



BEAUTIFY IN SIX WEEKS

JOURNAL



Welcome!

I'M ANGELA

This is the opportunity to refine your face (and body) naturally. You are learning every Face Yoga Method pose that has been cultured in the wisdom of Ayurveda & Yoga. What you will see is lasting results that you are motivated to keep up with new habits that you will create over the next six weeks!

This program is designed to complete within 6 - 8 weeks so you can realize maximum benefits.

Find me on:

[WEBSITE](#)

[SOCIAL MEDIA](#)

INTRODUCTION

The Beautify Face Yoga Method provides a fresh perspective on how to establish face yoga as a skin care beauty habit.

WEEKS

01

Awakening Self-Care, Muscles, & Forehead Focus

02

Visualization, Passion, Solar Plexus, & Eye Focus

03

Energy, Marma Points, Chakras, Heart & Cheek Focus

04

Speech, Throat, Naso-Labial & Lip Focus

05

Intuition, Internal / External / Seasonal Cleansing & Mouth Focus

06

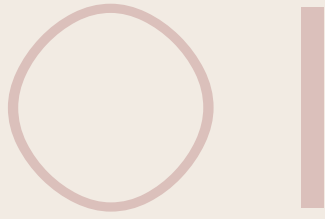
Crown Chakra, Anatomy Lesson, & Neck Focus

BONUS - 07

Chanting & Chakra Balancing, Habits, Focus, & Reconnect

The key to sustaining your energy for the next six weeks is to keep up and allow your energy and excitement to build. Come to the office hours for motivation and extra tips!

S
T
E
E
T
N
O
O
O



**"I AM NOT PRETTY. I AM
NOT BEAUTIFUL. I AM AS
RADIANT AS THE SUN."**

**- KATNISS EVERDENE, THE HUNGER
GAMES BY SUZANNE COLLINS**



With this six week program, you will have the guidance you need to establish a lifestyle shift of facial yoga and massage. Please follow these journal prompts to establish a baseline and begin to build a resilient mindset around making changes.



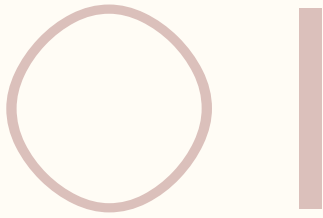
How do I feel in my home/car/work spaces?

What changes do I need to make to my home/car/work spaces to ensure I can best relax in these spaces?

Do I feel uplifted by the people I surround myself with?

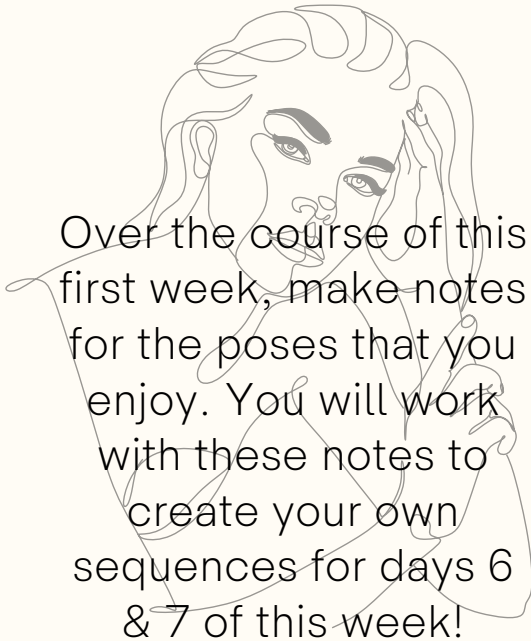
What changes do I need to make in my body's nourishment?

What do I want to feel like in the environments I hold for myself?



Sequence Notes

Face Focus: Forehead



Over the course of this first week, make notes for the poses that you enjoy. You will work with these notes to create your own sequences for days 6 & 7 of this week!

Pose 1

Pose 2

Pose 3

Notes:

Pose 5

Pose 6





02

"NOTHING MAKES A
WOMAN MORE BEAUTIFUL
THAN THE BELIEF THAT
SHE IS BEAUTIFUL."
- SOPHIA LOREN

This week, we focus on the eyes and visualization of energy and change. Please follow these journal prompts to establish a baseline and begin to build a resilient mindset around making changes.



