

Yin Yoga hip-openers



WORKBOOK

unit 1. Yin Yoga Foundations Teacher Training

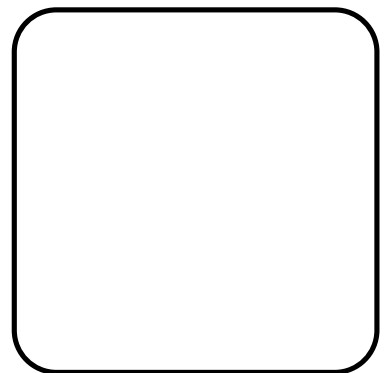
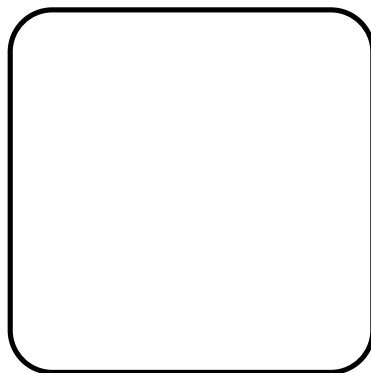
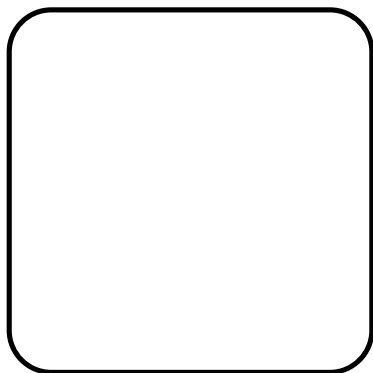
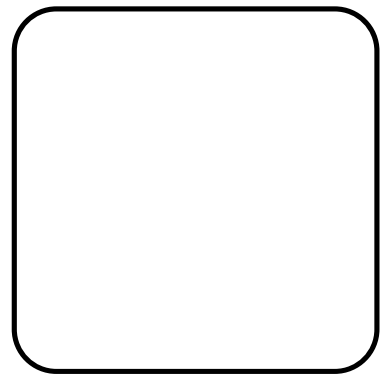
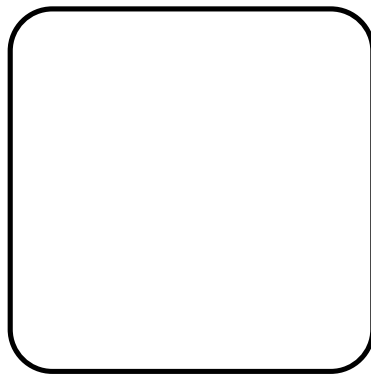
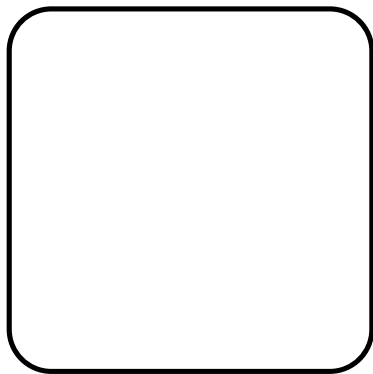


SHOELACE ARCHETYPE

SKELETAL SEGMENTS OF MOVEMENT

PARAMETERS OF ALIGNMENT

VARIATIONS



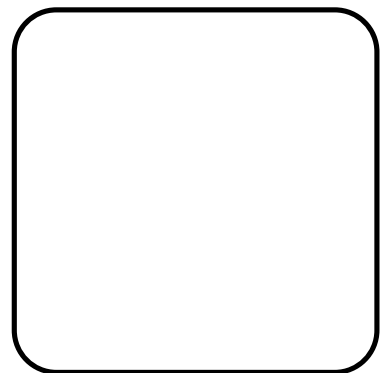
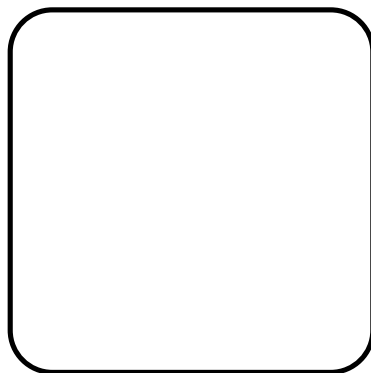
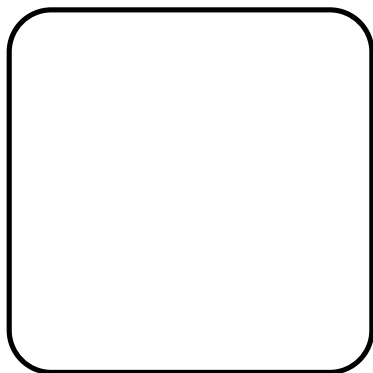
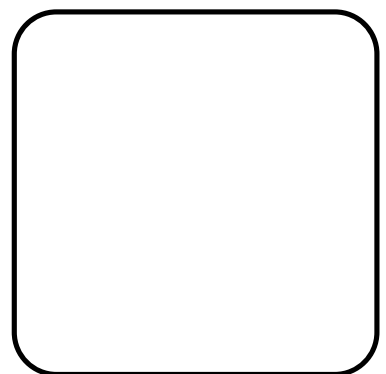
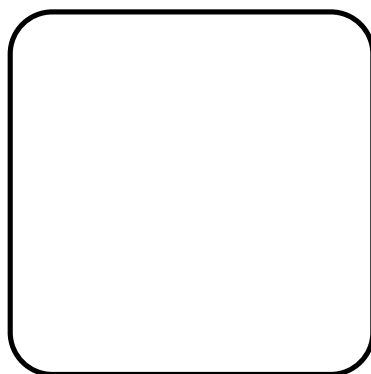
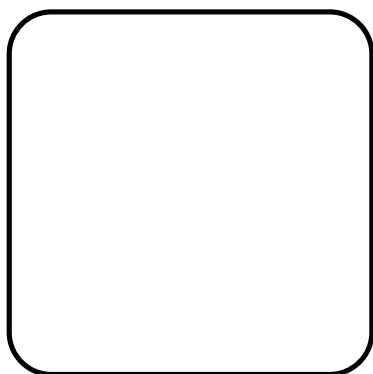


