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YOGA JOURNAL LIVE! NEW YORK 2016:

Leslie Kaminoff

Three Dimensional Spirals In Asana Practice

Because we mostly practice our yoga on rectangular mats in rectangular rooms, it's far too easy for our asana practice to be influenced by linear, angular geometry—despite the fact that there are no straight lines in the human body.

“Prana apana samayogah pranayamah iti iritah”

Pranayama is the balanced joining of the in-breath and the out-breath.

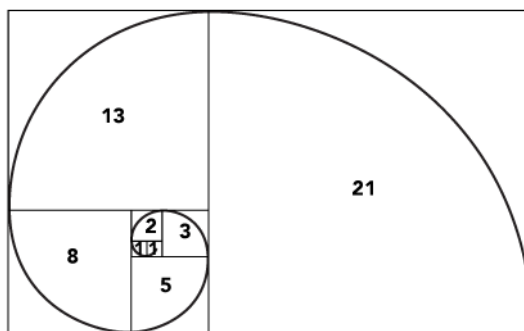
Yoga Yajnavalkya 6:2



Prana logo by Leslie Kaminoff based on photo of
T. Krishnamacharya from "The Heart of Yoga"

The Fibonacci Sequence is the series of numbers: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34,...

The next number is found by adding up the two numbers before it.



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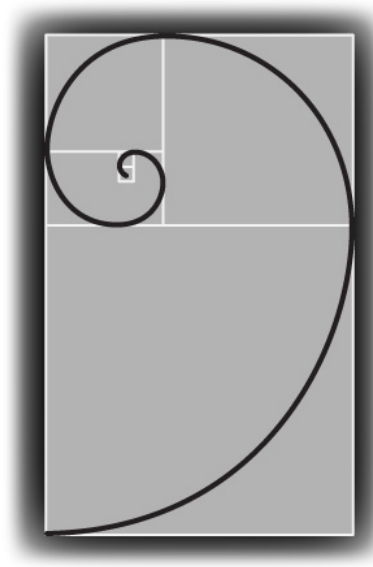
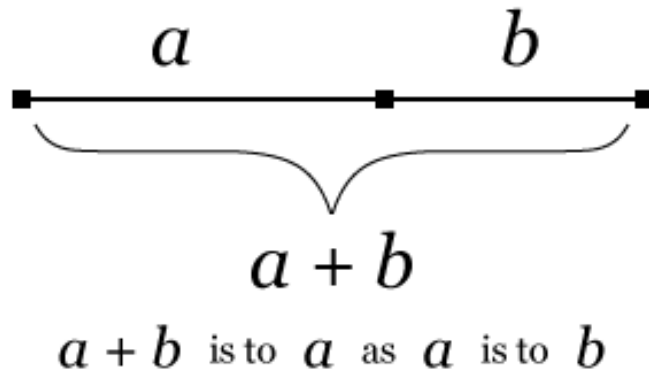
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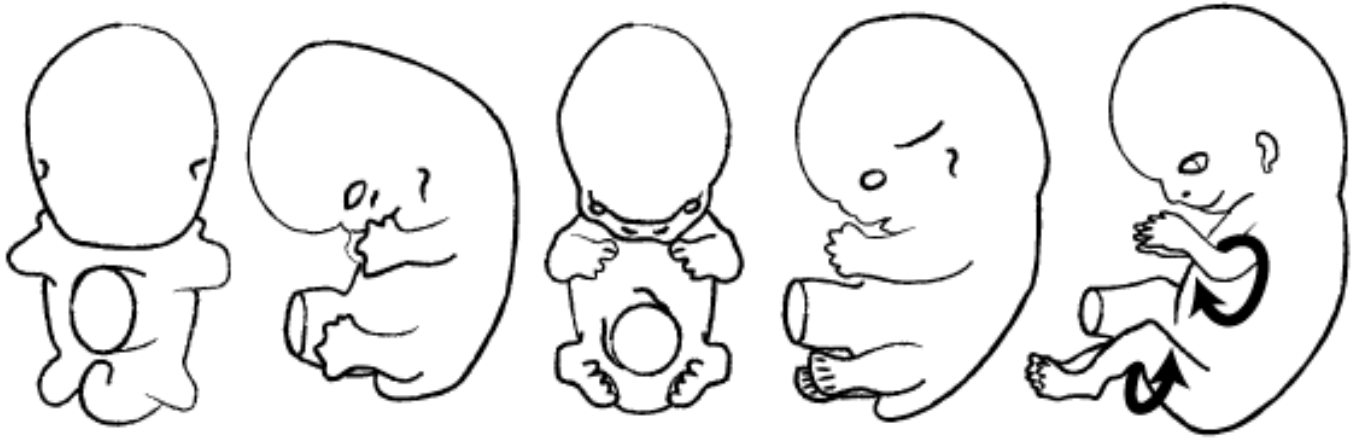
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Range of Motion (ROM)

DRISHTI-DRIVEN MOVEMENT EXERCISE

- ▶ Assisted finger gazing with partner
- ▶ Keep eyeballs relaxed in the center of eye sockets
- ▶ “Look” with tip of nose.
- ▶ Shift to self-driven movement

