Somatic Exercises for the Facial Muscles

Do each movement very SLOWLY, with a lot of attention to the sensations you're feeling during the movement and when you finish a movement. Especially notice the sensations as you're coming back to the neutral position.

For all movements, SLOWLY contract the muscles as indicated, then SLOWLY return to a neutral, relaxed state. If you can't do a movement at first, start by just intending the movement. See how smoothly and slowly you can do the movements.

Do each movement 3 times before moving on to the next one. Be sure to include some pauses where you just rest for a bit and sense the areas you've been moving.

1. Open your mouth as wide as is comfortable.
2. Press lips together, closing mouth more than usual.
3. Purse lips (kissing position).
4. Wrinkle forehead (eyebrows up).
5. Open eyes wide, like you're surprised.
6. Turn mouth corners downward.
7. Turn mouth corners upward.
8. Pull nose down towards mouth.
9. Flare nostrils.
10. Move ears forward towards face.
11. Move ears backward towards back of head.
12. Move ears up towards top of head.
13. Make a frown, brows together.
14. Wrinkle nose upward.
15. Make a sneer with one side of the mouth. Mouth corner goes up, back teeth show on that side of the mouth.
16. Make a sneer with the other side of the mouth.
17. Pull lips back against teeth (not smiling).
18. Show your teeth and upper gums.
19. Turn mouth down and feel the contraction all the way down into the neck and upper chest.
20. Bring lips together as if preparing to blow a trumpet.
21. Pout, sticking lower lip out.
22. Protrude the lower jaw.
23. Move your jaw as far as it will comfortably go to the right.
24. Move your jaw as far as it will comfortably go to the left.
25. Open your mouth, move the jaw to the right and up, back down and then smoothly over to the left and up. Alternate several times between the right and the left sides in this way.
26. Close eyes firmly, but not too hard.
27. Squint, but don't close eyes all the way.
28. Close eyes tightly.