



"Aging is a privilege, and while we can't be younger – we can rock our age, and age strong, both above and below the neck!"

About

Sadie Nardini

Wellness Visionary and Creator of Face HIIT®

Sadie Nardini is a renowned wellness expert, anatomy educator, and digital entrepreneur with over two decades of experience in empowering individuals to embrace aging with strength and authenticity. As the founder of Face HIIT®, she has pioneered a natural facelift method that combines High-Intensity Interval Training (HIIT) principles with facial exercises to lift, sculpt, and tone the face and neck.

Nardini's journey into wellness began following a severe spinal injury in her teens, which led her to explore yoga and breathwork as tools for healing. This personal transformation ignited a passion for holistic health, culminating in the creation of three globally recognized modalities: Core Strength Vinyasa Yoga®, Yoga HIIT® (formerly Yoga Shred®), and the Somatic Flexibility Technique®. These methods integrate science-based movement with a core message of self-empowerment, encapsulated in her mantra, "Rock Who You Are."

Her innovative approach to facial fitness emerged from a desire to find non-invasive solutions to the signs of aging. By applying her extensive knowledge of anatomy and exercise physiology, Nardini developed Face HIIT®, a program that utilizes resistance training, myofascial release, and plant-based skincare to naturally enhance facial appearance. The program has garnered a global following, with thousands experiencing improvements in skin tone and self-confidence..

Beyond her programs, Nardini has made significant contributions to the wellness community through her online platform, Yoga For Life Online, offering a range of courses and resources. Her work has been featured in prominent publications such as The New York Times, Shape Magazine, Cosmopolitan, Yoga Journal, and DailyOM. Through her teachings, Nardini continues to challenge conventional beauty standards, advocating for a holistic and empowered approach to aging

 www.facehiit.com

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