



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

triyoga Camden, London, UK, 2022:

# Leslie Kaminoff

An Introduction to Breath-centered Yoga + Demystifying the Bandhas

Non-linear Asana Flow: Escaping the Tyranny of the Rectangle

The Warrior Series: A Hands-Free Vinyasa Practice

The OM Workshop: The Yoga Of Sound, Breath, Resonance + Vibration

*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"

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

Print on-demand selections from Lydia Mann's anatomy art collection available at [bit.ly/anatomy-art](http://bit.ly/anatomy-art)

## PRANA AND APANA NYASA

Om namo pranayā

Pranaya nama om

Pranaya swahā

Om namo apanayā

Apanaya nama om

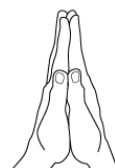
Apanaya swahā

Om swahā

Harīh om



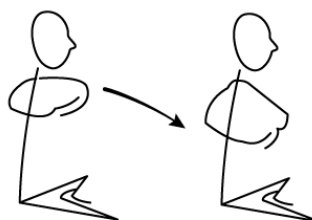
Om



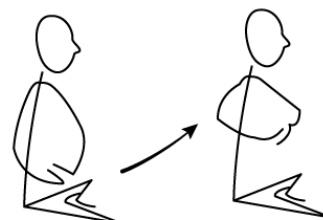
Namo



Pranaya/Apanaya



Pranaya swaha



Apanaya swaha

# An Introduction to Breath-centered Yoga + Demystifying the Bandhas

## Basic cellular activity

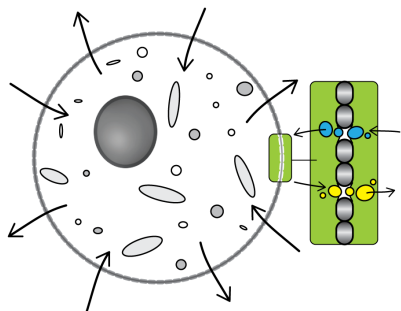
NUTRITION IN = PRANA

WASTE OUT = APANA

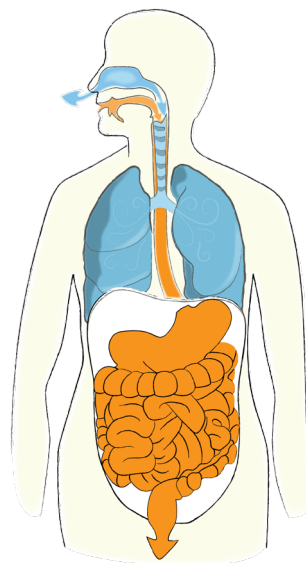
## The semi-permeable membrane

STABILITY = STHIRA

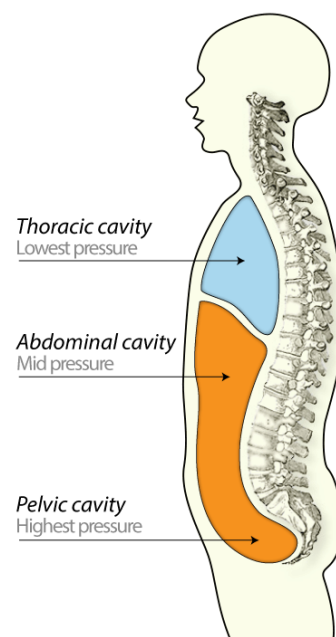
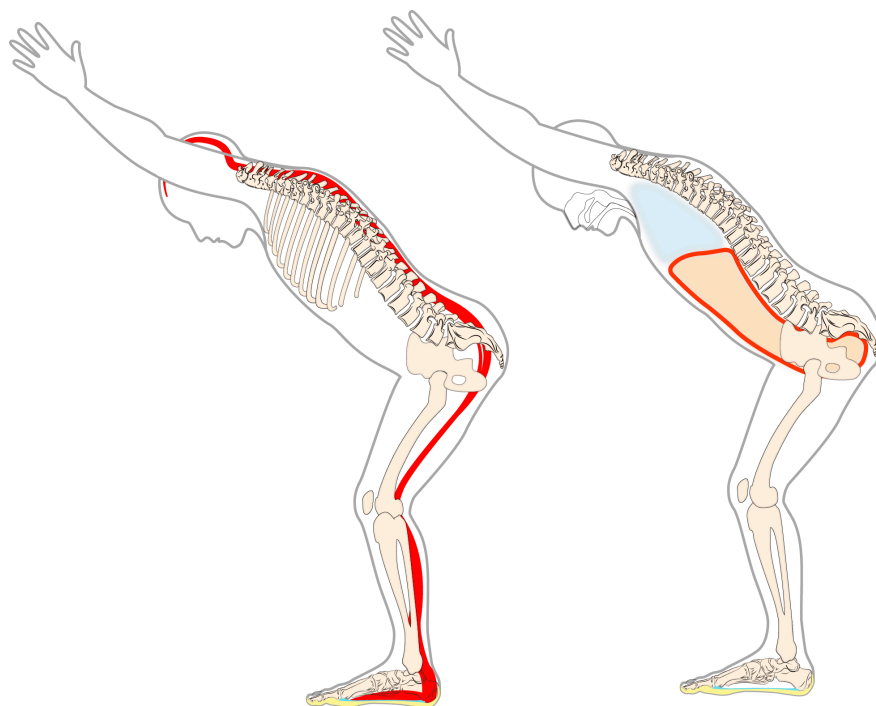
PERMEABILITY = SUKHA



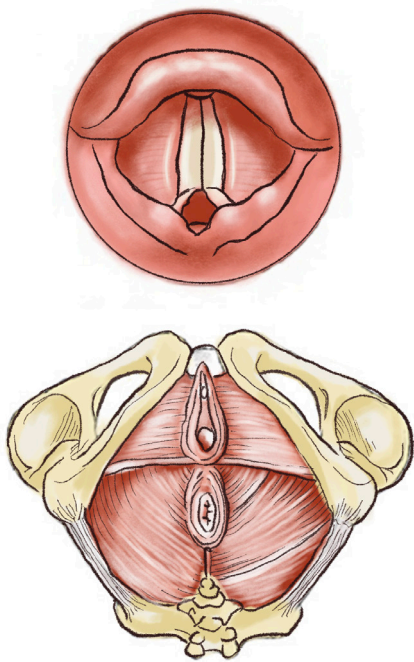
## Pathways of solid and liquid



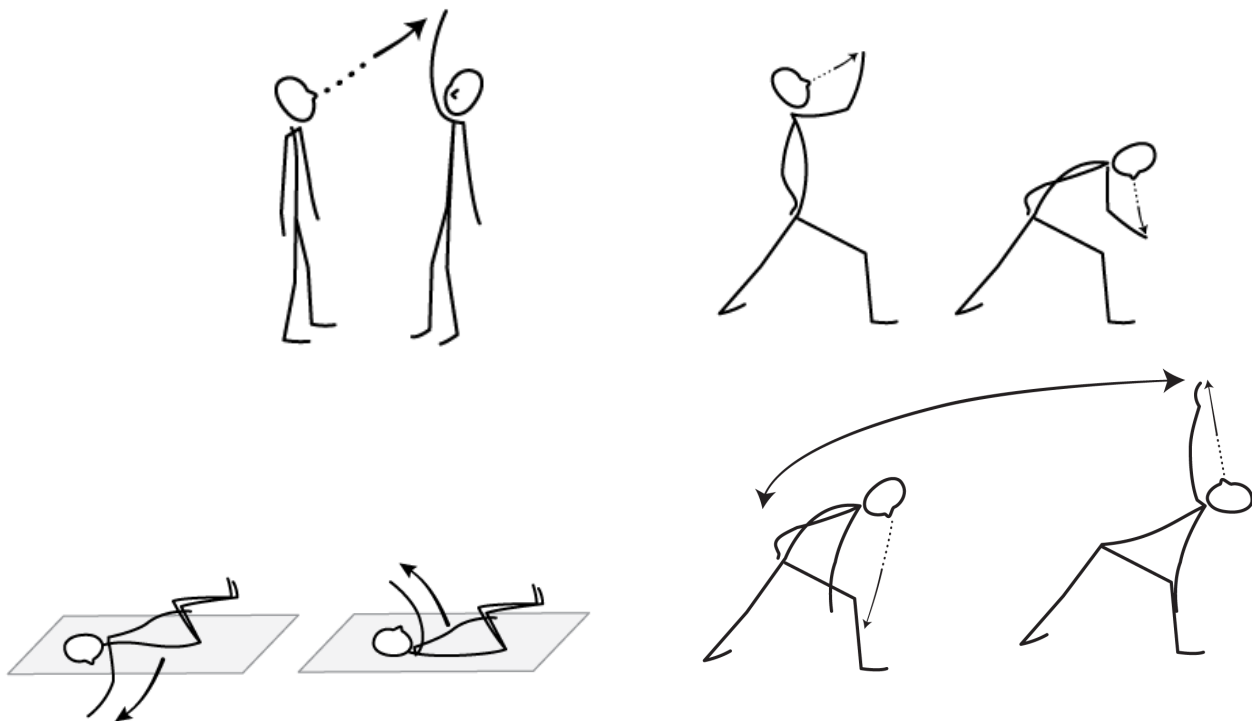
Air enters and exits at the top. Solid and liquid enter at the top, exit at the bottom.



