



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

OMSTARS, MIAMI, FL:

Leslie Kaminoff

The Anatomy of Yoga, the Yoga of Anatomy

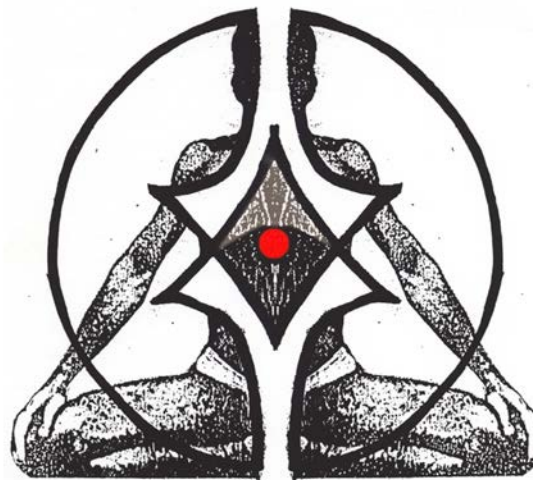
Prana apana samayogah pranayamah iti iritah.

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

YOGA YAJNAVALKYA 6:2

YOGAAnatomy.net

Study at your own pace
with Leslie's **Principles**
and **Practices** online
year-long courses or
incorporate Leslie
and Amy Matthew's
Fundamentals into your
teacher training program.
It's PRE-APPROVED by
the Yoga Alliance!



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

NO AUDIO, VIDEO or SCREENSHOTS

STAY IN TOUCH

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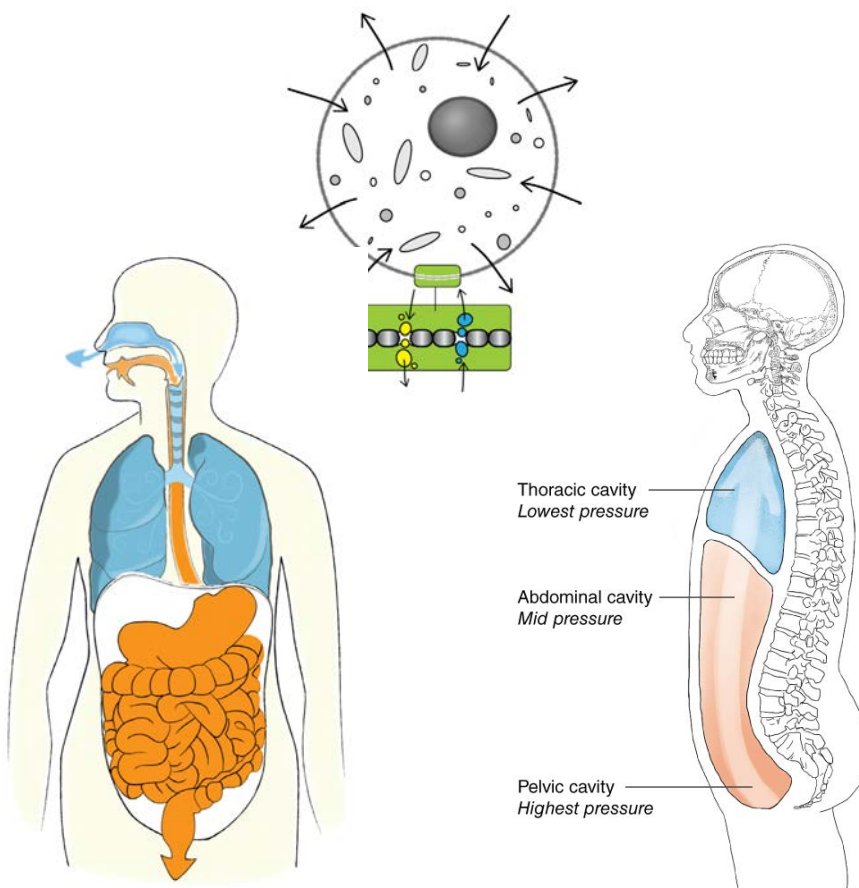
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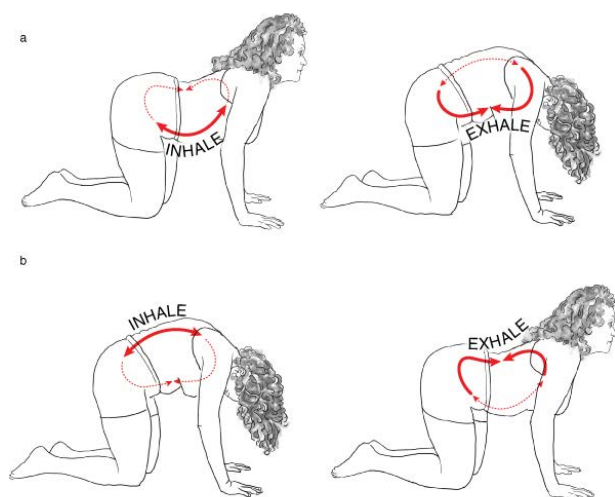
yogaanatomy.org/omstars-21

