

YACEP TEACHER TRAINING · 2026

FACE YOGA TTC.

Online Teacher Training Course. A 30-day online certification in anatomy-backed natural rejuvenation. 70+ targeted exercises across 8 modules. Live from Rishikesh.



30-DAY TRANSFORMATION

What you'll teach.

- ✓ Reduces fine lines and wrinkles
- ✓ Defines facial contours
- ✓ Releases jaw and neck tension
- ✓ 100% natural & non-invasive

RYS REG. NO. 240279 · YACEP CONTINUING EDUCATION · YOGA ALLIANCE

30 d

INTENSIVE
PROGRAMME

8 mod

FULL CURRICULUM

70+

TARGETED
EXERCISES

YACEP

CERTIFIED

A TRANSFORMATIVE JOURNEY TO NATURAL REJUVENATION

LIFT, TONE, REJUVENATE.

This immersive Face Yoga Teacher Training blends anatomy-backed techniques, mindful breathwork, and over 70 targeted exercises to lift, tone, and revitalize the face naturally.

You will build a solid foundation to guide clients safely, create effective programs, and confidently teach classes and 1:1 sessions.

Delivered through live interactive Zoom sessions combined with guided self-practice. Recordings available for lifetime access.

**30d**

PROGRAMME

8

MODULES

70+

EXERCISES

YACEP

YOGA ALLIANCE

WHY CHOOSE FACE YOGA?

THE HOLISTIC BENEFITS.

Discover the holistic benefits of natural facial rejuvenation. Four core outcomes you'll build into your teaching practice.

01

Natural Anti-Aging

Natural, non-invasive lifting and toning designed to reduce fine lines and wrinkles without chemicals.

02

Toning & Sculpting

Improves circulation, glow, and lymphatic flow while defining facial contours and structure.

03

Improved Skin Health

Releases jaw, neck, and facial tension that causes stress lines, promoting clearer, healthier skin.

04

Holistic & Non-Invasive

Builds daily self-care habits that last a lifetime, connecting inner wellness with outer beauty.

WHO IS THIS COURSE FOR?

DESIGNED FOR **FOUR** KINDS OF PRACTITIONER.

Ideal for professionals and enthusiasts looking to expand their expertise.

i

Yoga Teachers

Instructors seeking Yoga Alliance CE hours (YACEP) and looking to add specialized workshops to their teaching portfolio.

ii

Beauty Professionals

Skincare specialists and estheticians looking to integrate natural muscle toning techniques into their treatment menus.

iii

Wellness Practitioners

Holistic health experts, massage therapists, and Ayurveda practitioners wanting to offer comprehensive facial rejuvenation.

iv

Motivated Beginners

Anyone passionate about natural beauty, self-care, and learning science-backed methods for facial health and aging gracefully.

WHAT YOU WILL LEARN · CURRICULUM OVERVIEW

EIGHT MODULES, ONE CONFIDENT INSTRUCTOR.

A comprehensive 8-module program designed to take you from learner to confident instructor through theory, practice, and teaching methodology.

01

Facial Anatomy

Muscles of expression, skin structure, fascia, and the science of aging.

02

Foundations

Alignment, safety principles, warm-ups, and breathwork for face yoga.

03

Core Exercises

70+ targeted exercises for forehead, eyes, cheeks, mouth, jaw, and neck.

04

**Lymphatic
Drainage**

Self-massage techniques to reduce puffiness, detoxify, and sculpt.

05

Posture & Habits

Correcting tech-neck, jaw tension, and lifestyle habits affecting the face.

06

**Teaching
Methods**

Sequencing classes, cueing effectively, and managing group dynamics.

07

Assessment

Client intake, analyzing facial patterns, and creating custom programs.

08

Business

Marketing yourself, pricing services, and building your face yoga career.

MODULES 1 & 2 · FOUNDATION

BUILDING A STRONG FOUNDATION.

MODULE 01

Facial Anatomy & The Science of Aging

- **Key Muscles of Expression:** Understanding the mechanics of smiling, frowning, and chewing.
- **Skin, Fascia & Nerves:** The biological layers involved in facial structure and health.
- **Posture & Habits:** How daily body alignment and repetitive habits shape the face over time.

MODULE 02

Foundations of Face Yoga & Breathwork

- **Safety & Alignment:** Principles of safe practice to prevent wrinkles and strain.
- **Core Breath Techniques:** Using breath to enhance muscle tone and relaxation response.
- **Warm-ups & Progressions:** Essential preparation routines and how to advance beginners safely.

MODULE 3 · CORE FACE YOGA EXERCISES

70+ TARGETED EXERCISES.

The heart of your training. A complete library of techniques from beginner foundations to advanced facial sculpting.

Target Areas

FOREHEAD

EYES & BROWS

CHEEKS

LIPS & MOUTH

JAWLINE

NECK & POSTURE

Methodology & Technique

- **Progressive Routines:** Clear path from basic activation to deep toning.
- **Breath Integration:** Specific breath cues for each movement.
- **Safety First:** Reps, holds, and avoiding common mistakes.
- **Alignment:** Ensuring proper posture for maximum efficacy.

