



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

triyoga Camden, London, UK, 2022:

Leslie Kaminoff

Coaching Better Breathing: A 5 Hour Immersion In Breath Education

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 the photo of
T. Krishnamacharya from "The Heart of Yoga"

PRANA AND APANA NYASA

Om namo pranayá

Pranaya nama om

Pranaya swahä

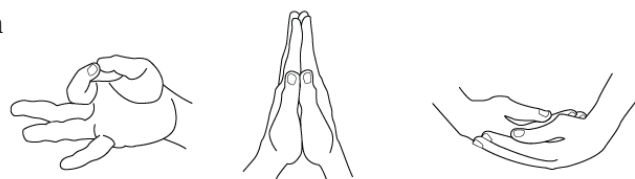
Om namo apanayá

Apanaya nama om

Apanaya swahä

Om swahä

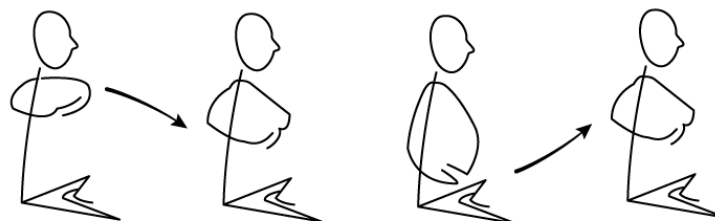
Haríh om



Om

Namo

Pranaya/Apanaya



Pranaya swaha

Apanaya swaha

NOTE: We will inform you when you may record short audio or video snippets FOR YOUR OWN USE ONLY. NO AUDIO/VIDEO may be shared in any manner with anyone.

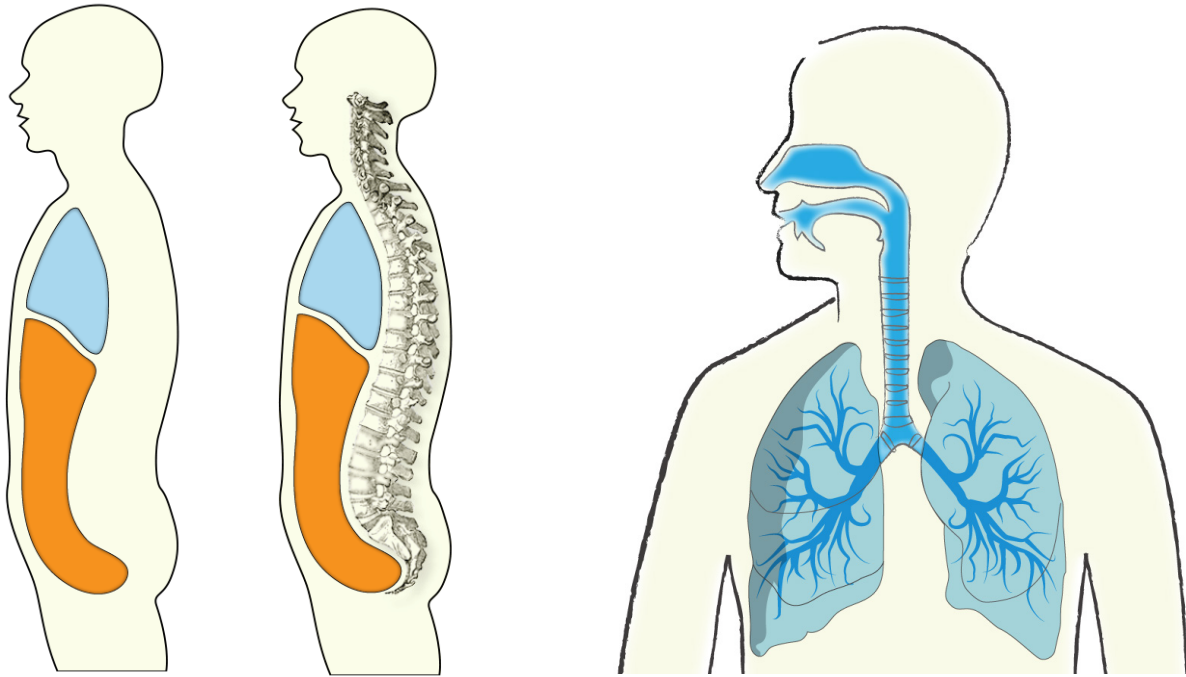
Still photos may be posted to social media if you tag lkaminoff (Facebook)/leslie.kaminoff (Instagram).