## Comparison of diaphragms: vocal and pelvic



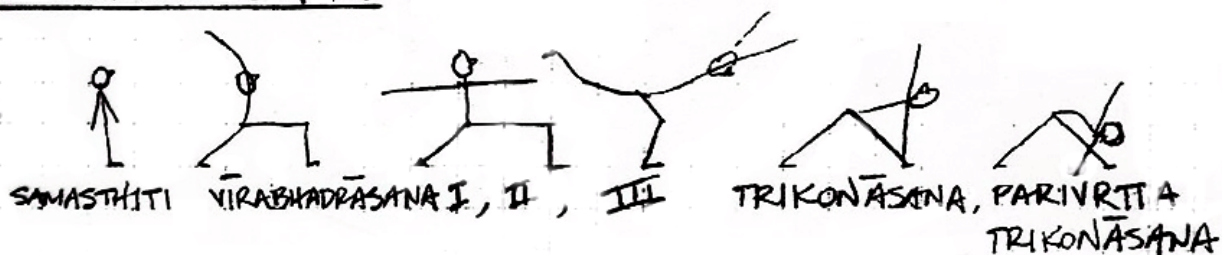
## Non-Linear Asana Flow: Escaping The Tyranny Of The Rectangle



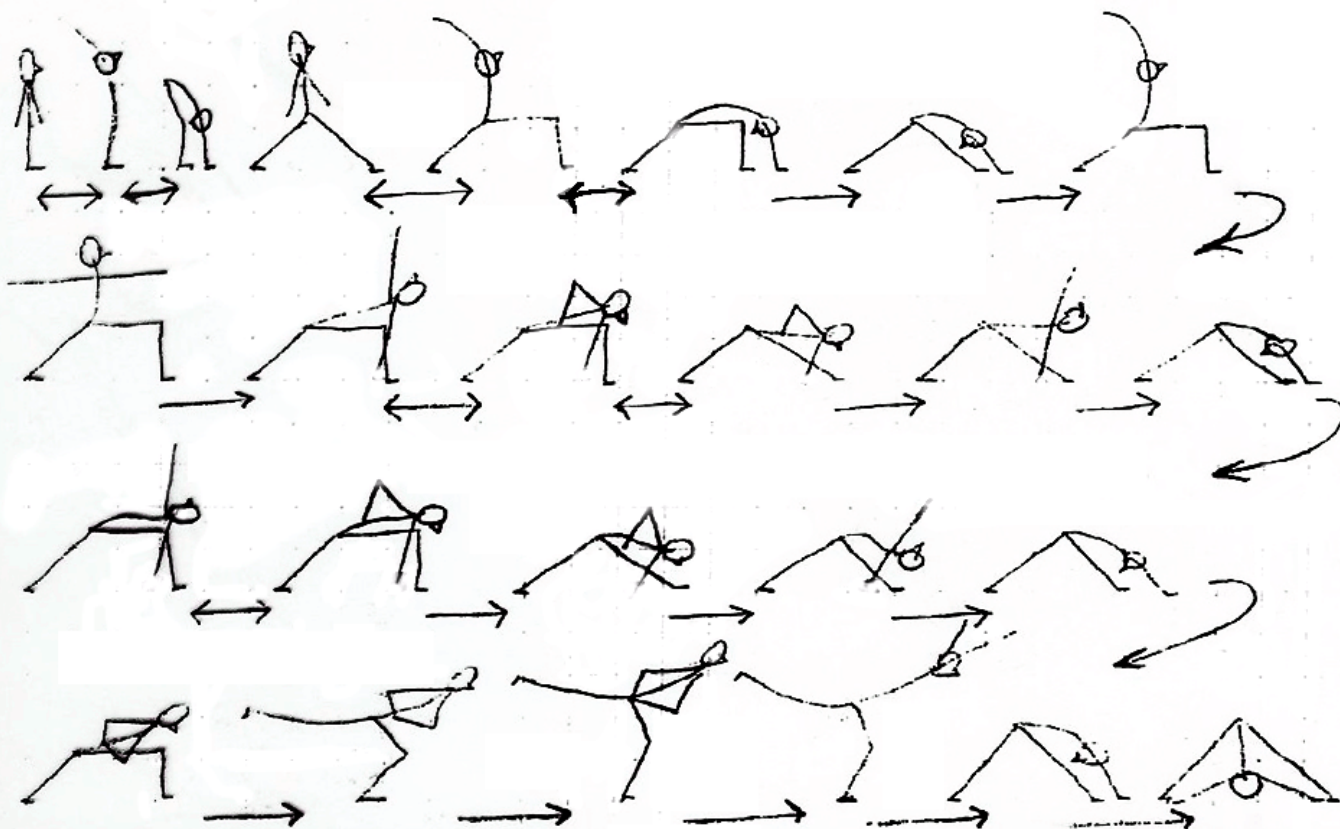
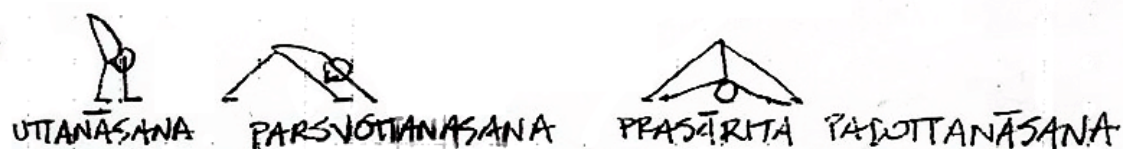
## The Warrior Series: A Hands-Free Vinyasa Practice

