



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Raffa Yoga, Cranston, Rhode Island:

Leslie Kaminoff

Breath, Asana and Education

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

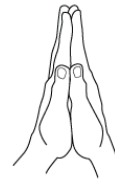
Apanaya swahä

Om swahä

Haríh om



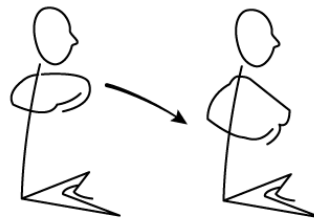
Om



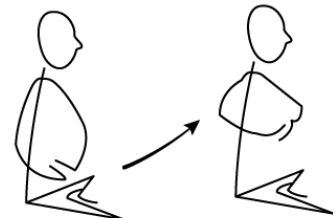
Namó



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
- facebook.com/LeslieKaminoffYogaAnatomy
- twitter.com/lkaminoff
- workshop page: yogaanatomy.org/raffa-May23
- 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

Basic cellular activity

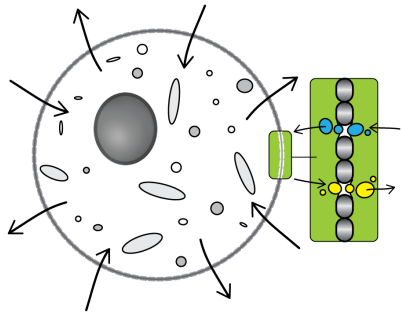
NUTRITION IN = PRANA

WASTE OUT = APANA

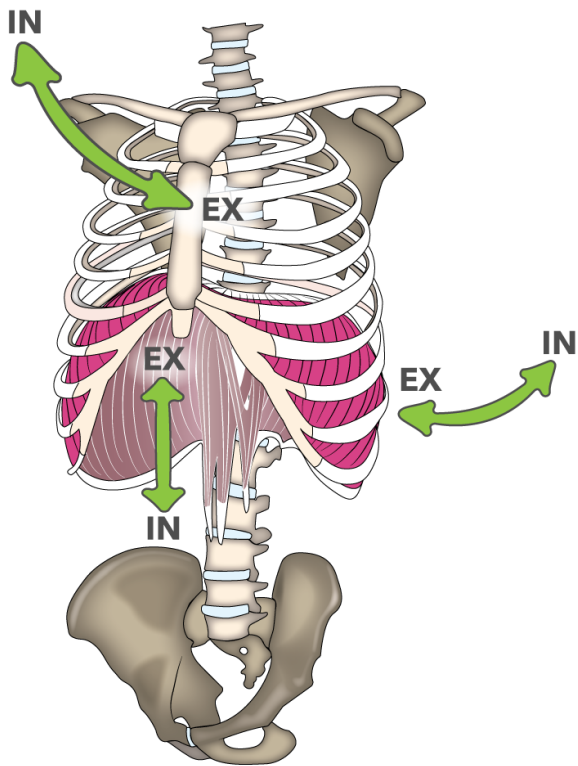
The semi-permeable membrane

STABILITY = STHIRA

PERMEABILITY = SUKHA

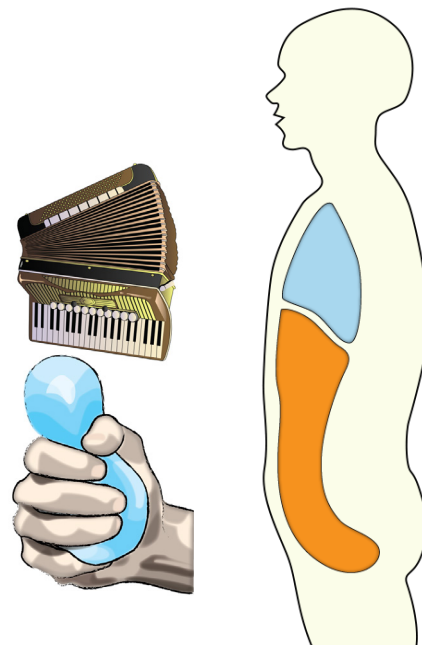
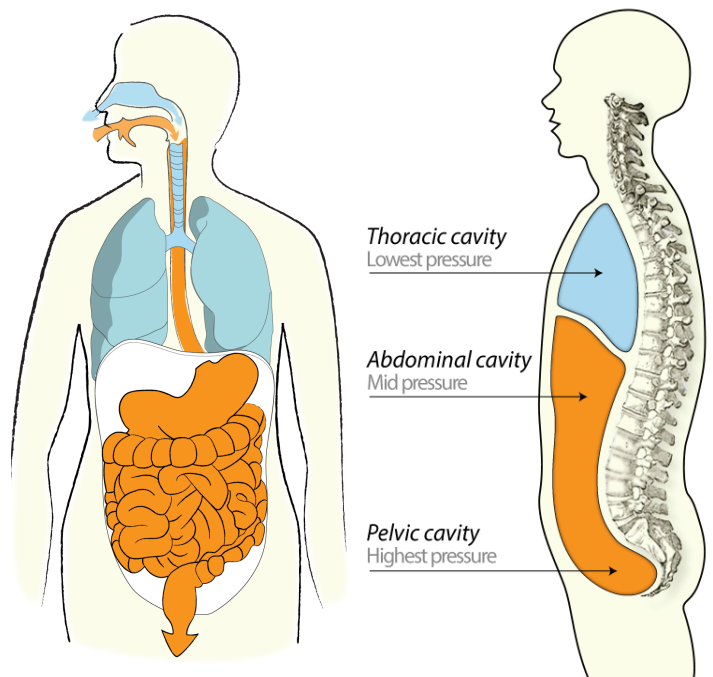