- leslie@yogaanatomy.org
- [facebook.com/LeslieKaminoffYogaAnatomy](https://www.facebook.com/LeslieKaminoffYogaAnatomy)
- twitter.com/lkaminoff
- workshop page: yogaanatomy.org/triyoga-22
- survey: <http://y-an.org/student>
- breathingproject.com

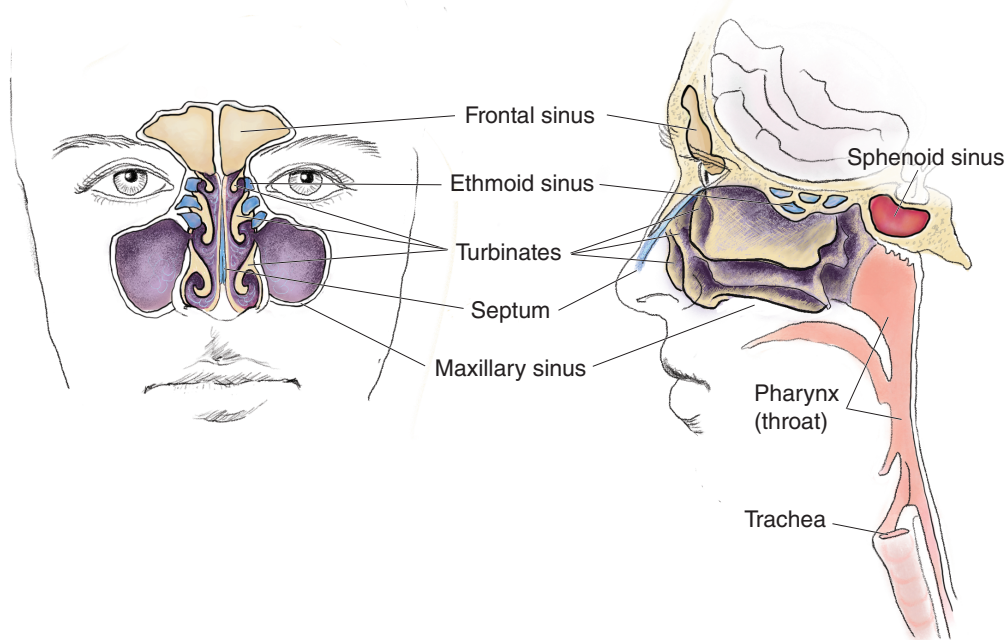
Print on-demand selections from Lydia Mann's anatomy art collection available at bit.ly/anatomy-art

See-saw breath

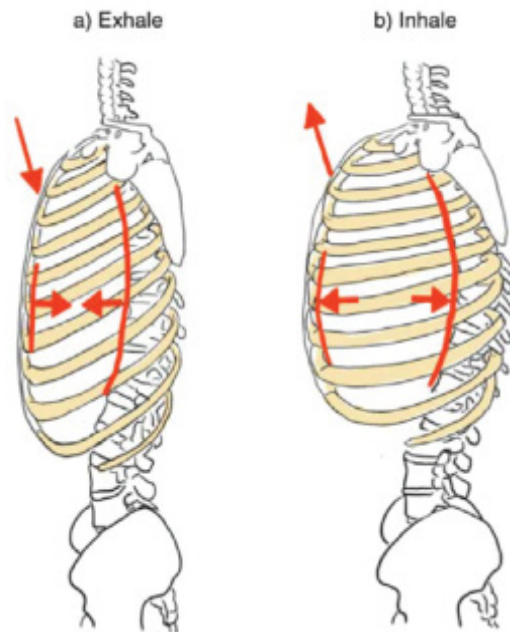
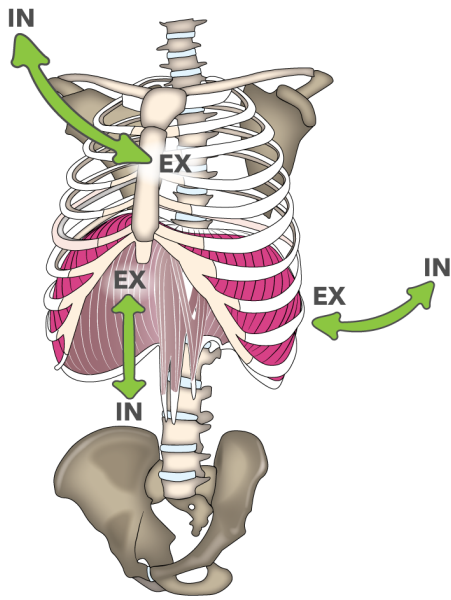
INTEGRATING / SEPARATING BREATH FROM AWARENESS



Turbinates



Rib and diaphragm actions during breathing



Bucket and pump-handle action

