to the class.

3. What is Face Lift Yoga?

- Explain the concept and purpose of Face Lift Yoga.

4. Explanation of Facial Muscles

- Discuss the role of facial muscles and their importance in Face Lift Yoga.

5. Show Before and After Photos

- Present before and after photos of other students or instructors to demonstrate the effects.

6. Precautions Before Starting Face Lift Yoga

- Share important safety tips to ensure the practice is done correctly.

7. Meeting the face of your future self in 10 years

- Check Future Face with a mirror.
- Check Before Face with a mirror.

8. Taking Before Photos

- Take before photos to observe the current state of one's face.



Asana Flow

1. Pose Name

- Begin each pose by clearly announcing its name.
- The name of the pose should be easy for students to remember and reflect the purpose and effects of the pose.

2. Muscle Targeted

- Explain the muscle groups targeted by the pose.
- Understanding which muscles are involved and how they work allows students to practice the pose more effectively.

3. Effect and Benefits

- Describe the specific benefits and effects of each pose.
- This information helps students understand the importance of the pose and enhances their motivation.

4. Demonstration

- Perform a demonstration of the pose to provide a visual example.
- Showing the correct form and flow of the pose visually helps students to accurately replicate it.

5. Points and Method Explanation

- Detail the key points and correct methods of each pose.
- This step is crucial for ensuring safety and preventing injuries.

6. Practice Together

- Practice the pose with the students.
- Observe each student's form and movement carefully and provide feedback or guidance as needed.

7. Completion

- Aim to practice the pose to its completion.
- At this stage, the goal is for students to practice the pose independently and internalize the sensation.

Through this flow, students will learn how to perform each pose of Face Lift Yoga correctly and safely.

As an instructor, it is important to provide clear explanations and practical guidance at each step.



Class Ending

1. Taking After Photo

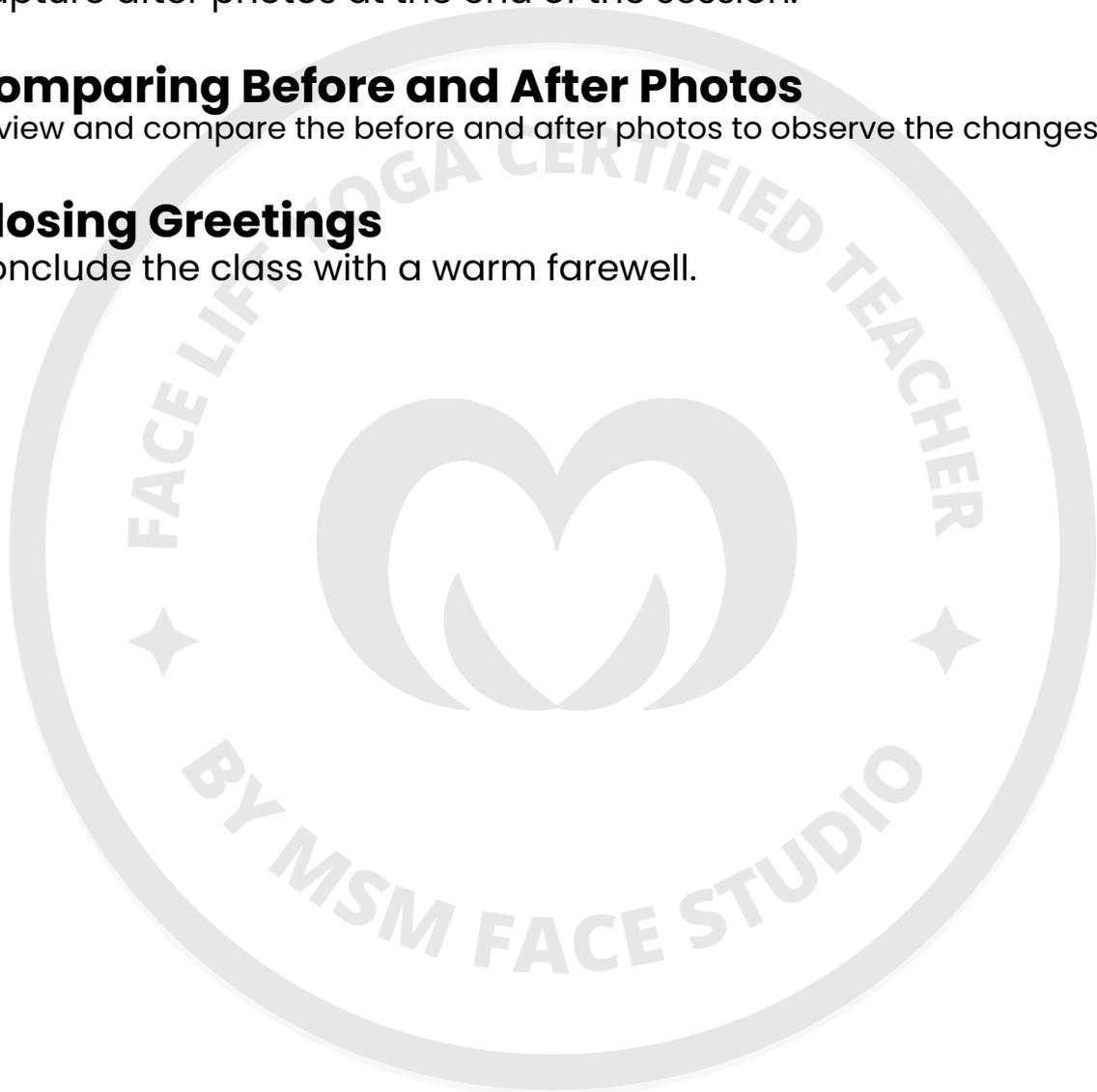
- Capture after photos at the end of the session.

