



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

ASHTANGA YOGA MONTREAL, SEPTEMBER 2022:

# Leslie Kaminoff

Demystifying The Bandhas

Reimagining Alignment

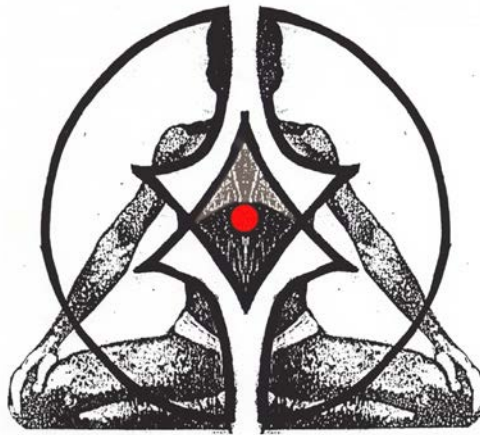
The Warrior Series – A Hands-Free Vinyasa Practice

The Yoga of the Foot: How to be a Better Biped

*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://www.facebook.com/LeslieKaminoffYogaAnatomy)
- [twitter.com/lkaminoff](https://twitter.com/lkaminoff)
- workshop page: [yogaanatomy.org/aym-22](http://yogaanatomy.org/aym-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 pranayá

Pranaya nama om

Pranaya swahā

Om namo apanayá

Apanaya nama om

