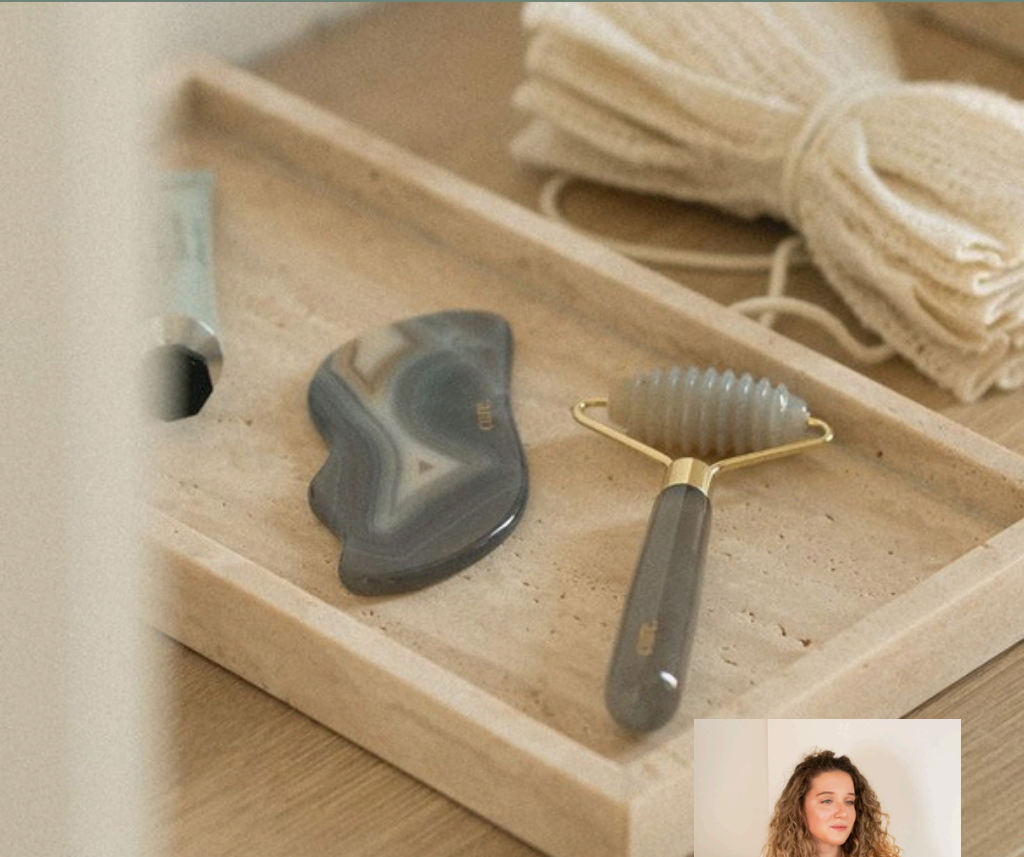


FACE YOGA RITUAL

# For your morning routine



Anastasiia Kravchynska  
@anayoga.ca  
[www.yogawithanastasiia.com](http://www.yogawithanastasiia.com)



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## INTRODUCTION

# Hello, I'm your coach Anastasiia Kravchynska

Ana is an E-RYT 500 Yoga teacher and Yoga Therapist C-IAYT, an educator of sacred wellness with a holistic approach. She began her yoga journey at 16, and her passion lies in natural methods to protect inner beauty and the immune system, focusing on the integration of skincare with face yoga exercises, breathwork, stretching, and lymphatic drainage. Through years of experience, Ana has discovered that embracing a wellness lifestyle can significantly enhance mental and emotional well-being, which directly reflects on the outer body. She is excited to share her expertise with others seeking the same.



“I truly believe that beauty begins from the inside and can be a catalyst for positive change. I’m eager to help others find the peace and contentment that comes from a simple yet effective routine.”

*- Anastasiia Kravchynska*

CHAPTER I

# The Philosophy Behind Face Yoga

## What is Face Yoga?

As we all know, the face isn't isolated but is connected to the neck, shoulders, and even the ribcage and diaphragm. These areas are all related, reflecting and mirroring each other.

True, lasting beauty comes from within, by working on our inner health and strengthening the immune system. This is where Face Yoga comes in! Through practice, we can soften tissues, awaken the diaphragm, and boost the lymphatic system.

