



MODULE 05

Pre-Practice Self-Check

- Pre-Practice Self-Check
- ***“Meeting Your Face – 10 Years Later and Earlier”*** Activity Masumi Face Lift Yoga



Pre-Practice Self-Check

The Importance of Self-Check in Face Lift Yoga Training

In our Face Lift Yoga Instructor Training Course, conducting a thorough self-check of your own face is a vital practice.

Just as you meticulously check your body in front of the mirror, giving equal attention to your facial self-check is crucial. Understanding and knowing your own face is the first step in this journey.

Self-checking allows you to:

- Gain deep awareness of your facial structure and muscle movements.
- Identify areas of tension or imbalance which can be addressed in your practice.
- Develop a personalized approach to Face Lift Yoga that caters to your unique facial needs.

By understanding your own face's nuances, you can better guide your students in their practice. It's essential for instructors to lead by example, demonstrating how self-awareness in Face Lift Yoga can lead to more effective and targeted exercises.

Embracing this practice will not only enhance your teaching skills but also deepen your own Face Lift Yoga experience.

What's Your Face Type?

Identifying Characteristics and Aging Patterns for Different Facial Shapes

1. Round Face:

- **Features:** Characterized by full cheeks and a rounded contour.
- **Aging Signs:** Tends to show overall sagging, particularly noticeable under the cheeks and around the jawline.

2. Square Face:

- **Features:** Defined by a strong jawline and a clear facial contour.
- **Aging Signs:** Wrinkles and sagging are more likely to appear around the jawline and the lower part of the face.



3. Rectangular/Oval Face:

- **Features:** A longer face shape, often with balanced proportions.
- **Aging Signs:** The length of the face becomes more pronounced, with wrinkles likely to form on the forehead and around the chin.

4. Heart-Shaped Face:

- **Features:** High cheekbones, tapering to a narrower chin, with a broader upper face.
- **Aging Signs:** Due to the high cheekbones and narrow chin, sagging under the eyes and around the cheeks becomes more noticeable.

Let's Do a Self-Check on Your Face!

Understanding your facial features can deepen your appreciation of your unique beauty. Pay attention to the following aspects:

1. Eyebrow Height:

- Check how your eyebrows contribute to your facial expressions. Higher eyebrows can give a more active look, while lower ones may appear more serene.

2. Eye Size and Shape:

- Eyes play a crucial role in facial expression. Larger, round eyes might give an open and friendly impression, whereas smaller, narrower eyes might seem more reserved.

3. Cheek Height and Fullness:

- The shape of your cheeks can indicate youthfulness or maturity. High, plump cheeks often convey youth, while flatter cheeks can suggest a more mature appearance.

4. Mouth Corner Position:

- The direction of your mouth corners can express your emotional state. Upturned corners indicate cheerfulness, while downturned might imply caution.

5. Face Line:

- Your facial contour can reflect your personality. A round face may imply softness, whereas an angular face might suggest strength.

