



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and tourina schedules

The Yoga House, Pasadena, CA:

Leslie Kaminoff

Breathing: A Yogic Model of Relationship

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 swahä

Om namo apanayá

Apanaya nama om

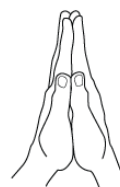
Apanaya swahä

Om swahä

Haríh om



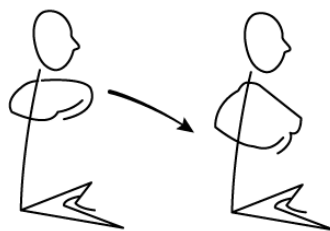
Om



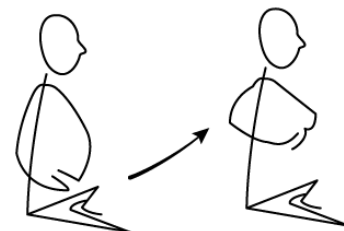
Nama



Pranaya/Apanaya



Pranaya swaha



Apanaya swaha

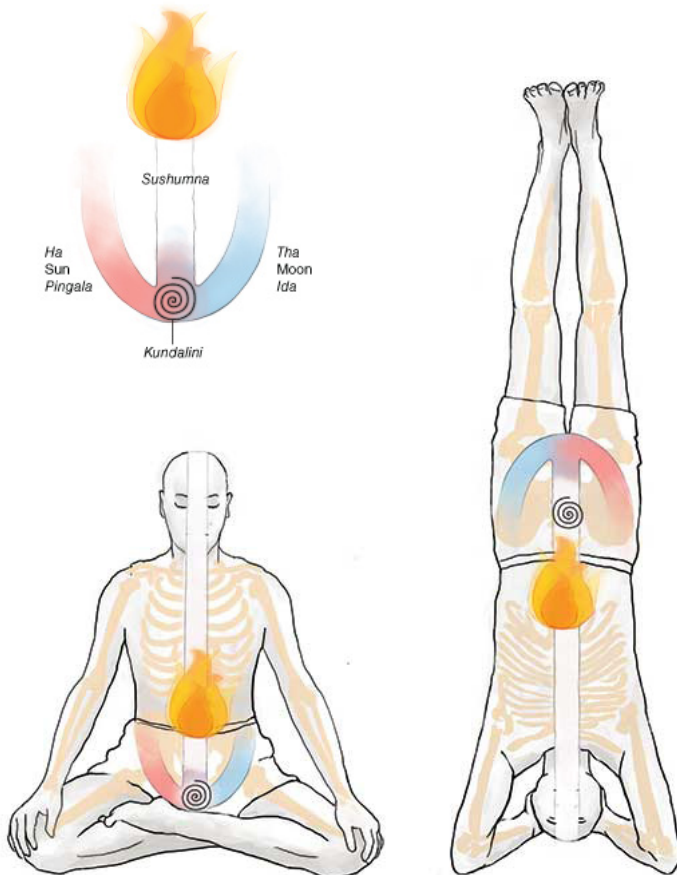
Still photos may be posted to
social media if you tag lkaminoff
(Facebook)/leslie.kaminoff
(Instagram).

- leslie@yogaanatomy.org
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- twitter.com/lkaminoff
- workshop page:
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Lydia Mann's anatomy art collection
available at bit.ly/anatomy-art



Krishnamacharya in Mulabandhasana Mysore, 1938.



Basic cellular activity

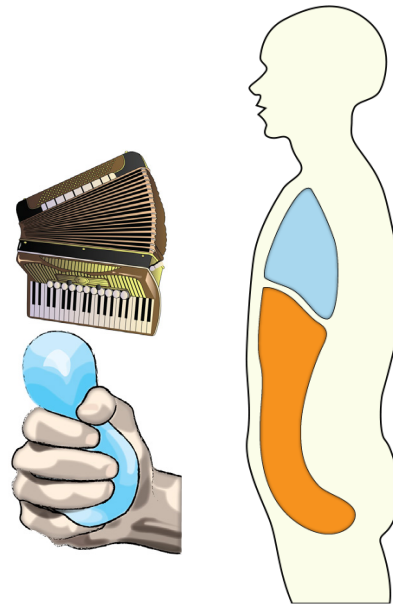
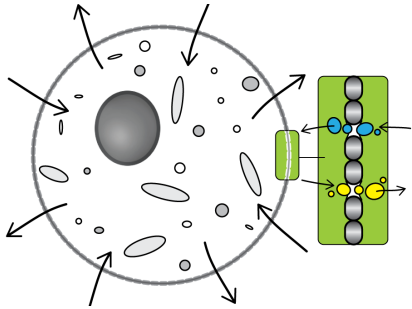
NUTRITION IN = PRANA