How do I feel about the shifts and changes to beautifying my spaces?

What do I notice about these changes? Do I need to take / celebrate actionable results?

Do you notice new clarity in thoughts?

With clarity, what intentions do you want to set forth now?

Mantra: "I have clarity and vitality in my life."

Before taking action, continue clearing space and repeating this mantra to invite intentions into your space first.

02

Sequence Notes



Face Focus: Eyes

Make daily notes for the poses that you enjoy. You will work with these notes to create your own sequences for days 6 & 7 of this week!

Pose 1

Pose 2

Pose 3

Notes:

Pose 5

Pose 6



03



"DON'T TRY TO
COMPREHEND YOUR MIND...
USE YOUR INTUITION."
- MADELEINE L'ENGEL, A WRINKLE IN
TIME

As we explore the cheeks, energy, and marma points, you may find these to be new concepts. . Journaling your thoughts and ideas will help you synthesize these lessons and embody them in your practices.



What shifts do I need to make to bring clarity to my beautiful mindset?

What shifts and changes do I notice in how I am practicing self-care?

How will I clear space (home, calendar, with others) for a meditation practice?

How can I embody meditation when doing everyday activities?

Mantra: "I love my life."

Explore mindfulness meditations to begin or enliven your practice. Embodying meditation in daily activities with a mantra is a way to add meditation to your life forever.

03

Sequence Notes



Face Focus: Cheeks



Make daily notes for the poses that you enjoy. You will work with these notes to create your own sequences for days 6 & 7 of this week!

Pose 1

Pose 2

Pose 3

Notes:

Pose 5

Pose 6





"EVERYONE OF US HAS
THE SEED OF
MINDFULNESS. THE
PRACTICE IS TO
CULTIVATE IT."
- THICH NHAT HANH

This week, we focus on the lips and naso-labial area. The energy of the speech and throat rule the body. Please follow these journal prompts to explore the impacts the exercise is making in your day-to-day experience.



When I practice mindfulness meditation, I notice
this: _____

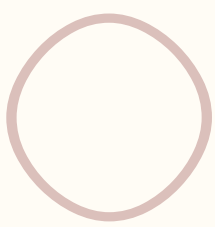
I am refining mindfulness meditations throughout my day in this way: _____

How do I feel when I verbalize mantras?

I will practice this week's mantra every day this week when I am: _____

Mantra: "I embody beauty."

Add more mantra meditations to your days and feel the benefits in balancing the throat chakra. This awareness is key this week, building up to our final weeks..



Sequence Notes



Face Focus: Lips & Naso-labial Area



Make daily notes for the poses that you enjoy. You will work with these notes to create your own sequences for days 6 & 7 of this week!

Notes:

Pose 1

Pose 2

Pose 3

Pose 5

Pose 6



05

"SUFFERING COMES FROM NOT UNDERSTANDING OUR FULL POTENTIAL OR FULL POWERS WITHIN OURSELVES TO HEAL, TO NURTURE, TO NOURISH."

- MAYA TAWARI



As we explore energy of of the intuition and mouth area, we focus on seasonal cleansing and you may discover new rituals that are inviting to you!



When I practice mantra meditation, I notice these feelings:_____ mindset?

I am exploring new habits to make them lasting for these reasons:_____

What do I need to prepare for cleansing my body?

I will explore nourishing recipes to clean up my diet and enliven my vitality in these ways:_____?

Mantra: "Shanti Anandam."

The meaning in Sanskrit: "to restore peace, harmony, inner joy, and contentment."

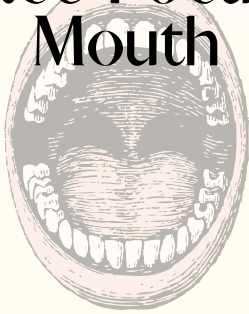
Continue with mantras that are meaningful to you. Add this one to inviting feelings and activities of rejuvenation

05

Sequence Notes



Face Focus: Mouth



Make daily notes for the poses that you enjoy. You will work with these notes to create your own sequences for days 6 & 7 of this week!

