

YIN YOGA. The Seven archetypes by Paul Suzee Grilley.



1. Shoelace

1. Shoelace: tight – loose – untied- broken – swan - sleeping swan - with wall.

Segments of movement (bones); femur, pelvis.
Myofascial group: gluteal group.



2. Saddle

2. Saddle: seiza - seal - half saddle - up swan – camel - king arthur – pontoon

Segments of movement (bones); toes, talus, tibia, pelvis, lumbar spine.
Myofascial group: quadriceps, hip flexors, rectus abdominus, transversus abdominus.



3. Caterpillar

3. Caterpillar: long legged butterfly - half butterfly - half shoelace - half frog – snail pose - the dangle - rhinoceros.

Segments of movement (bones); pelvis, lumbar spine, thoracic spine, cervical spine.
Myofascial group: hamstring, thoracolumbar.



4. Dragonfly

4. Dragonfly: shortlegged butterfly – frog - half frog - wall dragonfly- wall frog - happy baby.

Segments of movement (bones); femur
Myofascial group: adductor, hamstrings.



5. Twists

5. Twists: Twisted roots with flexion - neutral twist - twisted roots with extension (cat's tail) - twisting elephant - twisting shoelace.

Segments of movement (bones); pelvis, lumbar spine, thoracic spine, cervical spine.
Myofascial group: obliques, quadratus lumborum, tensor fascia lata, IT band.



6. Dog

6. Dog: – cricket - bear - mongoose - cocodile - heart pose - 1/2 heart pose.

Segments of movement (bones); fingers, wrists. radius, ulna, scapular, toes, talus.
Myofascial group: hip flexors, rectus abdominus, obliques, QL, quadriceps, hamstrings.



7. Dragon

7. Dragon: dragon - wings back - high wings – flying - lateral - twisting .

Segments of movement (bones); All segments.
Myofascial group: all groups.

Others; bananasana, twisting branches, rolling panda, squat, twisting dragonflye, lizard pose.