2. Comparing Before and After Photos

- Review and compare the before and after photos to observe the changes.

3. Closing Greetings

- Conclude the class with a warm farewell.





Creating Lesson Plans Using 5 Sequences

We offer lesson plans tailored to address specific facial concerns.

Each class is set for 45 minutes, but feel free to adjust by adding extra massage and stretch poses before, after, or in between if you have extra time.

Conversely, if time is running short, you can reduce the massage and stretching time to fit. It's recommended to incorporate these poses as much as possible!

This approach can be applied to any class type.

Full Face Lift Class

Focus on lifting the entire face for a rejuvenating experience.

Menu :

Surprise Pose + Squint & Shine Pose + Neck Opener Pose + Lip Lift Smile Pose + Kiss Tone Pose

Option :

Neck Rotation, Shoulder Lift, Side Neck Lift Massage

Keypoints

This class focuses on lifting the entire face. It activates facial muscles as a whole, providing rejuvenating effects.



Forehead Wrinkle and Eye Rejuvenation

Target forehead wrinkles and improve the appearance of the eye area.

Menu :

Surprise Pose + Zen Forehead + Squint & Shine Pose + Glowing Cheek Lift Pose + O Stretch Pose + Full Face Lift Pose

Option :

Shoulder Rotation, Eye Lift Massage, Temple Lift Massage

Keypoints

In this class, we primarily use the muscles around the forehead and the eye area, but we also pay attention to the muscles in the cheeks and the entire face. Additionally, focusing on the neck and shoulder areas can help relax and alleviate eye fatigue.

Nasolabial Line Reduction and Cheek Lift Class

Address laugh lines and lift the cheeks for a youthful look.

Menu :

Surprise Pose + Glowing Cheek Lift Pose + Kiss Tone Pose + O Stretch Pose + Full Face Lift Pose

Option :

Shoulder Rotation, Cheekbone Lift Massage, Temple Lift Massage

Keypoints

In this class, we strengthen the muscles around the cheeks and mouth, with a special focus on the area just above the cheeks and around the eyes. It's essential to pay attention to the temple muscles, as their weakening can lead to sagging cheeks.



Posture Enhancement and Double Chin Reduction Class

Improve posture and work on reducing double chin.

Menu :

Neck Opener + Tongue Extend + Lip Lift Smile Pose + Sky Kiss Pose + Full Face Lift Pose

Option :

Chin Relax Massage, Jawline Lift Massage, Masseter Muscle Massage, Temple Lift Massage, Cat & Cow

Keypoints

This class emphasizes improving posture. While we work on toning the chin and facial muscles, incorporating the Cat-Cow pose while seated is recommended. Good posture is crucial to prevent sagging even after facial exercises.

Relaxation and Positivity Class

Promote relaxation and a positive mindset through Face Lift Yoga.

Menu :

Surprise Pose + Zen Forehead + Squint & Shine Pose + Glowing Cheek Lift Pose + Glowing Balloon Pose

Option :

Neck Rotation, Eye Lift Massage, Forehead Lift Massage, Ear Lift Massage

Keypoints

By engaging the muscles around the eyes and temples, you can achieve deep relaxation. Incorporating breathing techniques before the class is also recommended. It will help create a positive mindset.