

The Synergy of Art and Well-Being

Art is a universal language that transcends barriers and taps into our shared humanity. By embracing creativity in everyday life, we can paint a brighter, more balanced future for ourselves and our communities. The fusion of art and wellness unlocks the potential to heal, inspire, and transform.

Wellness is about making conscious choices to lead a fulfilling, balanced life. Face Yoga is a part of wellness and journey to Holistic Well-Being. By focusing on all dimensions of wellness, you can achieve a higher quality of life and resilience to life's challenges.



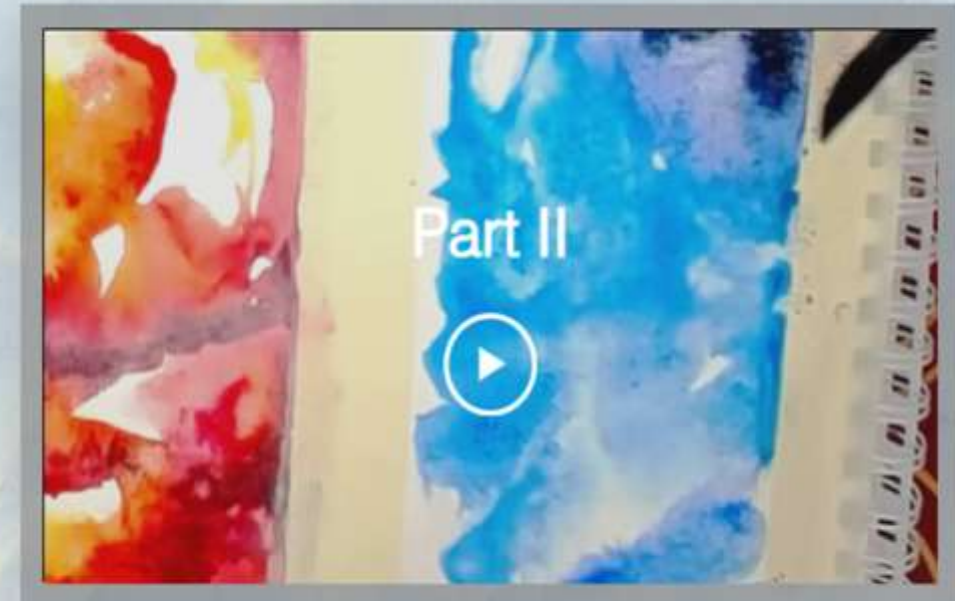
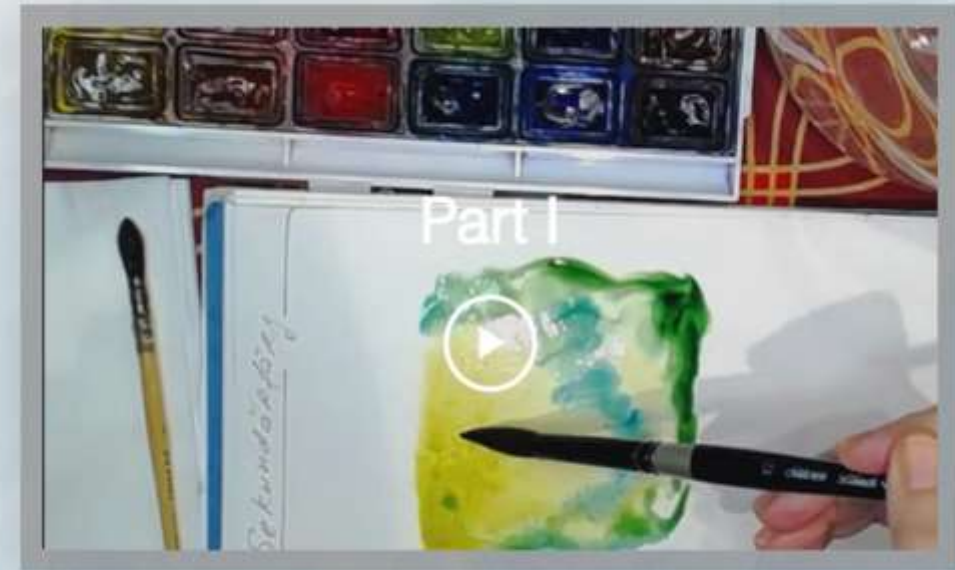
Have fun!