Pose 1

Pose 2

Pose 3

Pose 5

Pose 6

Notes:





"YOGA IS A MIRROR TO
LOOK AT OURSELVES
FROM WITHIN."
- B.K.S IYENGAR

As we explore energy of of the crown chakra, we focus on massage and tension relief in the neck. Connecting the dots on all that you have learned with a mini-anatomy lesson, things begin to click!



I notice when I vocalize a mantra I feel this way:_____

Beautifying my body from the inside creates new awareness of:_____

How do I feel when I verbalize mantras?

Il embrace a continuation in exercise that I employ with Beautify Face Yoga in these ways of celebrating my ongoing results:_____

Mantra: "Om Shanti."

The meaning in Sanskrit: "to call forth peace", often used as a greeting or farewell..

Continue with mantras that are meaningful to you. Add this one to inviting feelings of generosity and calm.

06

Sequence Notes



Face Focus: Neck



Make daily notes for the poses that you enjoy. You will work with these notes to create your own sequences for days 6 & 7 of this week!

Pose 1

Pose 2

Pose 3

Pose 5

Pose 6

Notes:



BONUS 07

"SINCE LOVE GROWS WITHIN
YOU, SO BEAUTY GROWS. FOR
LOVE IS THE BEAUTY OF THE
SOUL."

- SAINT AUGUSTINE



Solidifying this lifestyle shift, we move into empowerment and refining your unique face. Make sure you book an exit call with me so we can wrap up your experience and touch base on any questions or refinements that you may have.



What will you do to preserve the habits you have begun to create around face yoga?

How will you continue to practice face yoga daily?

How can you sustain the different kinds of nourishment in your life everyday?

Being part of the community now and in the future can help to retain the goals and sequences. Please connect with myself and other Beautify Face Yoga on my social media channels.

Mantra: "Om Hreem"

The meaning in Sanskrit: Universal connection with the divine goddess of energy.

Continue with mantras that are meaningful to you. Add this one to empower your inner goddess as you move forward in cultivating beautifying habits that are lasting.

GENTLE REMINDERS

NOURISH & BEAUTIFY

01

Journaling

Cultivating a mindset that is a positive reflection of your life begins with learning more about yourself with journaling. Begin with this journal and carve out special time during the day to attend to building a positive mindset.



02

Pack your lunch

Nourishing your body with home prepared foods offers wholesome energy that you will benefit from in your belly and your wallet. Be wise and protect your energy.



03

Beautify with sleep.

Go to bed earlier and wake up earlier. Protect your sleeping schedule and begin new rituals like gentle yoga, journaling, or a supine face yoga routine when you lie down to sleep.



04

Intentional Movement

Everyday make time to move. Morning or afternoon, establish a practice to move and feel enlivened with bicycling, yoga, hiking, walking, pilates -- get creative. Take up a new exercise routine or work 1:1 with a fitness trainer.



05

Drink more water

Hydration is key to looking and feeling your best. On a cellular level, bouncy hydrated cells are not depleted and draining water from your body's organs.



06

Daily meditation

Bring a daily meditation practice to your life. This offers clarity in the mind and body and fosters self-awareness, a leadership foundation.



07

Financial health

Reduce your financial stress and begin to hone in on what is important to YOU. Things like self-care, retreats, and the future for you -- are these at the top?





CONCLUSION

Using this online course as a launching pad for a new you can be one way that you enter the next phase of your life with robust confidence.

Opening yourself up to a dedicated practice like this allows you the space to cultivate new habits and to ensure that they last with embodiment practices like: creating your own sequences (so you remember the poses).

Each step of this course has been intentional and focusing on following every lesson is good form for a great outcome.

You have invested in yourself! Allocate time to create a big finish with a new look and a new energy emanating from your face and body!





OTHER NOTES

Note :





I AM SO GLAD YOU ARE HERE!

You are part of my tribe and why I do this work. Join me for office hours at 11AM, PST on Fridays and book your consultation, too!

Keep up with me on Instagram
@beautifyfaceyoga & at my website below.

www.beautifyfaceyoga.com