SADDLE ARCHETYPE

SKELETAL SEGMENTS OF MOVEMENT

PARAMETERS OF ALIGNMENT

VARIATIONS



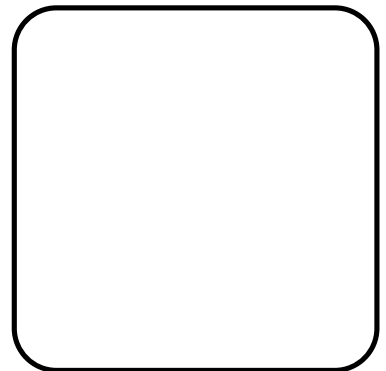
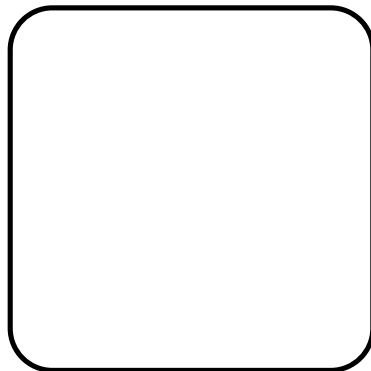
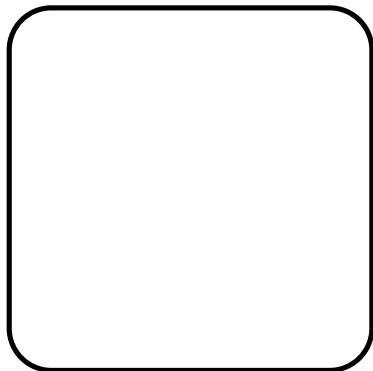
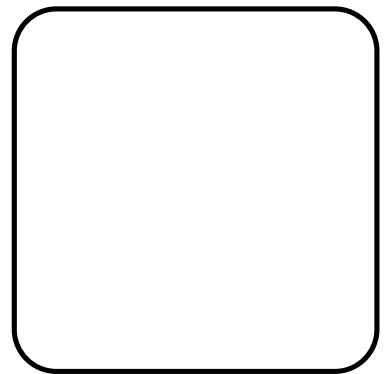
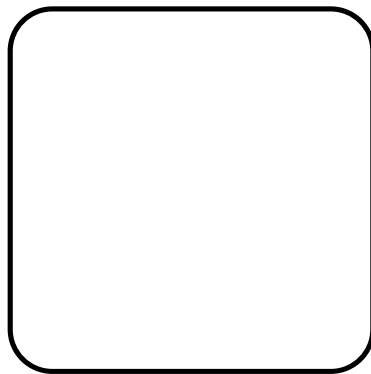
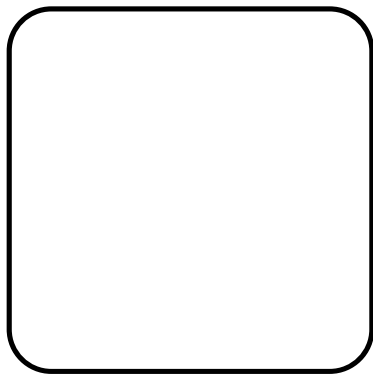


CATERPILLAR ARCHETYPE

SKELETAL SEGMENTS OF MOVEMENT

PARAMETERS OF ALIGNMENT

VARIATIONS





DRAGONFLY ARCHETYPE

SKELETAL SEGMENTS OF MOVEMENT

PARAMETERS OF ALIGNMENT

VARIATIONS