WASTE OUT = APANA

The semi-permeable membrane

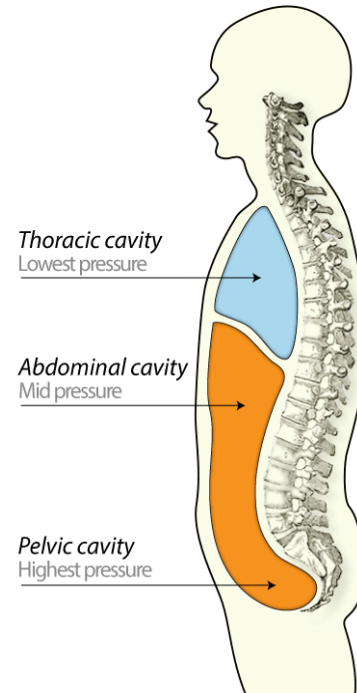
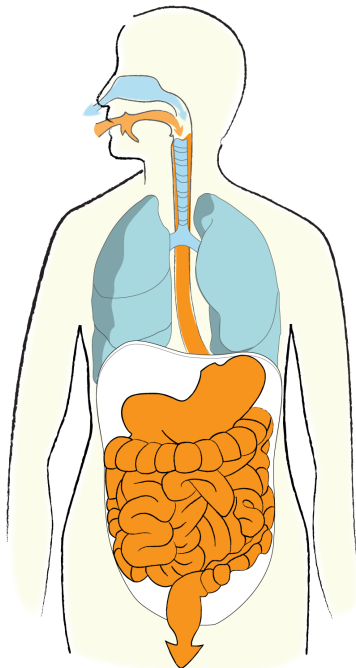
STABILITY = STHIRA