SURVEY

<http://y-an.org/student>

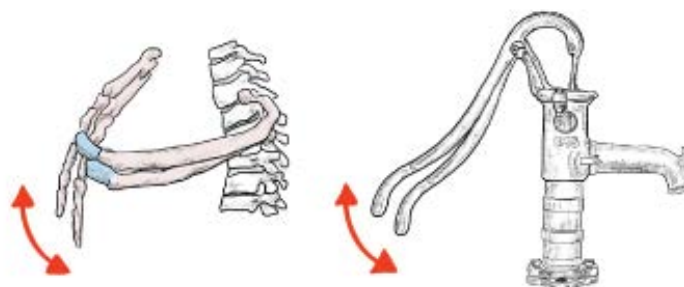
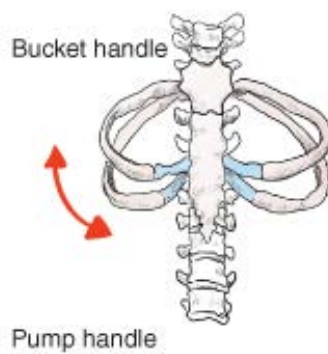
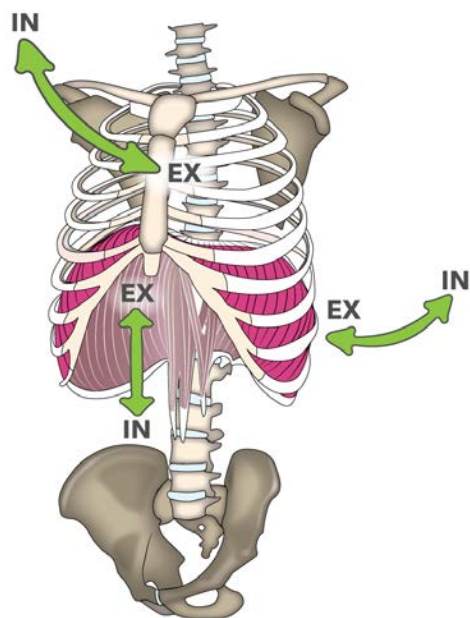
Print on-demand selections from
Lydia Mann's anatomy art collection
available at bit.ly/anatomy-art

