

## **How To Obtain A Youthful New Look!**

**Here's my suggestion on how you might go about utilizing the Happy Face Yoga facial toning program to create your own daily routine of 8-10 exercises. Each face is different, so each person's own daily routine depends on your own personal facial needs. It's not necessarily important to learn all 18 exercises, but the more you do on a daily basis, the better the results! In a matter of time, you should be able to perform the exercises from memory and start to see and feel some great results. Remember to practice each day! Once learned, 15-20 minutes each day is all that is needed. Daily repetition of your own personal exercise routine is so important, especially for the first 6-12 weeks (remember- each face is different!). Then do just a few times each week after that to keep your facial muscles toned. For those of you that would like to do more than 18 exercises per day, 16 bonus exercises are available in the written worksheets.**

**Week 1 – Start the program by first watching the 3 short introduction videos in the “Start Here!” section. Be sure to check out the “Additional Resources” for some other great information! Then start watching the 18 exercises. Try to learn the first 6 or 7 exercises on the DVD. Practice each exercise, the complete sequence of each exercise, every day. Try to memorize each exercise, so that by the end of the week, you'll be able to perform each exercise without the assistance of the DVD. You'll facial muscles will be on their way to strengthening and toning, and on the path towards youthful vitality!**

**Week 2 – Learn another 5 or 6 exercises. If you practiced #1 - 6 in the first week, now learn #7 – 12 in week Two. Practice these exercises daily, incorporating some of the exercises of your choice from week 1 into your new daily routine. Remember to practice daily, using the DVD less and less!**

**Week 3 – Learn the last 6 or 7 exercises. Try to incorporate these with several of your favorites from the first 12 exercises. Whichever exercises you chose, I always try to start my routine with The Lion & The Happy Face Lifter. Make these 2 exercises part of your regular daily routine! You should have now learned all the exercises and be able to do many of the exercises from memory!**

**Week 4 – Start your daily routine. Your own personal daily routine will be your choices of exercises that you will do each day. You need not do all 18 exercises every day! Do The Lion, The Happy Face Lifter, and as many of the exercises as you see fit; 8-10 exercises should work just great, but the more you do, the better the results. You should start seeing a youthful new you very soon!  
Just Remember.....practice, practice, practice!**