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Leslie Kaminoff's
esutra blog, teaching
and touring schedules

YOGAAnatomy.net

Study at your own pace
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and **Practices** online
year-long courses or
incorporate Leslie
and Amy Matthew's
Fundamentals into your
teacher training program.
It's PRE-APPROVED by
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SUN AND MOON YOGA, ARLINGTON, VA:

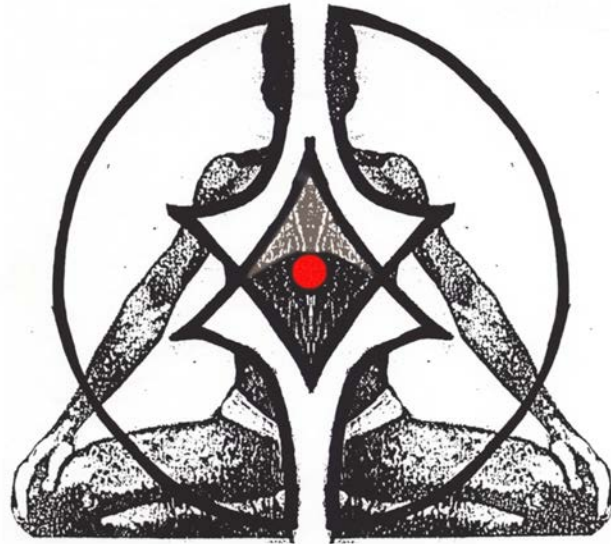