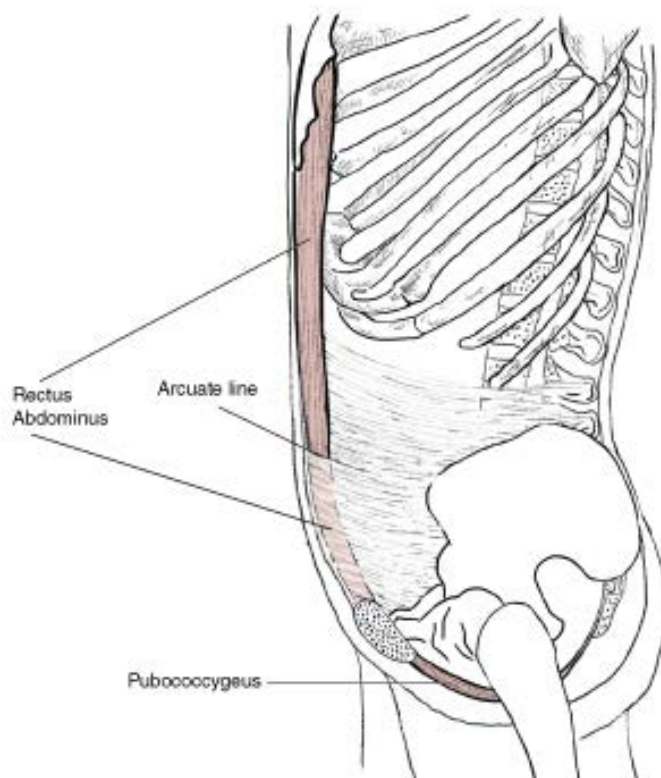
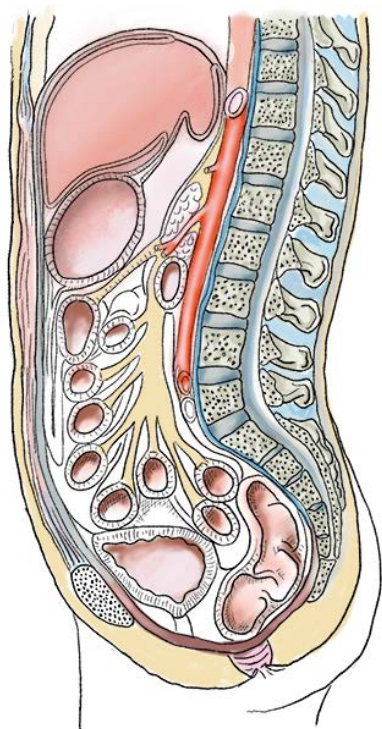
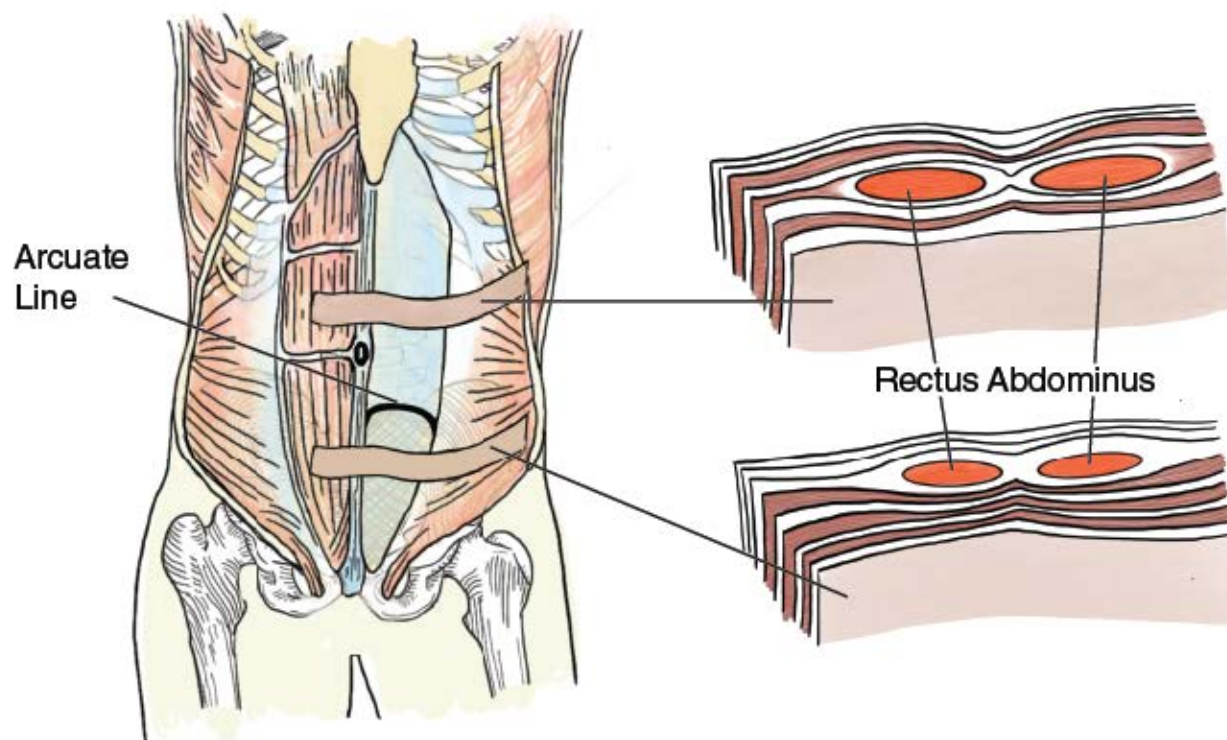


