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Leslie Kaminoff's
esutra blog, teaching
and touring schedules

YOU AND THE MAT, LAGUNA NIGUEL, CA:

Leslie Kaminoff

Embodied Education: Asana, Anatomy, and Breath

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"

Practices for Inquiry vs. Technique in The Classroom:

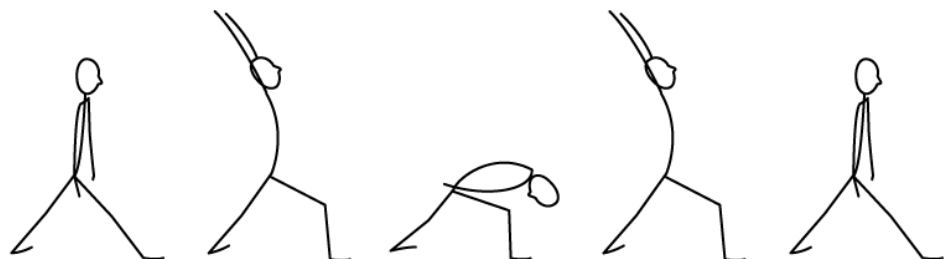
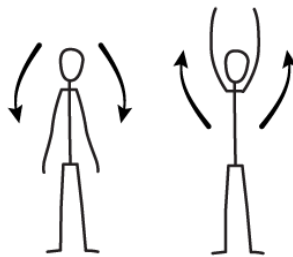
The Sthira and Sukha of Teaching Yoga:

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
- [facebook.com/LeslieKaminoffYogaAnatomy](https://www.facebook.com/LeslieKaminoffYogaAnatomy)
- twitter.com/lkaminoff
- workshop page: yogaanatomy.org/yatm-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



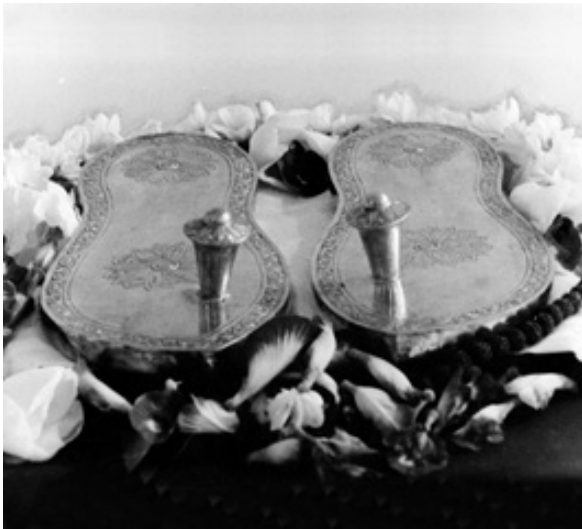
Awakening Our Inner Resources: Proprioception and Interoception in Yoga Education

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



Better Backbends Through Breathing

FIVE MOVEMENTS OF THE SPINE:

- ▶ Flexion
- ▶ Extension
- ▶ Lateral Flexion
- ▶ Axial Rotation
- ▶ Axial Extension

