
UPLIFTING SMILE WORKSHOP



This is a guide for you to use when you are beginning these poses. Please reference the workshop video to better understand the details and potency of each pose.

*Unless noted, do 3 sets of repetitions
2 times daily for best results!*



PRACTICE POSE



Warm up:

Shoulder Rotations

Tapping

Ear Pulls (*top, middle, lobe*) 4X

Routine:

(all are held for a count of 5, unless noted)

Forehead Tension Relief & Stretch

Nose and Forehead Massage

Warming Eyes

Tear Duct Press (*hands on forehead*)

Outer Lower Lid Press (*hands on forehead*)

Naso-Labial Massage (*count of 10*)

Smile Relaxer

Yummy Face (*tongue pose*)

Crocodile Lift (*count of 10*)



MAKE IT ALL WORK WITH



Self love is the key to bringing this practice into your every day experience.

Take care in perfecting the poses with

- rolling the shoulders up back and down
- breathing in and out through the nose
- opening your heart





Facials, skin care, and taking good care of our skin is a daily lifestyle habit that can foster radiance in our smiles.

Choosing skin care that you can employ in the morning and evening is important to maintaining skin health! You can learn more about this with holistic masks in the Beautify in Six Weeks and the 16-Week Wellness Reset! Let me know if you would like more information. DM me on Instagram @beautifyfaceyoga.

On the right, find the three absolute critical parts of lifestyle that complement a great skin care routine. These offer balance to the body when we give ourselves the nourishing foods, hydration, healthy oils, rest, exercise, and mindset restoration **every day**.

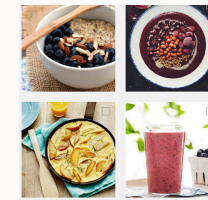
CULTIVATE LIFESTYLE PRACTICES

Support and enhance your Uplifting Smile Face Yoga Method Practice with lifestyle practices that will enhance your results! Try these ideas below to bring holistic health and beauty practices into your daily experience. Look for more inspiration at <https://beautifyfaceyoga.com/>



NOURISH:

With nourishing foods, healthy oils, and **water**, you will bring balance to your appearance with nourished blood flow to the skin. This is an elemental part to skin health and helps you radiate a glow that uplifts your face from the inside & out!



Ask me about how to get access to a myriad of recipes to nurture skin health



Fresh foods nourish blood with vital energy.

REST:

Getting enough sleep is critical to restoring the body's system. The skin, eyes, hair, and nails are the last part of the body to benefit from complete rest. When the internal organs are nourished, hydrated, and rested, we find the skin glows!



Choose a great pillow and the right ambiance to rest well!



Sleep on your back and benefit from fewer wrinkles.

EXERCISE & MINDSET:

Cardiovascular exercise is key to uplifting the skin with potent blood flow. This is critical for long-term skin health. Beginning walking, running, working out in a gym can be beneficial. Relaxation exercise like yoga, pilates, and meditation can be supportive to cardiovascular health!



Relaxation benefits the mindset.



Running, climbing stairs, aerobic exercise helps the skin