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Leslie Kaminoff's  
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OM MY YOGA, CAMP HILL, PA:

# Leslie Kaminoff

Aligning with the Breath: Core Concepts in Desikachar's Yoga

*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

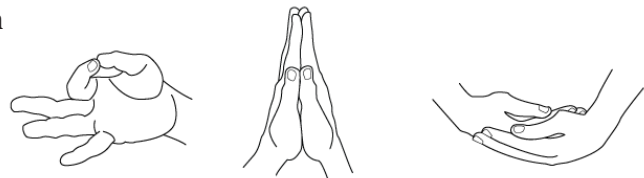
Om namo apanayá

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/omy-23
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## Thoughts on Yoga: Patanjali

Translations by T.K.V. Desikachar from *“The Heart of Yoga: Developing a Personal Practice”* published by Inner Traditions

*YS II:16 “Heyam duhkam anagatam.”*

*Translation: Painful effects that are likely to occur should be anticipated and avoided.*

*YS II:46 “sthira sukham asanam”*

*Translation: “Āsana must have the dual qualities of alertness (without tension) and relaxation (without dullness or heaviness).”*

- ▶ Stability and mobility are not mutually exclusive states.
- ▶ Strength without flexibility is rigidity: Flexibility without strength is instability.
- ▶ The following quote, favored by my teacher, is a definition of tapas, as contained in Patanjali’s definition of yoga practice in YS II:1:

*“Our Yoga practice always has to be a little more clever than our habits.”*

—T.K.V. Desikachar

- ▶ Desikachar also used to say:

*“The recognition of confusion is a form of clarity.”*

Leslie extends this statement with:

*“The non-recognition of confusion is the source of all suffering.”*

This is a re-statement of Patanjali’s view that avidya is the cause of all the kleshas (YS II:4).

- ▶ Prana is the sensory experience of one’s life-force. Yoga practice is designed to teach us how to uncover and resolve obstructions to prana.

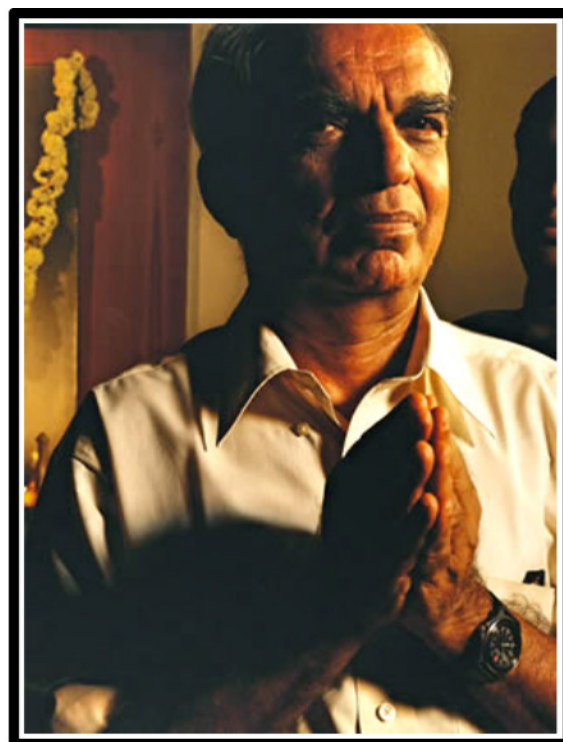
- ▶ Yoga is fundamentally an educational process which frequently has therapeutic outcomes, but we are not therapists.
- ▶ If a person is breathing, can move their body, and can focus their attention, they can practice yoga.
- ▶ Yoga is not about doing the asanas; it’s about undoing what’s in the way of the asanas.
- ▶ Rather than asking “how much can I do?” - try asking “how little can I get away with?”



