



MODULE 04

Key Points of Face Lift Yoga

- 10 Key Point Before Starting Face Lift Yoga



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1. Follow the Pose Intently

- Execute each pose with determination and precision. Treat Face Lift Yoga as a physical workout, focusing on feeling your muscles engage without overexerting them.

2. Nose Breathing is Vital

- Remember to breathe through your nose during poses, unless instructed otherwise. Visualize slow, deep breaths to enhance oxygen flow and blood circulation.

3. Mirror Check for Precision

- Use a mirror initially to ensure you're performing each Face Lift Yoga pose correctly. Make sure you're engaging the right muscles without straining other areas.

4. Makeup and Skin Moisturization

- Face Lift Yoga can be practiced with makeup on, but be mindful of the poses you choose as some may harm the skin if it's not well-moisturized. Avoid Face Lift Yoga on sunburned skin.

5. Ensuring Symmetry is Key

- Aim for symmetry in each pose. If one side feels more challenging, spend extra time improving your technique on that side.

6. Mindful Muscle Engagement

- Be conscious of which muscles are involved in each pose. Engage the targeted muscles while relaxing others to avoid tension.

7. Regular Consistency

- Establish a consistent routine, whether daily or several times a week, for long-term benefits and muscle memory development in Face Lift Yoga.

8. Post-Exercise Care: Massage and Stretching

- After your facial muscle exercises in Face Lift Yoga, incorporate massage and stretching to relax the muscles and prevent stiffness.

9. Stay Hydrated

- Keep yourself well-hydrated during and after Face Lift Yoga sessions. Hydration is essential for maintaining skin elasticity and flushing out toxins.

10. Taking Before and After Photos

- Regularly capture before and after photos of your face to observe the changes and progress made through your Face Lift Yoga journey.