

# BEAUTIFY

## journal prompts

DATE:     /     /



### WHAT ARE YOU GRATEFUL FOR?

1. ....
2. ....
3. ....

### EYE POSES THAT RESONATE WITH ME ARE:

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### WATER INTAKE



### MODULE 4: THOUGHTS FROM LESSONS ABOUT THE EYES AND DRISTHI

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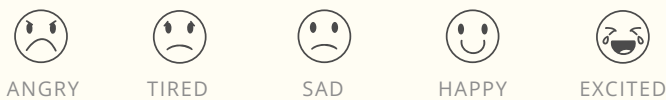
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### MOOD



### FACE MAPPING TAKEAWAYS I WANT TO TEACH MY STUDENTS:

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DATE:     /     /



### WHAT ARE YOU GRATEFUL FOR?

1. ....
2. ....
3. ....

### CHEEK POSES THAT RESONATE WITH ME ARE:

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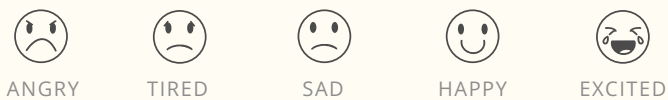
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### WATER INTAKE



### MOOD



### PRANAYAMA TAKEAWAYS I WANT TO TEACH MY STUDENTS:

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### MODULE 5: WHEN I TOUCH MY CHEEKS, I NOTICE:

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DATE:     /     /

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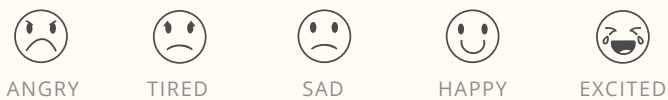
### WHAT ARE YOU GRATEFUL FOR?

1. ....
2. ....
3. ....

### WATER INTAKE



### MOOD



### WAYS THAT I WANT TO USE FACE YOGA IN MY CLASSES ARE:

### THE TONGUE IS LIKE THE ABDOMINALS FOR THE FACE. ONE WAY I WILL TEACH MY STUDENTS THIS IS:

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### MODULE 6: THE MOUTH POSES THAT RESONATE WITH ME AND I WILL ADAPT TO MY CLASSES ARE:

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### WHAT ARE YOU GRATEFUL FOR?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**THE LIPS ARE EXPRESSIVE. I WILL ENCOURAGE MY STUDENTS TO SMILE DURING THESE TIMES IN CLASS:**

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### WATER INTAKE



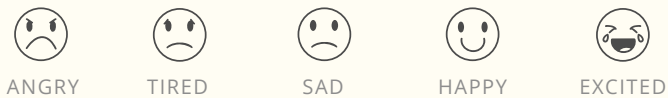
**MODULE 7: LIPS ARE THE HIGHLIGHT OF THE FACE AND REVEAL THE TEETH, WHICH CAN LIGHT UP AN ENTIRE ROOM. MY BIG TAKEAWAYS FROM THIS MODULE ARE:**

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### MOOD



### FACE YOGA DAILY IMPACTS MY PERSONAL PRACTICE IN THESE WAYS:

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### WHAT ARE YOU GRATEFUL FOR?

1. ....
2. ....
3. ....

**THE JAW AND NECK ARE EXPRESSIVE WITHIN TENSION AND POSTURE. I NOTICE THAT I HOLD TENSION HERE IN THESE WAYS/MUSCLES:**

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### WATER INTAKE



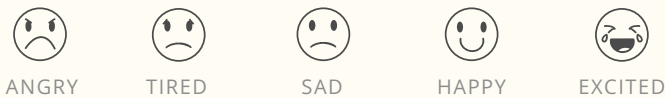
**MODULE 8: THE JAW AND NECK DESERVE ATTENTION, ESPECIALLY AND I WILL HIGHLIGHT THESE AREAS IN CLASS IN THESE WAYS**

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### MOOD



### JAW AND NECK AREA TAKEAWAYS THAT I WANT TO STUDY MORE LATER:

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### WHAT ARE YOU GRATEFUL FOR?

1. ....
2. ....
3. ....

THE NECK AND DÉCOLLETÉ ARE ESHARE NON-VERBAL COMMUNICATION THAT OTHERS SEE. HOW DO YOU VIEW THESE AEAS?

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### WATER INTAKE



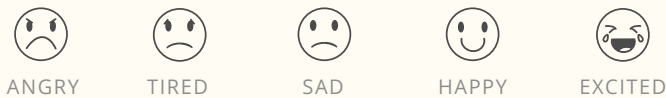
MODULE 9: ADJUSTMENTS THAT I WANT TO BE AWARE OF FOR FUTURE CLIENTS INCLUDE THESE: (THINK ABOUT FACE SHAPES, PAST SURGERIES, ETC.)

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### MOOD



### NECK AND DÉCOLLETÉ AKEAWAYS THAT I WANT TO STUDY MORE LATER:

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### WHAT ARE YOU GRATEFUL FOR?

1. ....
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3. ....

### I AM FEELING EMPOWERED TO TEACH FACE YOGA BECAUSE:

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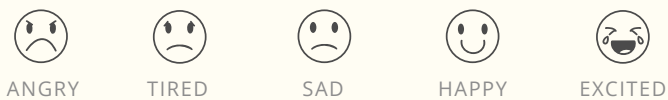
### WATER INTAKE



### MODULE 10: I AM PLANNING/REFLECTING ON MY SEVA PROJECT AND WHAT I LEARNED THAT I WILL APPLY IN FUTURE CLASSES:

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### MOOD



### THINGS I WANT TO EXPLORE FURTHER IN MY FACE YOGA TEACHING PRACTICE ARE:

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