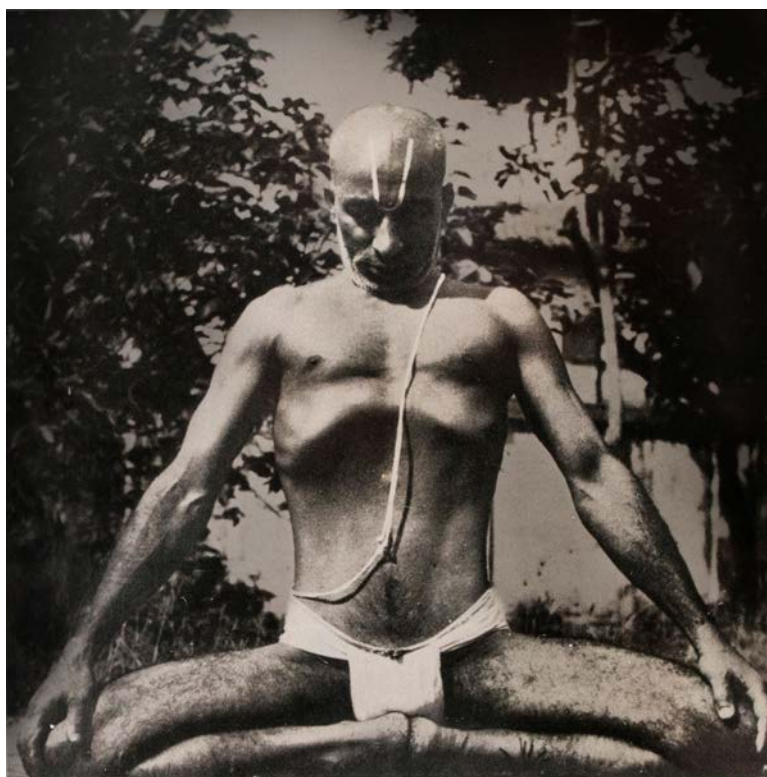
*Krishnamacharya’s Padukas on the altar of the Sannidhi, Chennai*



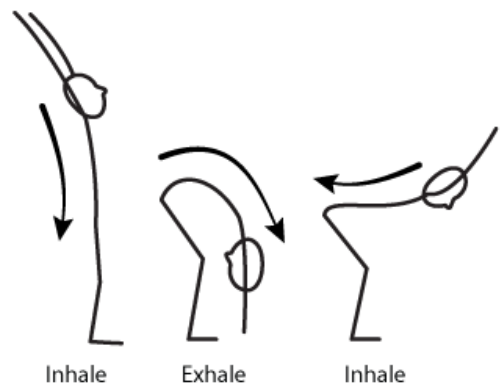
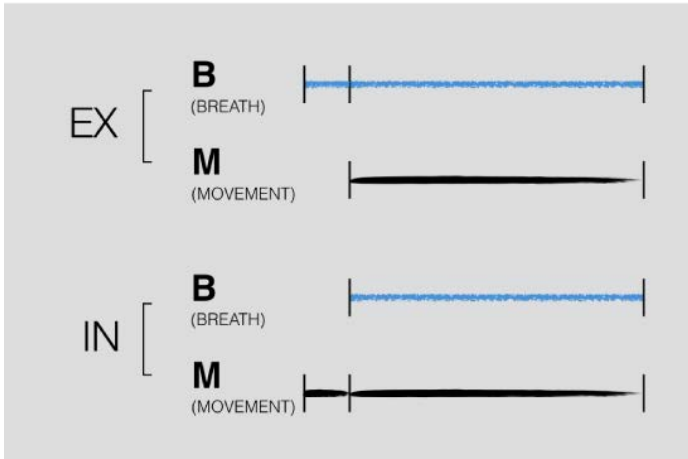
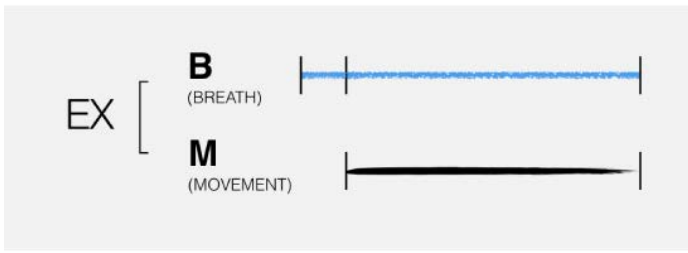
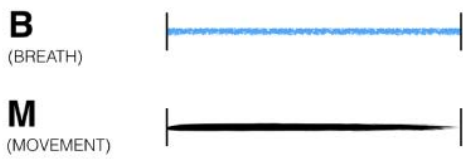
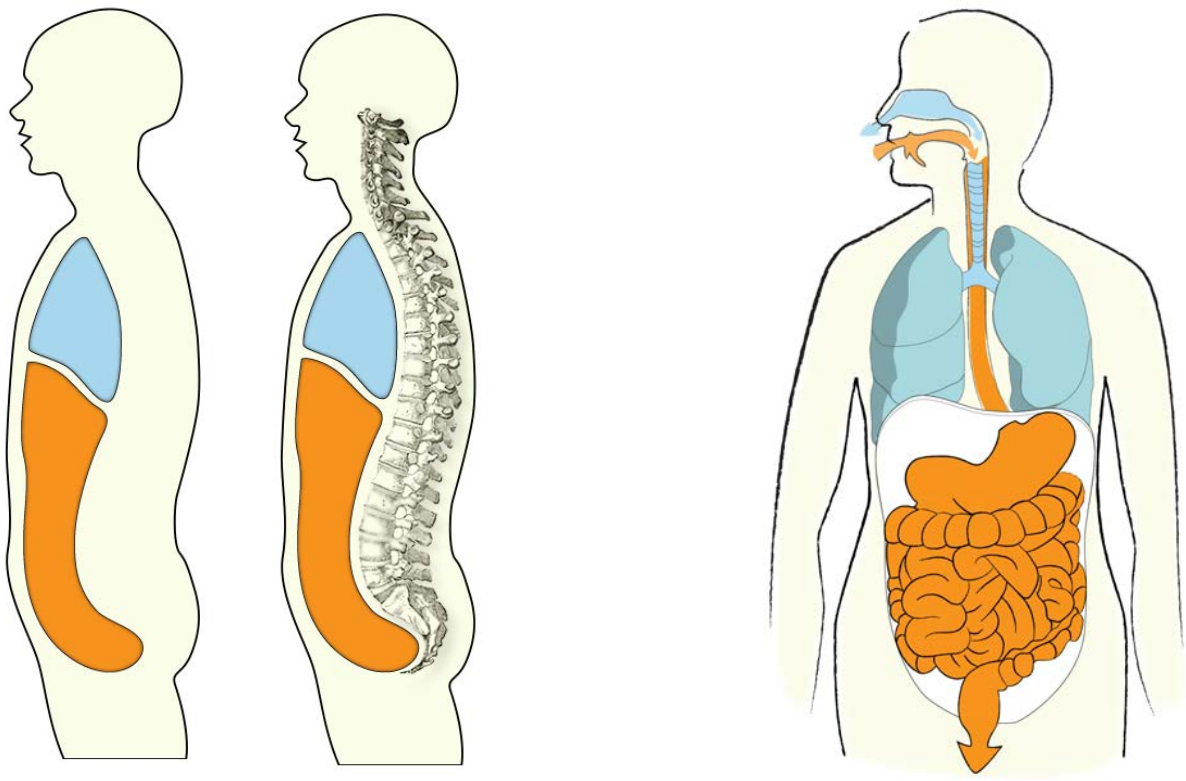
*Tirumalai Krishnamacharya*  
1888-1989

