

# Face

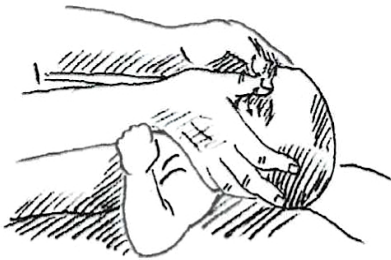
**1. OPEN BOOK**



**2. RELAX YOUR EYES**



**3. TOWARDS BRIDGE OF NOSE,  
UNDER CHEEKBONE**



**4A. SMILE ABOVE UPPER LIP**



**4B. SMILE BELOW LOWER LIP**



**5. RELAX THE JAW**



**6. EARS, NECK AND ALL OF  
THOSE CHINS**





# Back

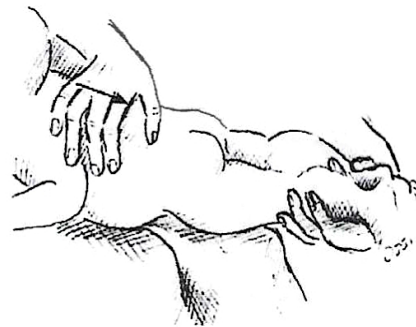
## 1. RESTING HANDS

## 2. BACK AND FORTH



## 3. SWOOPING PART A

## 4. SWOOPING PART B



## 5. BACK CIRCLES

## 6. COMBING