### "THE WARRIOR SERIES"

MAIN  
ĀSANAS



COUNTERPOISING  
ĀSANAS



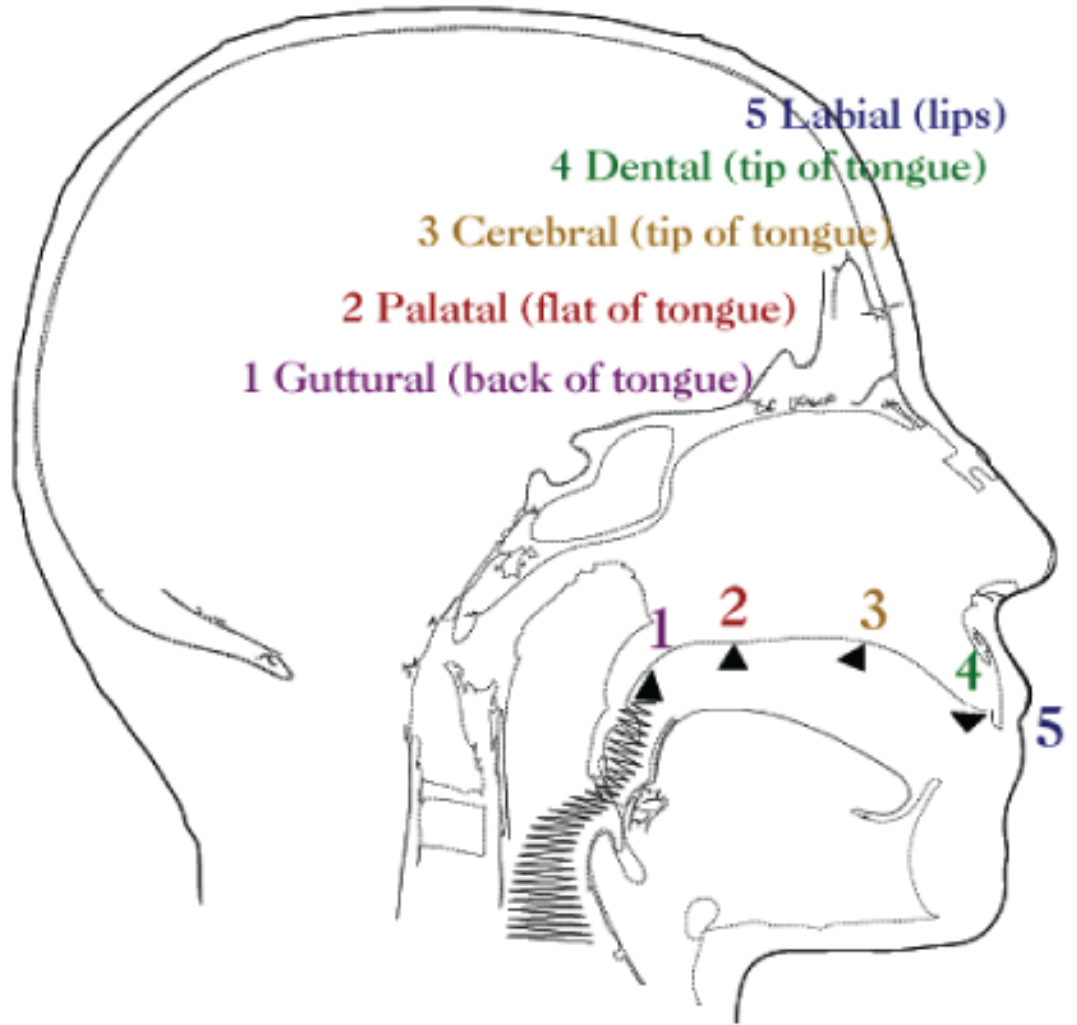
## The OM Workshop: The Yoga Of Sound, Breath, Resonance + Vibration

# ओं

### Sanskrit Phonetics and the Creative Power of Sound

#### THE FIVE LOCATIONS

- Labial
- Dental
- Cerebral
- Palatal
- Gutternal



*Sanskrit handout by Vyaas Houston  
Images courtesy of The American Sanskrit Institute  
(<http://www.americansanskrit.com>)*



## Mouth structure and phonetics

Root vowels	a → ā → i → ī → u → ū									
	अ आ		इ ई		उ ऊ					
Diphthongs	ए ऐ ओ औ									
			e → ai		o → au					
Endings	ऋ ॠ		ऌ		अं अः		am ← ah			
Consonants										
Guttural BACK OF TONGUE, BACK OF PALATE	unvoiced ka क		ख		voiced ga ग		घ		nasal ṅa ङ	
Palatal FLAT OF TONGUE, BACK OF PALATE	cha च		छ		ja ज		झ		ña ञ	
Cerebral TIP OF TONGUE, MID-PALATE	ṭa ट		ठ		ḍa ड		ढ		ṇa ण	
Dental TIP OF TONGUE, BACK OF TEETH	ta त		थ		da द		ध		na न	
Labial LIPS	pa प		फ		ba ब		भ		ma म	
Semi vowels	ya → ra → la → va									
	य		र		ल		व			
Sibilants	śa → ṣa → sa → ha									
	श		ष		स		ह		Pure aspirate	

Sanskrit handout by Vyaas Houston, appended by Leslie Kaminoff  
 Images courtesy of The American Sanskrit Institute  
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