6. Nasolabial Fold Position:

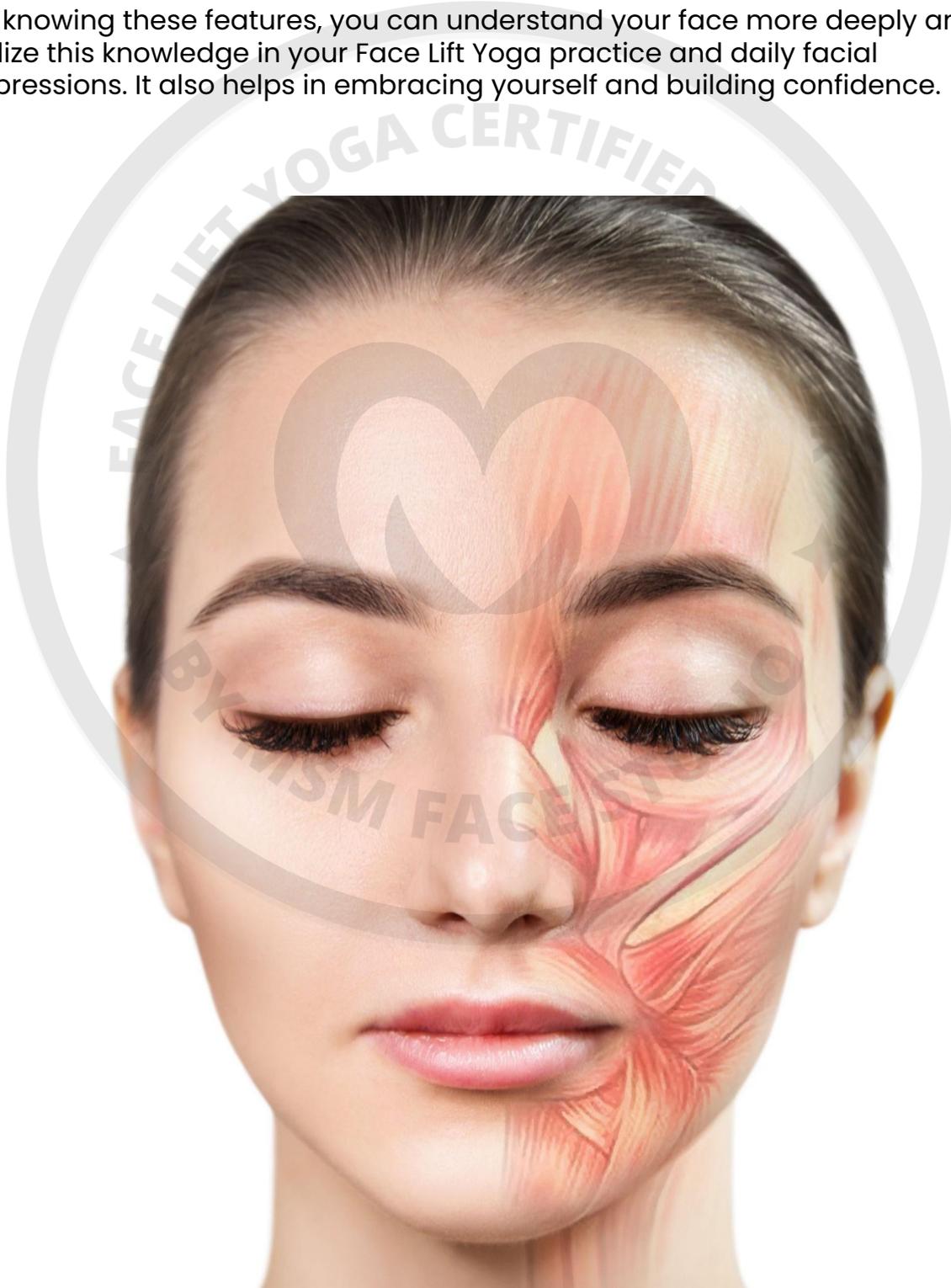
- Nasolabial folds, or smile lines, can tell the story of age and expression history. Shallow lines might indicate light-heartedness, while deeper lines can suggest a depth of experience.



7. Crow's Feet at the Eyes:

- Wrinkles at the eye corners can develop from smiling and expressive facial movements. They are signs of emotional richness and active facial expression.

By knowing these features, you can understand your face more deeply and utilize this knowledge in your Face Lift Yoga practice and daily facial expressions. It also helps in embracing yourself and building confidence.





“Meeting Your Face - 10 Years Later and Earlier” Activity

As we age, our muscles weaken, leading to sagging and wrinkles. Let’s visualize how our faces might change over time.

What You Need: A hand mirror.

1. Current Face Check:

- Relax your face and adopt a neutral expression.
- Hold the mirror in front of you and observe your entire face.
- Remember this relaxed, expressionless face. The key is to let go of any tension.

2. Your Face in 10 Years:

- Hold the mirror below your face.
- Look down into the mirror with a neutral expression.
- This reflects how your face may look in 10 years. Pay attention to the corners of your mouth, eyes, and nasolabial folds.
- If it looks different from now, it’s a sign of weakening muscles. You’ll need to focus on facial exercises.

3. Your Face 10 Years Ago:

- Lift the mirror above and look up into it.
- This position shows what your face looked like 10 years ago. Does it appear more refreshed?
- Notice any differences in sagging and lines. This is the face you’ll aim for with your facial exercises!

This activity helps you understand how facial muscles change over time and underscores the importance of caring for and exercising them.

Start your journey with Face Lift Yoga today and maintain a youthful, healthy appearance!

Let’s take photos of ourselves as we are now, as well as 10 years into the future and 10 years ago!

By also capturing photos before and after each lesson, you’ll make it easier to compare and see the changes. This will help you effectively track your progress.