

# THE TWO YANG ARCHETYPES

We believe there are Two Archetypal poses that are the foundation of yang yoga practice.

They are: **Dog and Dragon.**

The Dog is the foundation of upper body strength.

The Dragon is the foundation for lower body strength.

## DOG



**DOG**



**CRICKET**



**BEAR**



**MONGOOSE**



**BELLY OF THE DRAGON**



**CROCODILE**

## DRAGON



**DRAGON**



**WINGS BACK**



**WINGS UP**



**FLYING**



**SIDE BEND**



**TWISTING DRAGON**