Leslie Kaminoff

Breath-Centered Yoga Practice: Maintaining Balance in Changing Times

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 swahā

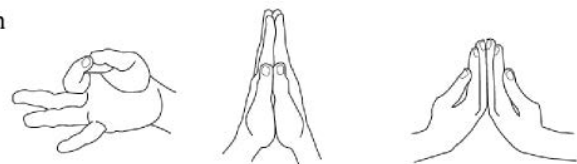
Om namo apanayá

Apanaya nama om

Apanaya swahā

Om swahā

Harīh om



Om

Nama

Pranaya/Apanaya



Pranaya swaha

Apanaya swaha

The Most Powerful Breath You'll Ever Take

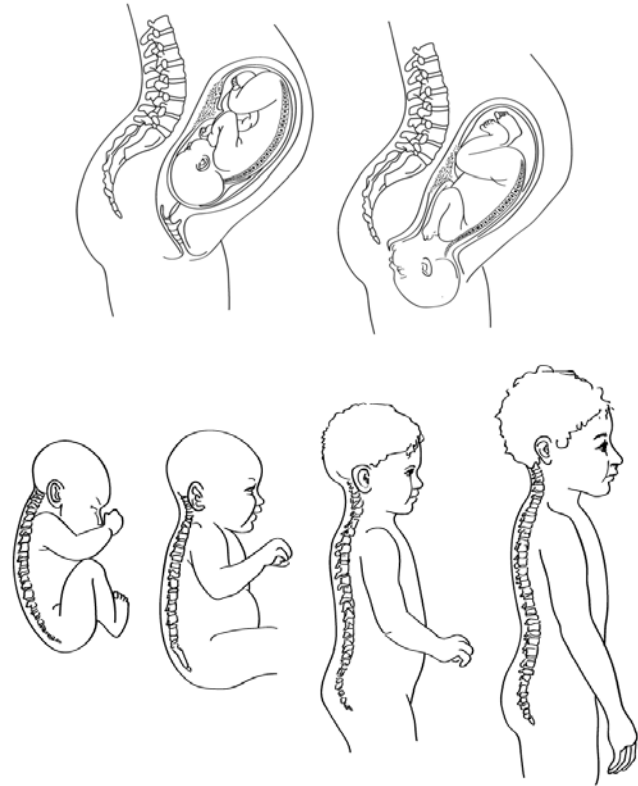
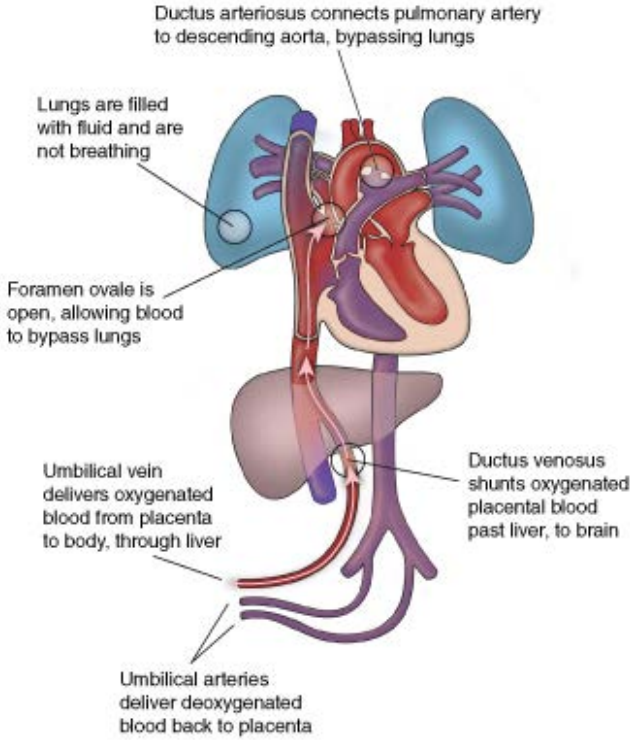
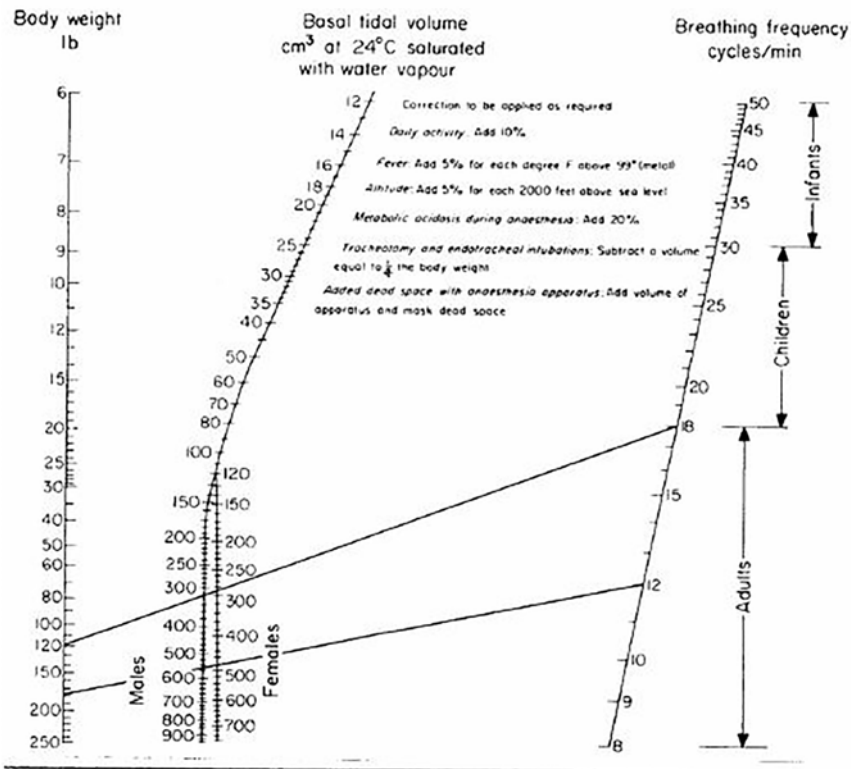