Apanaya swahā

Om swahā

Haríh om



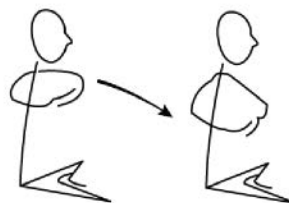
Om



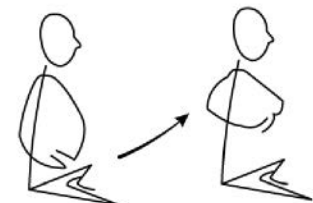
Nama



Pranaya/Apanaya



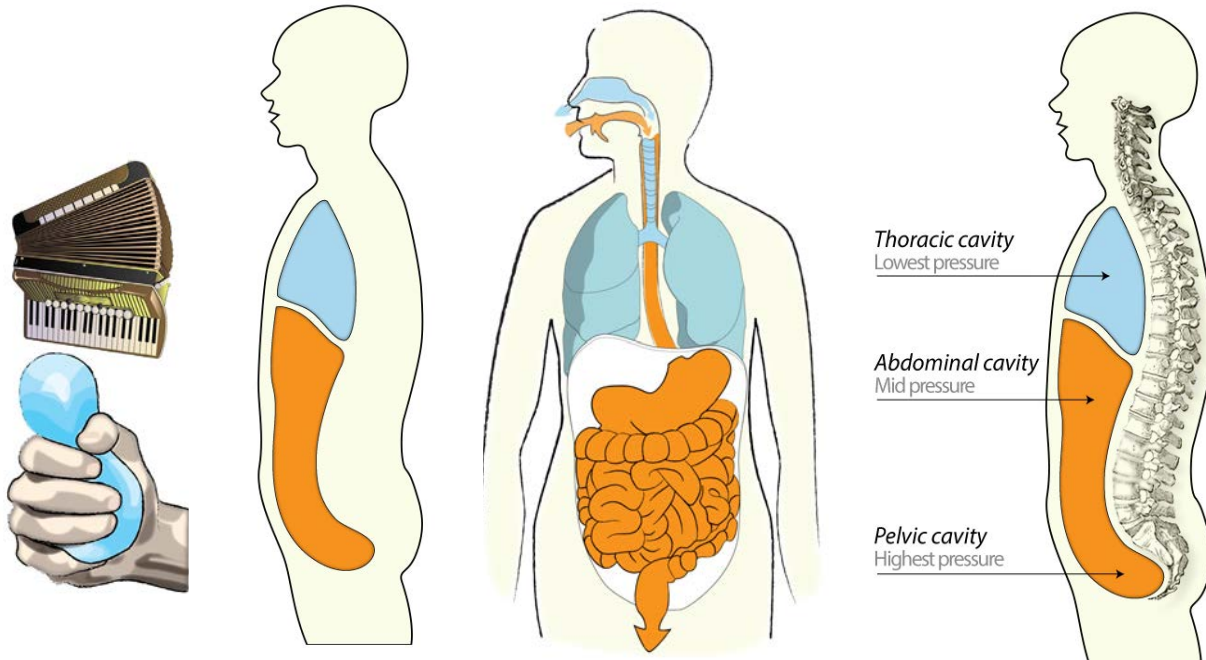
Pranaya swaha



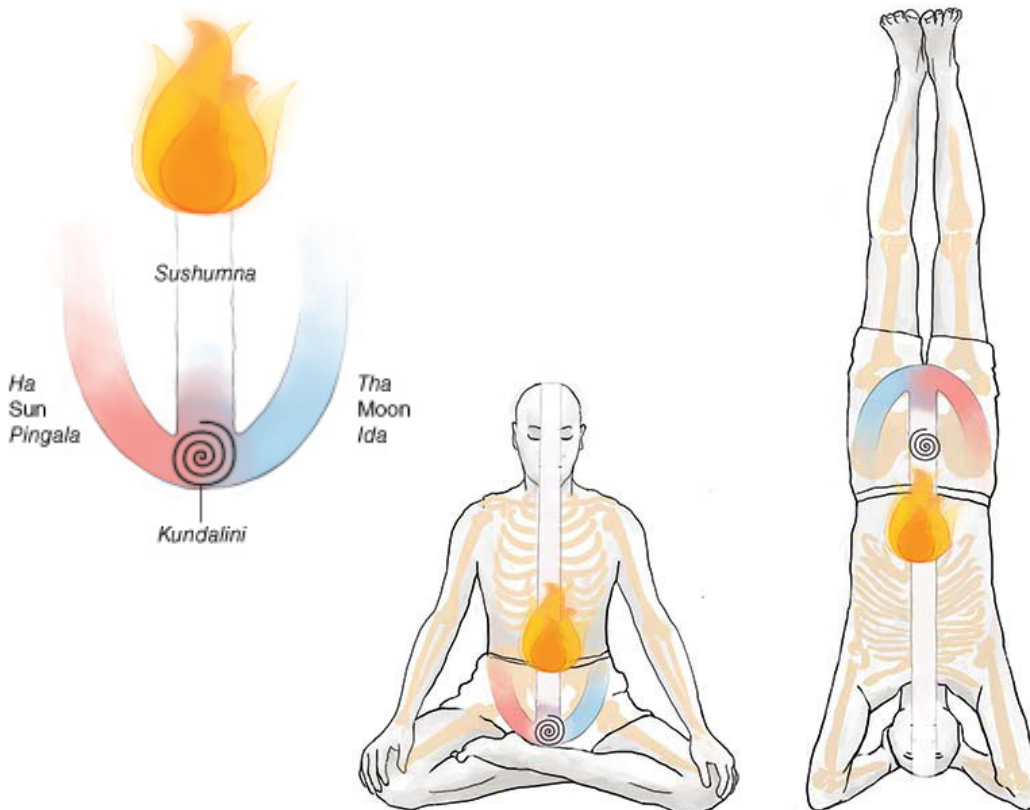
Apanaya swaha

PRANA AND APANA

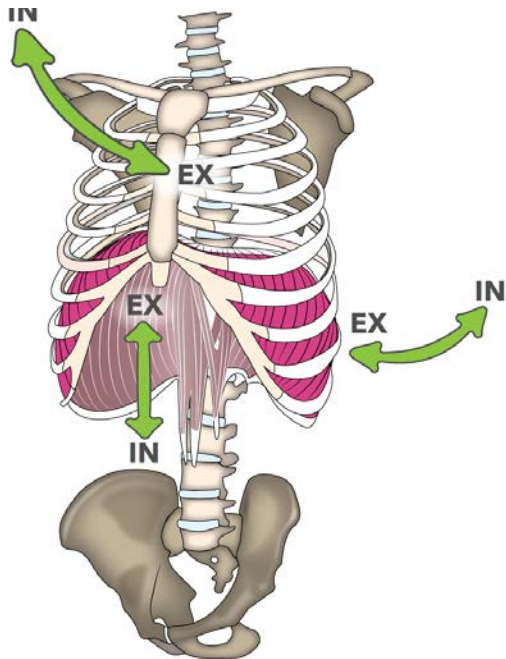
- ▶ Air enters and exits at the top. Solid and liquid enter at the top, exit at the bottom.
- ▶ Breathing is the shape change of the abdominal and thoracic cavities
- ▶ The spine is the back of the cavities



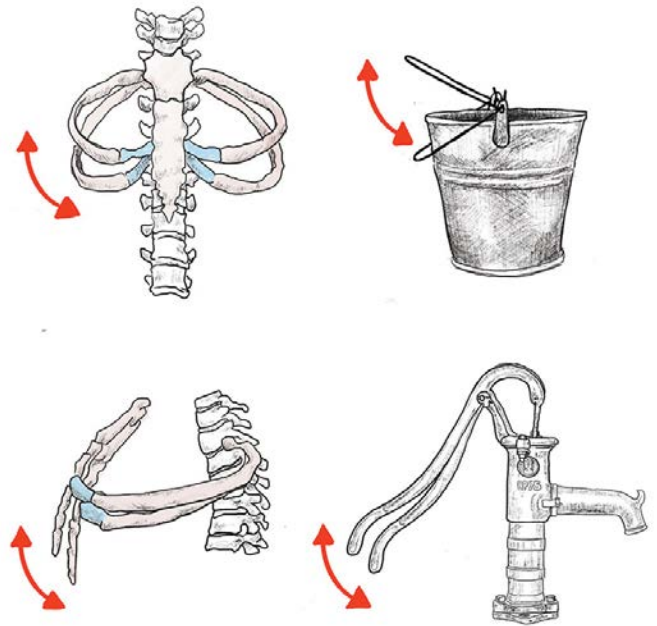
KUNDALINI, SHUSHUMNA, AGNI



THE SHAPE, LOCATION AND ATTACHMENTS OF THE DIAPHRAGM:



RIB MOVEMENTS CREATED BY THE DIAPHRAGM



**Principles:**

- ▶ **Asanas** don't have alignment – people do.
- ▶ **An Asana** only exists when an individual places their body into a shape.
- ▶ **Healthy movement** is well-distributed - a little bit of movement coming from a lot of places.\*
- ▶ **Unhealthy movement** is too much movement coming from too few places repeated too many times (repetitive stress).
- ▶ **Skeletal Alignment** is a clear pathway of weight passing through balanced joint space.\*
- ▶ **Muscle Action** in asana is effective when it positions the bones to produce functional skeletal alignment.\*

**Alignment Cues to re-imagine:**

- ▶ Stand with the feet parallel
- ▶ Square the pelvis
- ▶ Tuck the tail
- ▶ Always lengthen the spine
- ▶ Draw the shoulder blades down the back
- ▶ Always place the bent knee over the ankle
- ▶ "Open" the hips
- ▶ Heart opening
- ▶ "Knit" the ribs together

*\*These definitions were formulated by Amy Matthews as inspired by her work with Bonnie Bainbridge Cohen*

WEIGHT-BEARING SUPPORT PASSES THROUGH THE FRONT OF THE SPINE

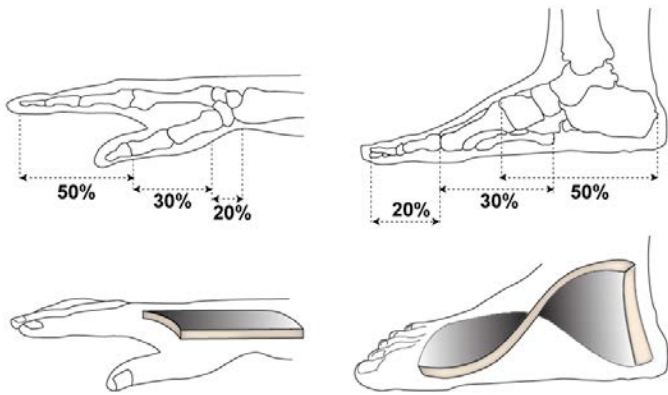
**Sthira**

strength and stability without rigidity, alertness without tension

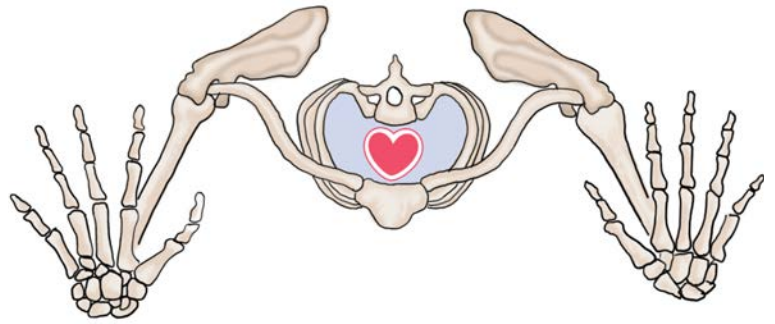
**Sukha**

flexibility and mobility without instability, relaxation without dullness

COMPARISON OF HAND AND FEET

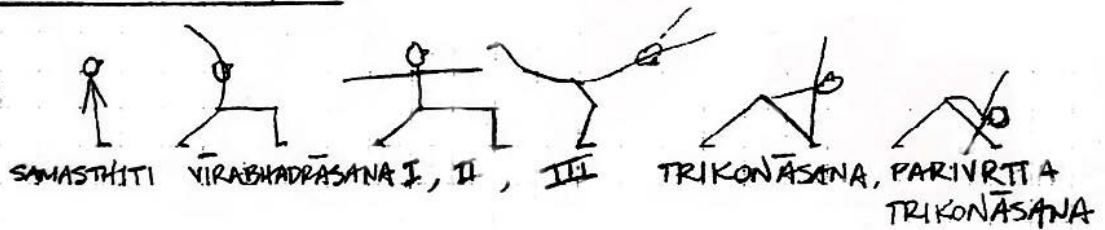


PATHWAY OF WEIGHT FROM HANDS TO SPINE

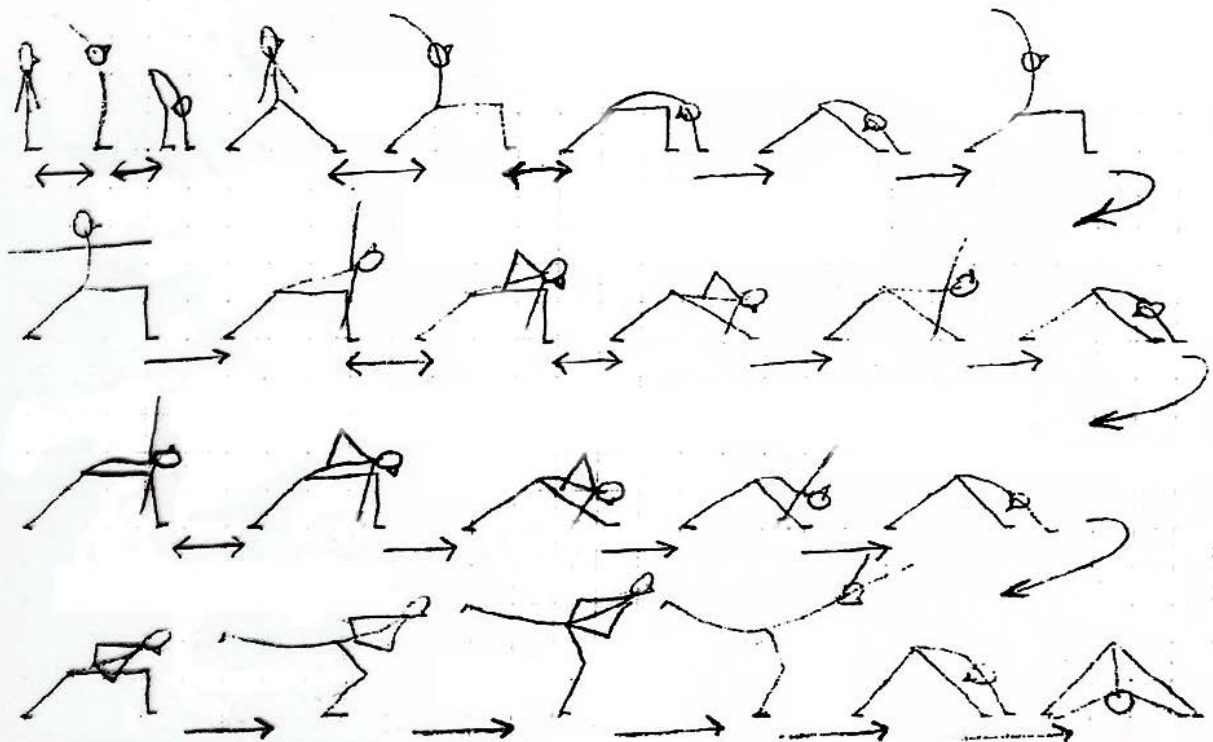
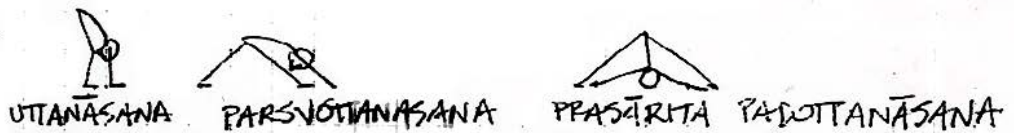


"THE WARRIOR SERIES"

MAIN  
ĀSANAS



COUNTERPOISING  
ĀSANAS

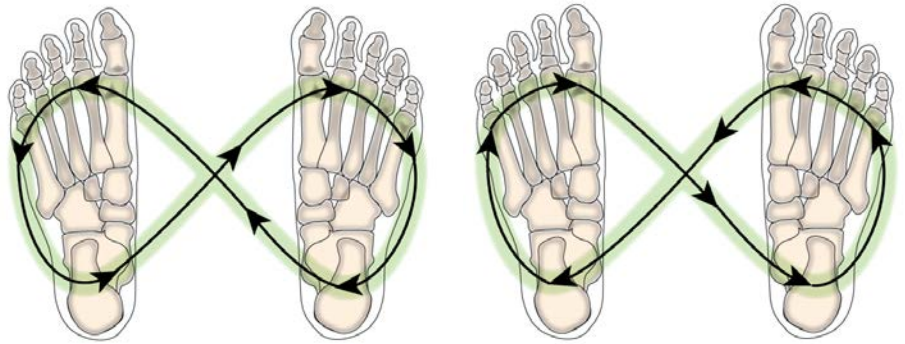




PATHWAY OF WEIGHT FROM FOOT TO SPINE



*Foot Swing (L) vs Falling Step (R)*



THREE POINTS OF THE FOOT

