

IYT® INTERNATIONAL FACE YOGA TEACHER

by IYO® International Yoga Organisation

IYO®

INTERNATIONAL
YOGA
ORGANISATION



INDEX

90-HOUR TEACHING PROGRAMME



By IYO® International Yoga Organisation



SYLLABUS

1

30 HOURS

FOUNDATIONS OF FACE YOGA

30 HOURS

1. Introduction to Face Yoga
2. Anatomy of the Face
3. Benefits of Face Yoga
4. Core Principles & Technique
5. Warm-up Practices
6. Basic Face Yoga Asanas
7. Relaxation & Breathing Techniques
8. Self-Practice & Personal Transformation
9. Practice Sequences
10. Teaching Methodology – Level 1
11. Ethics & Professional Guidelines
12. Assessment & Review



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SYLLABUS

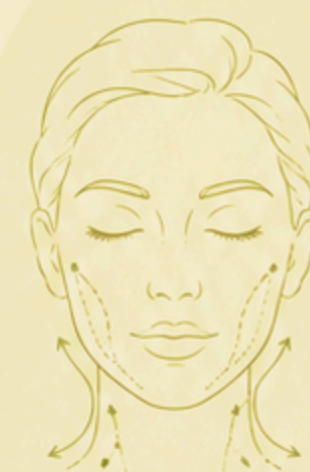
2

30 HOURS

SCIENCE, THERAPY & ADVANCED PRACTICE

30 HOURS

1. Advanced Anatomy & Physiology
2. Aging Process & Facial Concerns
3. Therapeutic Applications of Face Yoga
4. Face Mapping & Muscle Awareness
5. Advanced Face Yoga Asanas
6. Lymphatic Drainage Techniques
7. Acupressure & Marma Points for the Face
8. Holistic Lifestyle for Facial Wellbeing
9. Sequence Design for Specific Concerns
10. Teaching Methodology – Level 2
11. Case Studies & Practice Teaching
12. Assessment & Review



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SYLLABUS

3

30 HOURS

TEACHING, BUSINESS & PROFESSIONAL GROWTH

30 HOURS

1. Advanced Teaching Methodology
2. Class Planning & Sequencing
3. Communication & Presentation Skills
4. Adjustments, Cautions & Contraindications
5. Building Your Face Yoga Brand
6. Business Basics for Face Yoga Teachers
7. Marketing & Social Media Strategies
8. Client Management & Retention
9. Workshops, Courses & Program Creation
10. Practice Teaching & Feedback
11. Final Assessment & Certification
12. Your Journey as a Face Yoga Teacher



PROGRAMME OVERVIEW



90
TOTAL HOURS



3
SYLLABI



COMPREHENSIVE
TRAINING



CERTIFICATION
BY IYO®



EMPOWER YOURSELF. EMPOWER OTHERS.
TRANSFORM LIVES THROUGH THE POWER OF FACE YOGA.