Illustration by Sharon Ellis

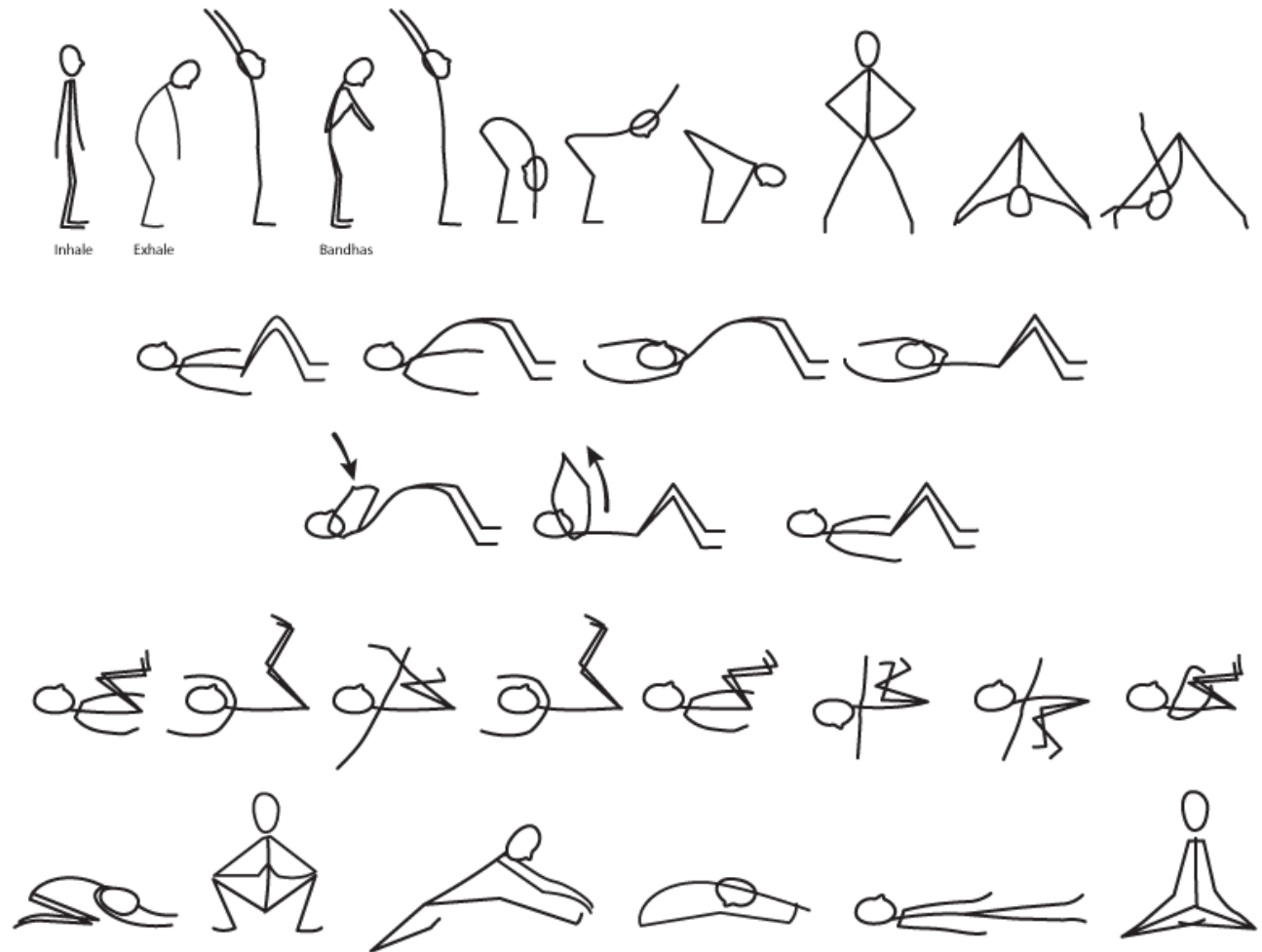
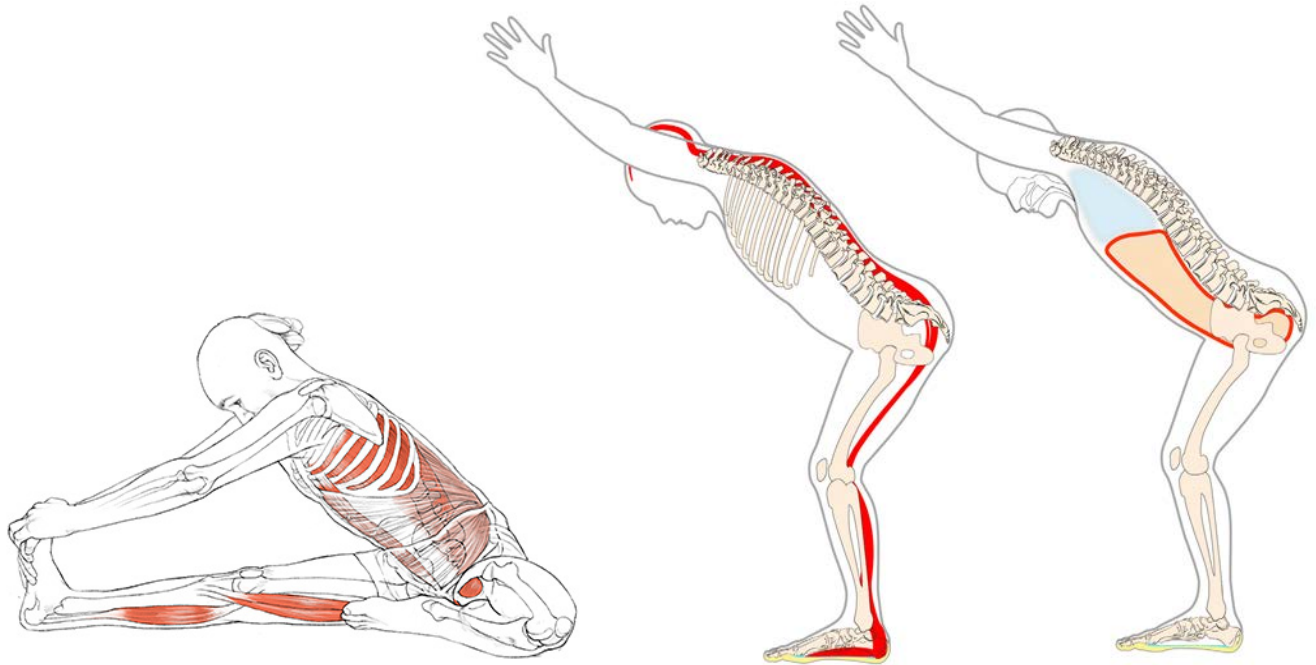
Radford Breathing Nomogram



