

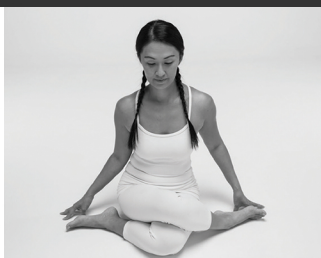
# THE FIVE YIN ARCHETYPES

We believe there are Five Archetypal poses that are the foundation of yin yoga practice.

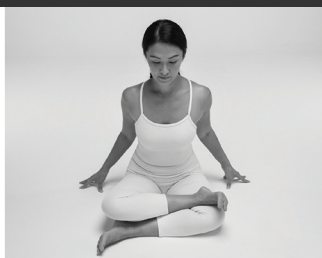
They are: **Shoelace, Saddle, Caterpillar, Dragonfly, and Twist.**

Almost all yin poses are variations of these five archetypes.

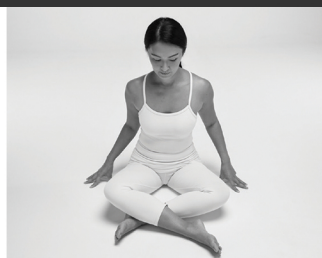
## SHOELACE



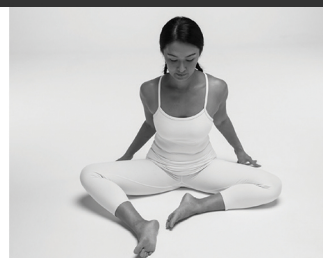
**TIGHT**



**LOOSE**



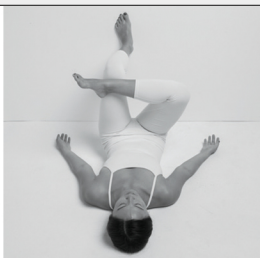
**UNTIED**



**BROKEN**



**DEER**

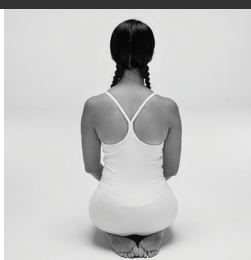


**WALL SHOELACE**

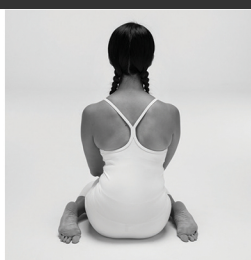


**SLEEPING SWAN**

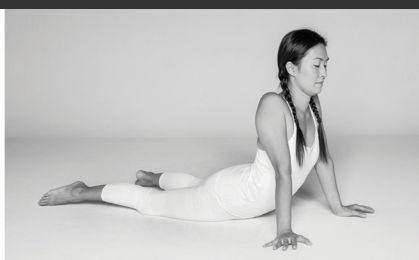
## SADDLE



**SEIZA**



**ANTLER**



**SEAL**



**BRIDGE**



**HALF SADDLE**



**DRAGON**



**UP SWAN**



**SADDLE**

## CATERPILLAR



**CATERPILLAR**



**BUTTERFLY**



**HALF BUTTERFLY**



**HALF SHOELACE**



**HALF FROG**



**SNAIL**

## DRAGONFLY



**DRAGONFLY**



**BUTTERFLY**



**FROG**



**HALF DRAGONFLY**



**WALL DRAGONFLY**



**WALL FROG**

## TWIST



**TUCKED**



**NEUTRAL**



**ARCHED CAT TAIL**