## How is our breath related to the condition of our skin?

Our breath is directly linked to our overall well-being. Think about when you're stressed or anxious—how do you breathe? It's often shallow and fast, increasing your heart rate. This type of breath is a survival response, directing blood to your limbs so you can either fight or flee from danger. Now, consider the difference when your breath is deep and slow...

Even try it now: place one hand on your heart and another on your belly and take a deep breath.

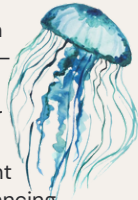
Focus on the sensation: which hand rises easier – upper or lower? Don't try to change it, just observe.

Ideally, when we breathe, we should involve every part of the ribcage, breathing deeply into the lungs and expanding forward, to the sides, and into the back. This is what we call a 3D breath.

During this process, the diaphragm moves up and down like a jellyfish—expanding with the inhale and contracting with the exhale. Proper movement of the diaphragm reflects in your face with consistent practice, improving digestion, enhancing lymphatic flow, and reducing stress and anxiety levels.

I'm a firm believer in a holistic approach. Everything that manifests in our physical bodies is often a symptom of a deeper spiritual or emotional issue that needs attention.

The experience is hard to put into words—you have to feel it to truly understand. After just a few minutes of guided breathing, it's as if time stops, and I find myself floating outside my mind but fully inside my body.



## CHAPTER II

# The Importance of Lymphatic Drainage

The first thing to understand is the importance of the lymphatic drainage system. Your lymphatic system is a crucial part of your immune system. It helps keep fluids in your body balanced and protects you against infections.

The lymphatic vessels, collecting ducts, tissues, and organs drain excess lymph fluid that leaks into your tissues from tiny blood vessels (capillaries). If your lymphatic system doesn't function properly or becomes blocked, extra fluid can build up in your tissues. Remember when you drank too much water the night before and woke up with a puffy face? That's fluid retention, and lymphatic drainage can help activate the movement of lymph to reduce it.

## The benefits of the lymphatic drainage

There are plenty of benefits, but I'll name a few:

1. Boosting the immune system
2. Detoxification
3. Giving the skin a healthy glow and firmness
4. Reducing swelling
5. Easing tension in the body



## CHAPTER III

# Connective tissue: Fascia

**What is fascia?**

Fascia is a thin layer that wraps around every muscle, organ, blood vessel, bone, and nerve fiber. It contains nerves and is as sensitive as skin. When we are stressed, dehydrated, or spend too much time in the same position (like working on a laptop, for example), it tightens and can cause discomfort throughout the body. What we often refer to as "muscle pain" may actually be fascia-related tension.

**How to treat fascia?**

There are plenty of techniques, such as self-myofascial massage, yoga therapy, acupuncture, and more. I'll share a few of my favorites with you in a video.

**How does it impact our face?**

As I said previously, our face is not isolated from the rest of our body. And to get a desirable result we need to consider many different factors. Fascia facilitates the movement of lymph fluid by responding to body movement. When fascia is healthy and flexible, it assists in the drainage of lymph, helping remove toxins, waste, and excess fluid from tissues. Restricted fascia can slow down this process, leading to fluid buildup, swelling, or poor detoxification.

## CHAPTER IV

# References

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[The Deep Fascia of the Head and Neck Revisited: Relationship with the Facial Nerve and Implications for Rhytidectomy](#)

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[The Potential of Exercise on Lifestyle and Skin Function: Narrative Review](#)

[Association of Facial Exercise With the Appearance of Aging](#)

## CONCLUSION

# This is the beginning of something good.

BAside from these slides, I'll share with you a video of my 10-minute morning routine, which helps me energize, awaken my body, and ground my nervous system for the whole day. Honestly speaking, this is the easiest way to wake up and feel good before your morning shot of espresso. You can find the link to the video here:

## [Face Yoga: Morning Ritual](#)

If you have any questions, feel free to contact me through any of the following methods:

Email: [anastasiikravchynska@gmail.com](mailto:anastasiikravchynska@gmail.com)

Phone: 604-818-4721

Instagram: [@anayoga.ca](#)

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



Yoga & Wellness

*by Anastasia Kravchynska*