

Class Outline

Face Yoga

Sun City West Yoga Club

Class Introduction

The purpose of this class is to:

- Strengthen the muscles in your face
- Warm-up yoga poses that release tension in key areas
- Increase strength in sagging facial muscles
- Enable a more youthful appearance

The aging of the skin shows up as wrinkles, lines, thinning, sagging, dullness of the complexion, and age spots. When you were younger your skin cells sluffed off about every 28 days. As you get older that slows down to 40 to 50 days. After age 70, it takes a couple of months to create new skin cells. The dead skin cell layers accumulate and leave the skin dull and rough.

The blend of yoga body postures and facial exercises improves your appearance and sense of wellbeing. Face Yoga focuses on your facial movements and expressions and teaches you to exercise your face muscles to create a firmer, more sculpted face line. It also encourages deep breathing. Conscious breathing helps to increase skin thickness by increasing blood flow to the skin. Your expression will change and any stress lines on your face will start to smooth out. The end result is younger, more radiant, and glowing skin.

Targeted Level

- | | |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced | <input type="checkbox"/> Other (describe): |

Student Prerequisites

- Cleanse, Tone, and Moisturize your face and have clean hands, too.
- Curiosity and willingness to make funny faces in the mirror (no one will be looking at you, everyone will be concentrating on their own funny faces).
- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.
- Equipment:
 - A yoga mat (not a Pilates mat).

Topics Covered in this Class

For the best results, remember that the body and the face are connected and work together. The warm-up poses consists of pelvic, shoulder, and neck exercises, which release tension from the areas where stress tends to be carried. The class will cover the six most common problem areas of the face: The forehead, the eye areas, the mouth and lip areas, the nasolabial folds, the neck and jawline areas. The cool-down will help relax facial muscles.

Classroom Methodology

Face yoga poses work best when your skin is clean and moisturized. Class members will move between standing and sitting, from warm-up through the facial exercises. The facial exercises and cool-down will be done in front of the mirrors in the studio.

Upon the completion of each class participants should begin to see changes in their facial appearance. Better results are achieved by attending class on a regular basis.