WITH THE SHAPE, LOCATION AND ATTACHMENTS OF THE DIAPHRAGM:



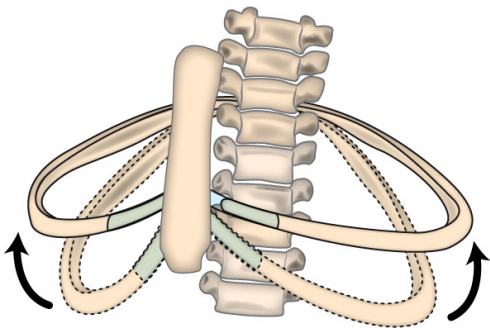
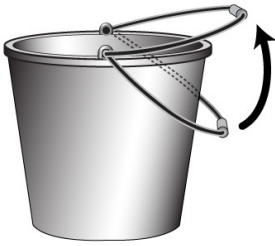
PRANA AND APANA

- ▶ 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

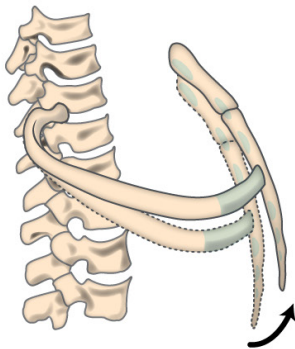
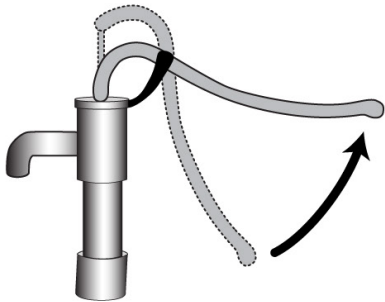


Rib movements created by the diaphragm

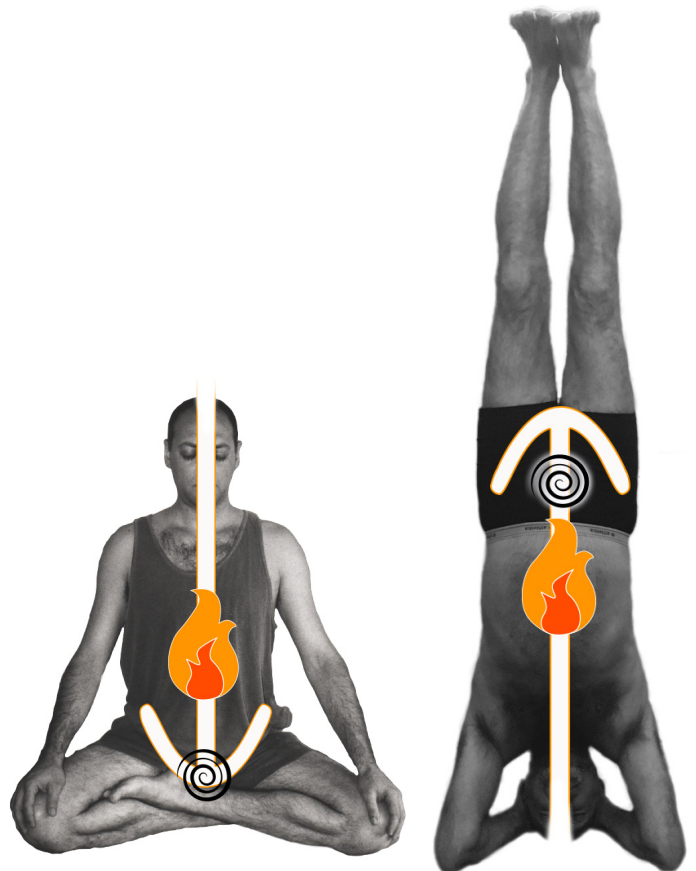
BUCKET HANDLE MOVEMENT



PUMP HANDLE MOVEMENT



Kundalini, Shushumna, Agni



The difference that breath support makes for the spine:

