

# FACE YOGA

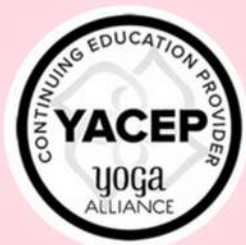
Online Teacher Training Course



*Since 2010*

## Om Yoga International

Certified by Yoga Alliance (YACEP).







# A TRANSFORMATIVE JOURNEY TO NATURAL REJUVENATION

Discover a transformative journey that combines the ancient practice of yoga with targeted facial exercises to enhance well-being and rejuvenate the skin. This Teacher Training Course offers a comprehensive curriculum covering the fundamentals of face yoga, including techniques to reduce tension, improve circulation, and promote natural relaxation. Participants will gain a deep understanding of facial anatomy, learn to create personalized routines, and explore the holistic benefits that face yoga brings to both body and mind.

## Why Choose Face Yoga?

Face Yoga is a natural, non-invasive practice that empowers you to look and feel your best. The benefits include:

- ✓ Natural Anti-Aging: Helps to reduce the appearance of fine lines, wrinkles, and sagging skin.
- ✓ Toning & Sculpting: Lifts and defines facial features like the jawline, cheekbones, and brows.
- ✓ Improved Skin Health: Boosts blood circulation, which enhances the skin's natural glow and elasticity.
- ✓ Holistic & Non-Invasive: A powerful, natural alternative to cosmetic procedures or chemical treatments.
- ✓ Stress Reduction: Relieves tension held in the face, reducing stress-related expression lines and headaches.



## Who is This Course For?

This course is perfect for:

- ✓ Yoga instructors looking to expand their expertise and offer new workshops.
- ✓ Wellness, beauty, and holistic health professionals.
- ✓ Individuals passionate about self-care and eager to embrace a new path of natural wellness.
- ✓ Anyone who wants to become qualified to instruct Face Yoga, both online and in person.





# What You Will Learn: A Comprehensive Curriculum

Our 28-hour certification course is divided into 8 modules, providing a complete education from foundational theory to practical business application.

## Module 1: Foundations of Face Yoga

- ✓ Introduction to Face Yoga and its core benefits.  
Understanding the science of how Face Yoga works.
- ✓ The critical role of posture alignment for facial health.
- ✓ Key principles, rules, and "Do's & Don'ts" for a safe practice.



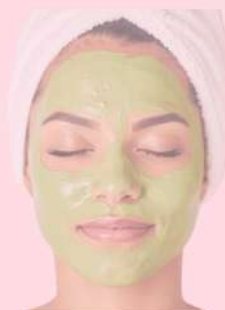
## Module 2: Anatomy of the Face & Skin

- ✓ Detailed breakdown of facial muscles, facial nerves, and skin anatomy.
- ✓ Understanding the signs and process of skin aging.
- ✓ Recognizing tension areas and common problems related to the face.



## Module 3: Core Face Yoga Exercises

- ✓ Targeted 70+ exercises for every part of the face:
- ✓ Forehead & Eyes
- ✓ Mouth & Cheeks
- ✓ Nose, Nasolabial Folds & Lips
- ✓ Neck, Jawline & Double Chin
- ✓ Techniques for asymmetrical faces, acne, scars, and pigmentation.
- ✓ Face massage techniques and key acupressure points.



## Module 4: Breathing & Meditation

- ✓ Integrating pranayama (breathing techniques) like Bhastrika, Ujjai, and Anulom Viloma to enhance results.
- ✓ Guided relaxation practices, including Yog Nidra and Trataka.
- ✓ Tapping therapy for relaxation and cooling down.



## Module 5: Detoxification & Facial Tools

- ✓ Yogic cleansing techniques (Kriyas) for detoxification.
- ✓ Guidance on using popular face tools like the Jade Roller, Gua-sha, and Face Cupping etc.



## Module 6 & 7: Holistic Skin Care & Ayurveda

- ✓ Understanding your skin type according to Ayurveda (Tridoshas). Marma points therapy for facial rejuvenation.
- ✓ Crafting morning & night routines, homemade face masks, and nutrition for skin health.
- ✓ The role of carrier oils and essential oils.



## Module 8: Teaching Methodology & Business

- ✓ How to create and structure a Face Yoga lesson plan.
- ✓ Effective teaching methods for online and in-person classes.
- ✓ Marketing, attracting clients, and legal considerations for starting your Face Yoga business.



## Meet Your Expert Instructors



**Mrs. Ruchika Sharan**  
Co.Founder,OYI & Lead  
Trainer



**Mr. Radhika Sharan**  
Founder, OYI  
(Pranayama & Meditation)



**Dr. Anu Antony**  
Nutrition, Marma Therapy,  
Oils & Face Packs





## Course Details & Schedule

- ✓ **Duration: 30 Days (28 Hours Total)**
- ✓ **22 Hours of Live Online Zoom Sessions**
- ✓ **06 Hours of Self-Paced Learning**
- ✓ **Schedule: Monday to Friday**
- ✓ **Timings: 06:00 PM – 07:00 PM (IST – Indian Standard Time)**
- ✓ **Language: English & Hindi**
- ✓ **Prerequisites: None! This course is open to all levels.**

## Course Dates & Fees (2026)

**We offer several batches throughout the year. The first batch of 2026 features a special 30% Early Bird Discount.**

Start Date	End Date	Fee (USD)	Fee (INR)
02nd Jan 2026	31st Jan 2026	\$175/ 115	INR 15,000/10,000
01st Mar 2026	30th Mar 2026	\$175	INR 15,000
01st May 2026	30th May 2026	\$175	INR 15,000
01st Aug 2026	30th Aug 2026	\$175	INR 15,000
01st Oct 2026	30th Oct 2026	\$175	INR 15,000
01st Dec 2026	30th Dec 2026	\$175	INR 15,000

# Your Certification

Upon successful completion of the course, you will receive a certificate from Om Yoga International, qualifying you as a Face Yoga Instructor. This certificate is accredited by YACEP (Yoga Alliance Continuing Education Provider), allowing registered yoga teachers to log continuing education hours.



## Contact & Registration

Ready to begin your journey? Contact us to enroll.

**Om Yoga International, Rishikesh, Uttarakhand, India**

+917060004959, +917060004944

info@omyogainternational.com

[www.omyogainternational.com](http://www.omyogainternational.com)



QR Code for Course Details



QR Code for Registration