Reprinted with permission from Radford, E.P.: *J. of Appl. Physiol.* 7:451, 1955.

Shushumna Nadi in Theory and Practice – The Central Pillar of Krishnamacharya’s Yoga

Illustration by Sharon Ellis



Awakening Our Inner Resources: Proprioception and Interoception in Yoga Education

THOUGHTS ON BODIES:

- ▶ The body and mind don't affect each other – they ARE each other.
- ▶ You've never been this old before, and you'll never be this young again.
- ▶ There are no straight lines in the body. All movement exists as three dimensional spirals moving thru three-dimensional space.
- ▶ There are no parts in the body; everything is connected to everything else; we can potentially find those pathways of connection in an infinite variety of ways.
- ▶ For every force in the body, there is an opposing force that travels in the opposite direction.
- ▶ In order to get something unusual to move, you need to get some of the usual movements to be still.
- ▶ We cannot fix people; no one is broken. Healing arises from removing obstructions to change (YS IV:3).

THOUGHTS ON TEACHING AND LEARNING:

- ▶ Engaging a student in an inquiry is far more empowering than administering a correction.
- ▶ Techniques and approaches are embedded in the context they arise in – no technique will apply to every person.
- ▶ When you learn a new way of breathing and moving, by definition, you are unlearning your old way of breathing and moving.
- ▶ It can be really hard work to not work so hard.
- ▶ Surrender is an act of will.
- ▶ A master is someone who is capable of creating another master.
- ▶ Giving honor and respect to our teachers is not the same as gaining authenticity from our association with them. Authenticity can only arise from our unique, genuine experiences.
- ▶ There is no such thing as spiritual cloning. Each generation of teachers should put their unique stamp on the teachings they have received