CUSTOM PLANS FOR CLIENT GOALS

Build sequences for every outcome.

LIFT & FIRM

DEFINE & SCULPT

DE-PUFF & DRAIN

RELAX & RELEASE

MODULES 4 & 5 · HOLISTIC CARE & LIFESTYLE

HOLISTIC CARE.

MODULE 04

Lymphatic Drainage & Self-Massage

- **Sculpting Techniques:** Manual methods to de-puff, lift, and define facial contours.
- **Tools & Usage:** Introduction to Gua Sha, facial cups, and safe application practices.
- **Contraindications:** Identifying skin conditions and health issues where massage is unsafe.

MODULE 05

Posture, Habits & Lifestyle

- **Tech-Neck Solutions:** Correcting forward head posture and releasing jaw tension.
- **Daily Rituals:** Habit stacking strategies to build consistent self-care routines.
- **Nutrition Basics:** Understanding hydration and dietary impacts on skin vitality.

MODULES 6, 7 & 8 · PROFESSIONAL PRACTICE & TEACHING SKILLS

THE PROFESSIONAL PRACTICE.

MODULE 06

Teaching Methodology & Sequencing

- **Class Design:**
Creating balanced flows from warm-up to cool-down.
- **Effective Cueing:**
Verbal guidance for proper technique and engagement.
- **Group vs. 1:1:**
Adapting sessions for individual clients versus class settings.

MODULE 07

Assessment, Safety & Ethics

- **Intake Forms:**
Professional documentation and client history gathering.
- **Red Flags:**
Recognizing contraindications and knowing when to refer out.
- **Scope of Practice:**
Ethical boundaries and professional standards.

MODULE 08

Business & Practicum

- **Branding & Pricing:**
Establishing your professional identity and service rates.
- **Social Media:**
Marketing strategies to attract your ideal students.
- **Practice Teaching:** Live teaching sessions with constructive peer feedback.

COURSE DETAILS & LOGISTICS

EVERYTHING YOU NEED TO KNOW.

Everything about your learning journey.

01

Format

Live interactive Zoom sessions combined with guided self-practice. Recordings available for lifetime access.

02

Duration

Intensive 30-day program. Daily dedication required for transformation and mastery of techniques.

03

Includes

Comprehensive manual (PDF), 70+ exercise video library, practice logs, and sequence templates.

04

Support

Direct Q&A with lead trainers, personalized feedback on assignments, and peer community group.

05

Assessment

Practical teaching demonstration (video submission) and a short theory quiz to ensure competency.

06

Certification

YACEP Continuing Education credits eligible with Yoga Alliance. Internationally recognized credential.

COURSE DATES & FEES · 2026

PLAN YOUR JOURNEY.

Three upcoming batches. August 2026 features a special 30% Early Bird discount for a limited time.

BATCH & DATES	FEE (USD)	FEE (INR)
EARLY BIRD August Batch 01 August 2026 – 30 August 2026	\$175 \$115	₹15,000 ₹10,000
October Batch 01 October 2026 – 30 October 2026	\$175	₹15,000
December Batch 01 December 2026 – 30 December 2026	\$175	₹15,000

Daily Timings: 05:00 – 06:00 PM IST. Live interactive Zoom sessions with lifetime recording access.

Note: The next batch (August 2026) features a special 30% Early Bird Discount for a limited time. Seats are limited; reserve early to secure your place.

MEET YOUR EXPERT INSTRUCTORS

TRAINED BY EXPERTS.

Learn from experienced professionals dedicated to holistic wellness, all based in Rishikesh, the world capital of yoga.



Mrs. Ruchika Sharan

CO-FOUNDER & LEAD TRAINER

A dedicated Face Yoga Specialist with over 10 years of teaching experience. Brings an anatomy-focused approach to natural rejuvenation.

E-RYT 500 · YACEP



Mr. Radhika Sharan

FOUNDER · OYI

Renowned Yoga & Breathwork Educator specializing in pranayama and meditation. Expert in thoughtful sequencing and supportive student progressions.

PRANAYAMA & MEDITATION



Dr. Anu Antony

AYURVEDA DOCTOR

Ayurvedic Doctor and Skincare Therapist specializing in Marma Therapy, facial oils, and face packs. Integrating ancient wisdom with modern care.

NUTRITION & AYURVEDA

YOUR CERTIFICATION

A GLOBALLY RECOGNIZED CREDENTIAL.

Upon successful completion, you'll receive a professional certificate accredited by Yoga Alliance. This credential verifies your expertise to teach Face Yoga safely and effectively worldwide.



Yoga Alliance Eligible

Counts towards your YACEP Continuing Education hours requirement.

Established Standards

Verified training excellence and methodology since 2010.

Teaching Resources

Ready-to-use class plans and client intake forms included.

START YOUR JOURNEY

BEGIN YOUR PRACTICE.

Start your journey with Om Yoga International today. Reserve your seat for the next 30-day intensive.

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CALL / WHATSAPP

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VISIT WEBSITE

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