



"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

Sadie Nardini, powerhouse founder of the revolutionary Face HIIT Natural Facelift Method, is successfully lifting, sculpting and toning the faces and necks of thousands of women around the globe.

A veteran wellness and anatomy expert, Sadie has been trailblazing in the wellness space for over three decades on a mission to empower women mentally, physically and emotionally. She's developed 3 globally recognized healing modalities – Core Strength Vinyasa Yoga, Yoga HIIT (formerly Yoga Shred) and the Somatic Flexibility Technique – which blend her signature blend of science & holistic health yoga, strength training and the self-confidence and authenticity inducing tagline, **Rock Who You Are!**

Sadie's reached millions by leading health and wellness sessions worldwide, through one of the world's largest YouTube channels, multiple books and the Rock Your Yoga TV Series. She's also been published in popular media outlets such as The New York Times, Shape Magazine, Cosmopolitan, Yoga Journal, DailyOM, Random House, Trade Paper Press and Z Living TV as well as dozens of online platforms and have a reach in the millions worldwide.

Face HIIT is a triumph helping tens of thousands of women around the globe successfully improve their skin and their self-esteem.

 www.facehiit.com

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