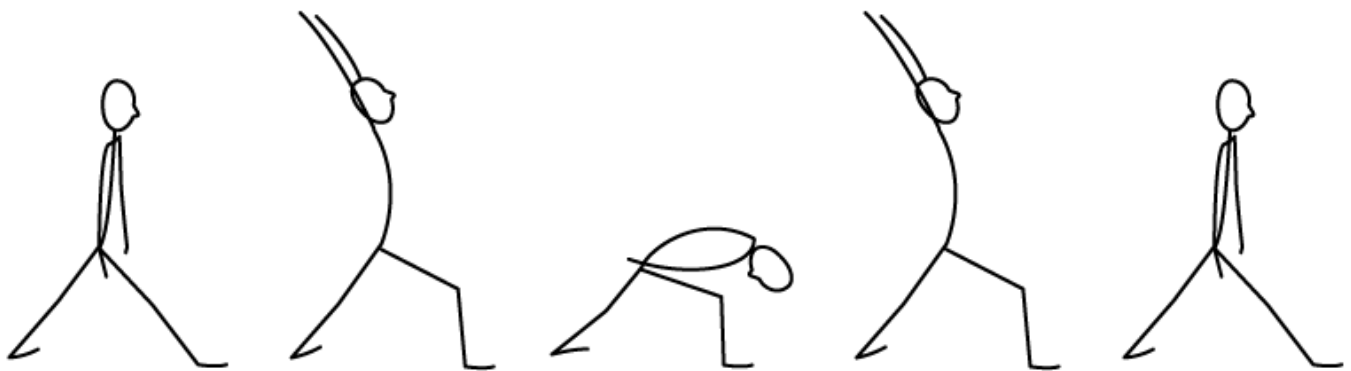
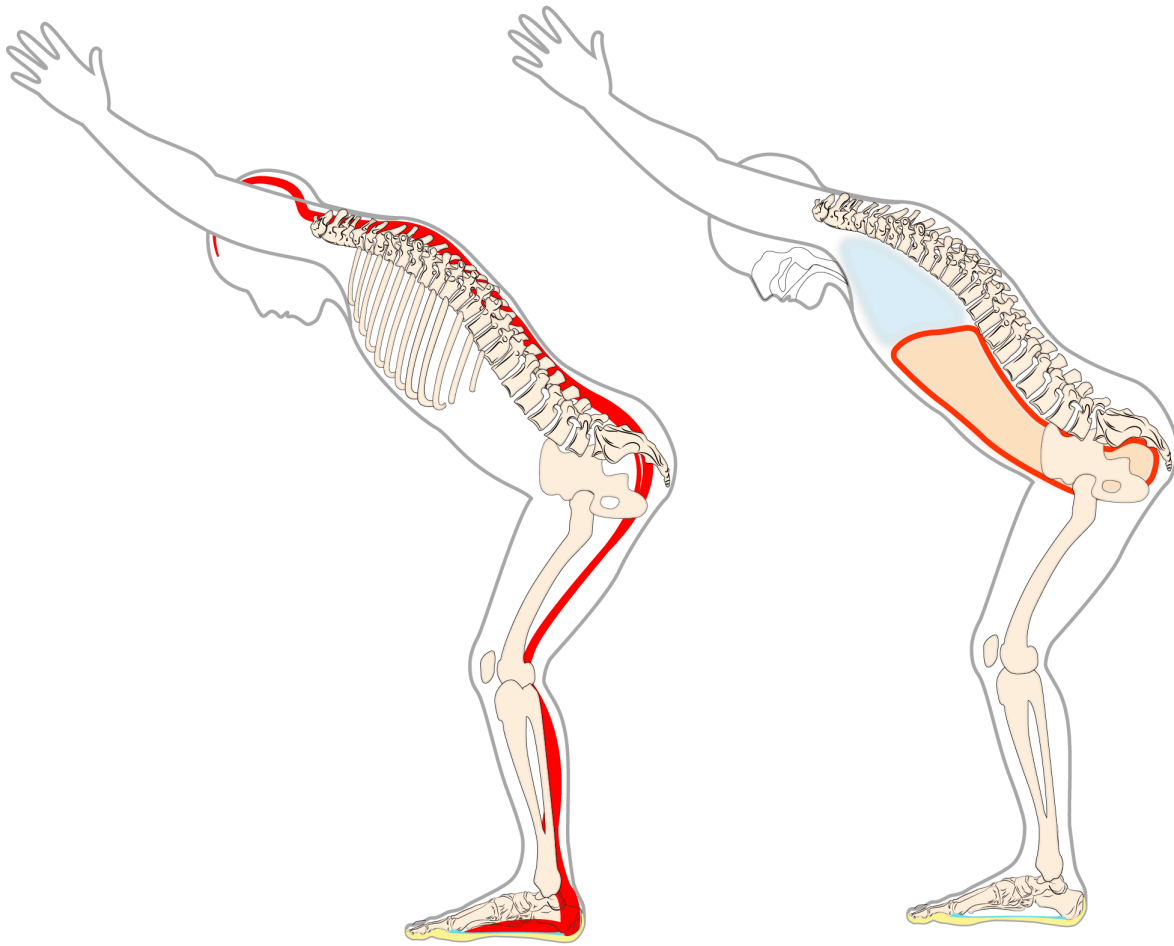
PERMEABILITY = SUKHA



PRANA AND APANA

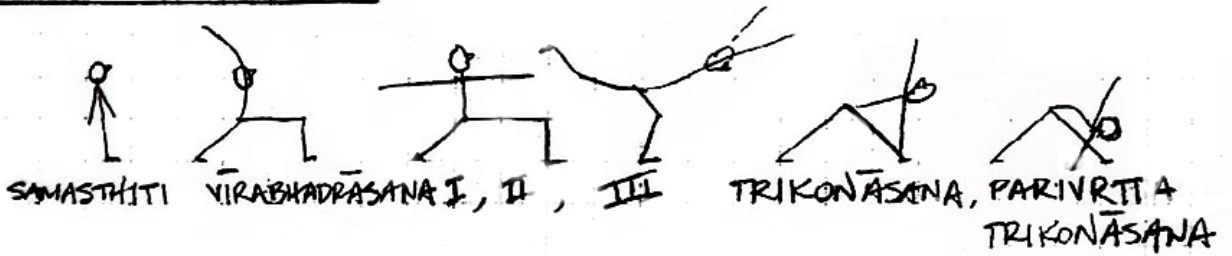
- ▶ Air enters and exits at the top. Solid and liquid enter at the top, exit at the bottom.
- ▶ Breathing is the shape change of the abdominal and thoracic cavities
- ▶ The spine is the back of the cavities





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