When we combined ART with well-being practices, it becomes a transformative tool for healing, self-expression, and connection. Art offers a vibrant, accessible, and enjoyable path to a healthier, happier life. Whether through a brushstroke, a melody, or a movement, art empowers us to explore, grow, and flourish.

I recommend you take watercolor which is an excellent opportunity for experimentation. The following video helps you to begin your ART journey.

By integrating creativity into your wellness practice, you enrich your life by fostering deeper connections with your environment and increasing your resilience to life's challenges.

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Tips för Wellness

Singing, dancing, painting help för relaxation a lot. But when we have 5 or 10 free minutes only.... Try to do at least one of these few exercises.

Wellbeing Tips for relaxation help you to reduce your stress level through practicing. This is important part of Face Yoga Method which is a holistic way of looking and feeling younger and healthier. Feeling good on the inside will radiate on the outside so taking time for Wellbeing is just as important in many ways as the Face Yoga techniques...

Nature...



Take the first step:
combine your walks
with exercise



Step 1

Create your Wellness Programm with art class!

The best way to start new journey in a positive and holistic way!

How to Get Started?

1. Choose a Medium: Experiment with different forms of art (e.g., painting, drawing, music, singing or movement) to find what resonates with you. For example, painting with watercolors is a great opportunity not only to relax, but also to learn to see the beauty in the world around you and develop your creativity.
2. Set a Routine: Dedicate time regularly to engage in creative activities, even for just 15–30 minutes a day.
3. Join a Community: Participate in local or online art and wellness groups for shared inspiration and motivation.

Supporting others in their wellness journey—whether through education, community, or resources—can create a ripple effect of positive change in society.

4. Focus on the Process: Prioritize enjoyment and self-expression over perfection or results.
5. Integrate with Existing Practices: Combine art with Yoga, Qigong, Tai Chi or some other gymnastik, meditation, or other wellness routines for a more holistic approach.

Take the first step...

Face Yoga is The best way to start new journey in a positive and holistic way!

Find your own way which is comfortable for you. It's never too late to strengthen a muscle, to improve the skin tone or to boost the circulation.

Start doing it just 5-10 minutes a day but every day! It's the regularity of practice which plays the biggest role in seeing a smoother, firmer and healthier face. The morning, afternoon or evening all work fine. You can do it sitting up or lying down and it is best to be calm and relaxed in a quiet place.

You can do it at home: in bed or in the shower or outside on a walk. The following video has some simple exercises to get you started.

Make first exercise and take a walk...

Exercise "Lion smile", helps to reduce mouth lines:

1. Move your jaw slightly forward and curl your lower lip over your teeth.
2. Smile, ensuring both corners of your mouth are at the same level.
3. Lift up the chin slightly.
4. Push your tongue up to the roof of your mouth.
5. Keep pushing hard for 10 seconds, then relax.
6. Repeat 2 more times.

Workout
**Individual personal sessions
& Consultation
in English or Swedish**

the 90 minute session

Personalised Face Workout. Relaxation technique which is suitable for your needs & goals. Personalised programme, the Eye symmetry pose & wellbeing advices.

Contact via email:
vbjorklundart@gmail.com

Course

"Face Yoga for beginners" in English

The 90 minute distance learning class to a group via Zoom

Spring is the perfect season to refresh and renew. In this course, you'll exercise and train in Face Yoga techniques to boost circulation and bring a fresh glow to your complexion.

- We focus on holistic wellness techniques that nurture the mind, body, and soul. In my classes, you'll learn to connect with your face, understanding what a relaxed, natural expression feels and looks like. You'll also discover the importance of not touching your face unnecessarily. You study how to use the power of your hands to enhance your complexion, bringing a sense of relaxation and rejuvenation. Through simple, effective techniques, I'll help your mind feel more at ease.
- We train the face to release tension by relaxing specific muscles, creating custom routines that not only reduce the appearance of fine lines and wrinkles but also lift the skin, promoting a youthful, radiant appearance.
- Course helps reset and refresh both your mind and body.

Nature is our most important source of life and energy and an integral part of our lives. The Face Yoga method is based on the balanced use of this source and is best suited for independent use for the purpose of healing and balancing not only our face, but also the entire body as a whole.