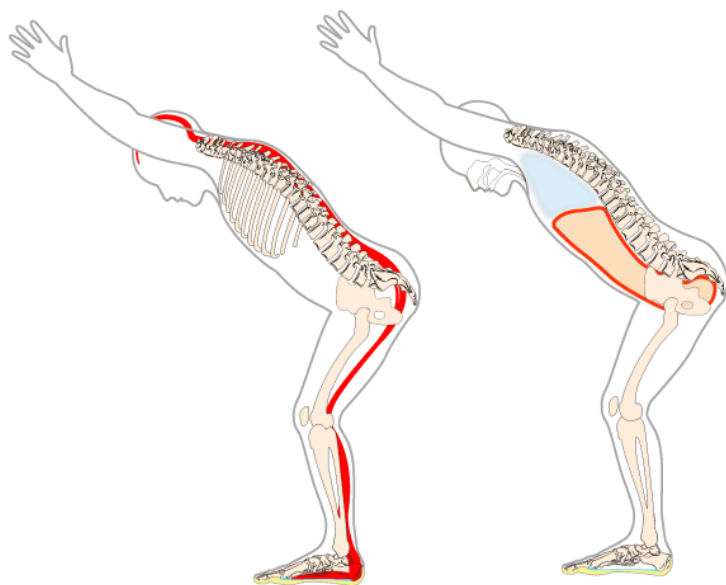


TECHNIQUE FOR BREATH RELEASE / BANDHAS: "Thermometer Breath"

- Lift on exhale
- Stay lifted to inhale and feel sternum rise towards chin
- Exhale without letting sternum drop away from chin
- Roll down through spine on eternal retention (bhaya kumbhaka)
- "Thermometer" breath on final inhale







Pelvic diaphragm from above

Pubic symphysis

Puborectalis

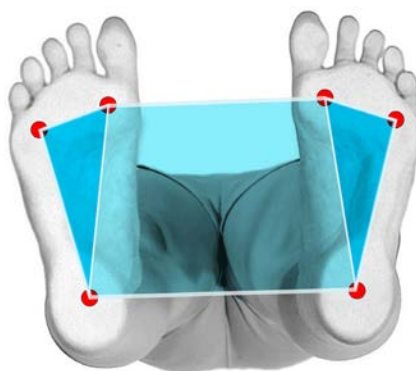
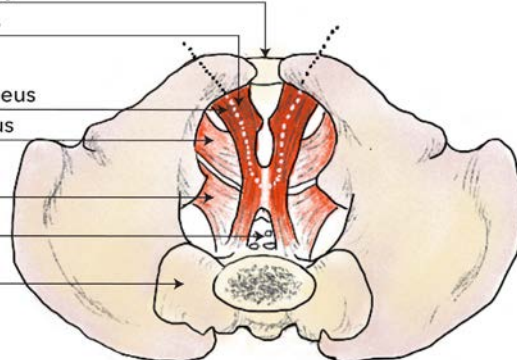
Pubococcygeus

Iliococcygeus

Coccygeus

Coccyx

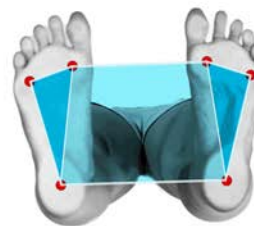
Sacrum



Tadasana
(narrow stance)



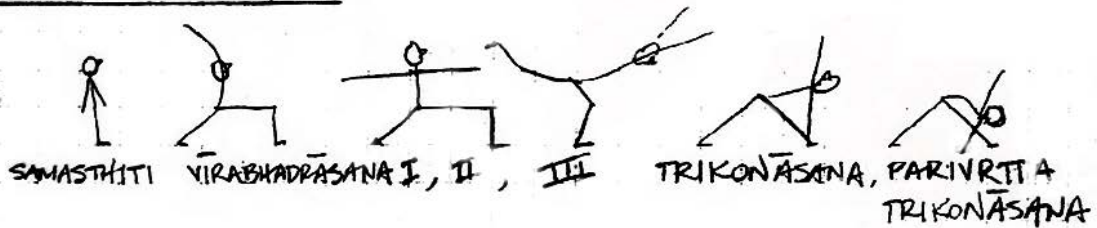
Samasthiti
(wide stance)





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