

# THE HIP MANDALA & YIN YOGA POSES

The five myofascial groups and five Yin Yoga archetypes

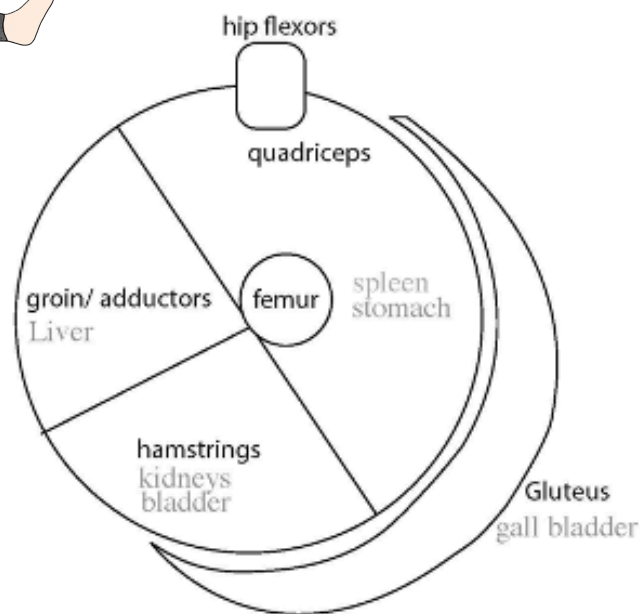
**Archetype:** Saddle  
**Target area:** mostly quadriceps



**Archetype:** Dragon fly  
**Target Area:** Adductors



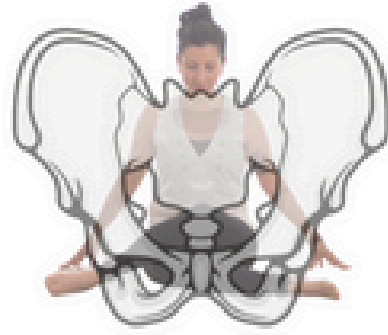
**Archetype:** Caterpillar  
More specifically for hips  
is the half butterfly  
**Target Area:** hamstrings.



**Archetype:** Dragon  
**Target area:** mostly hip flexors



**Archetype:** shoelace  
**Target Area:** Glutes group



## THE THREE PILLARS TO MASTERING YIN YOGA HIP-OPENERS.

Pillar one. The 6 skeletal segments of movement of your femur (flexion, extension, abduction, adduction, external rotation, internal rotation) are your guides to offering personalized alignment cues and variations for your students.

Pillar two. The 5 myofascial groups (adductors, quadriceps, hip flexors, glutes, hamstrings) are our sensorial road maps to knowing target areas and gauging when a pose is being done correctly.

Pillar three. The 4 archetypal poses that represent all the types of hip-opening poses are: shoelace, saddle, half-butterfly, and dragonfly.