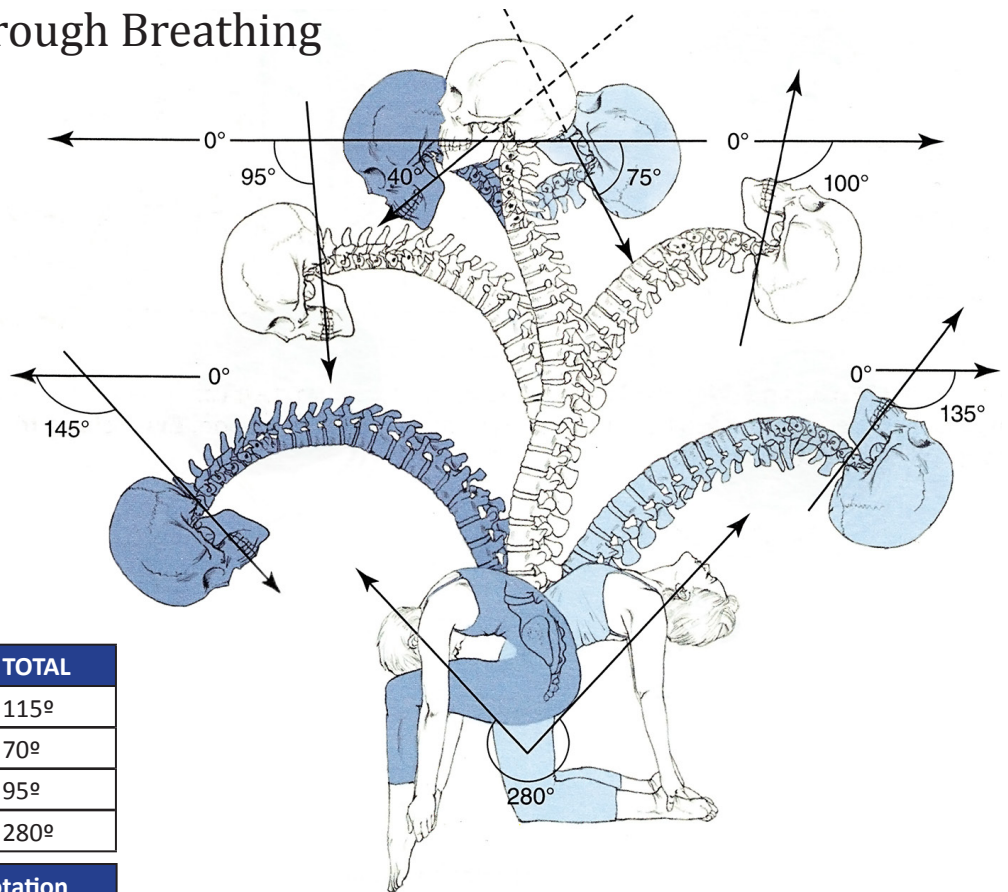


Illustration by Sharon Ellis

	Flexion	Extension	TOTAL
Cervical	40°	75°	115°
Thoracic	45°	25°	70°
Lumbar	60°	35°	95°
TOTAL	145°	135°	280°

	Lateral Flexion	Axial Rotation
Cervical	35°	50°
Thoracic	20°	35°
Lumbar	20°	5°
TOTAL	75°	90°

Flexion = shape of the primary curve

- ▶ increase of primary curves, decrease of secondary curves)
- ▶ Anterior part of spine is more concave, posterior part of spine is more convex
- ▶ ex: shape of "Cat"

Extension = shape of the secondary curve

- ▶ increase in secondary curves, decrease in primary curves
- ▶ Anterior part of spine is more convex, posterior part of spine is more concave
- ▶ ex: shape of "Cow"

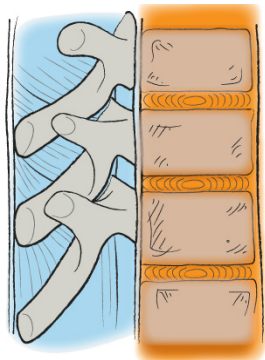


Twist, Don't Break

Sthira: Protection for the central nervous system

Sukha: Range of motion for freedom of movement

THE TWO COLUMNS OF THE SPINE:

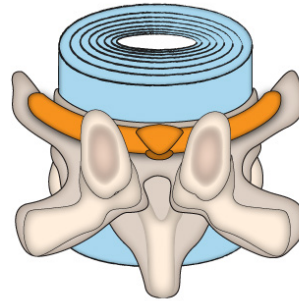


Sthira: Anterior (Red) vertebral bodies and discs

Sukha: Posterior (Blue) arches, processes, ligaments

INTERVERTEBRAL DISC STRUCTURE:

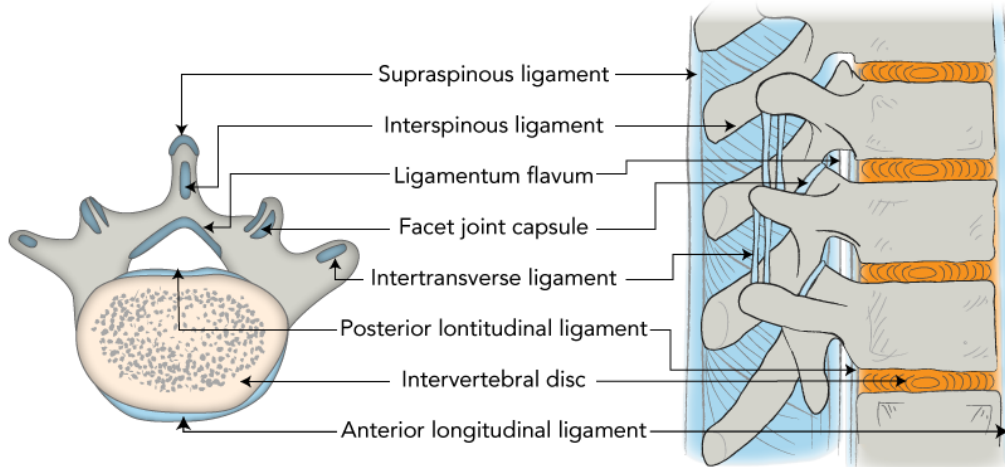
concentric rings of the annulus fibrosus surround the nucleus pulposus



THE LIGAMENTS OF THE SPINE :

Posterior column : Sukha
Range of motion for freedom of movement; the posterior arches, processes, ligaments

Anterior column : Sthira
Protection for the central nervous system; the anterior vertebral bodies and discs



MOVEMENTS OF THE VERTEBRAE:

- ▶ propel the nucleus of the disc
- ▶ in the opposite direction,
- ▶ which builds energy within the disc
- ▶ to help return the vertebrae to neutral

AXIAL ROTATION (TWISTING)

- ▶ flattens the nucleus,
- ▶ propelled by the annulus to regain its height,
- ▶ leads to an opposing spiral
- ▶ in the spine.