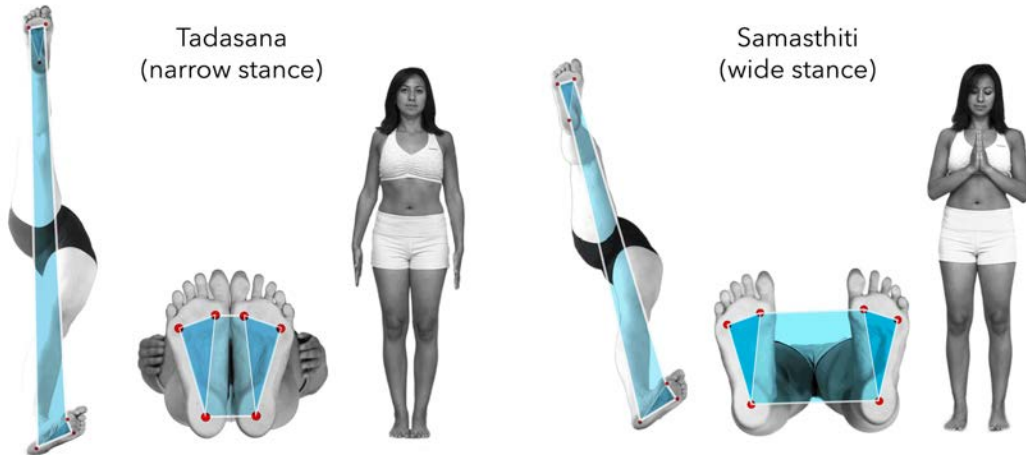
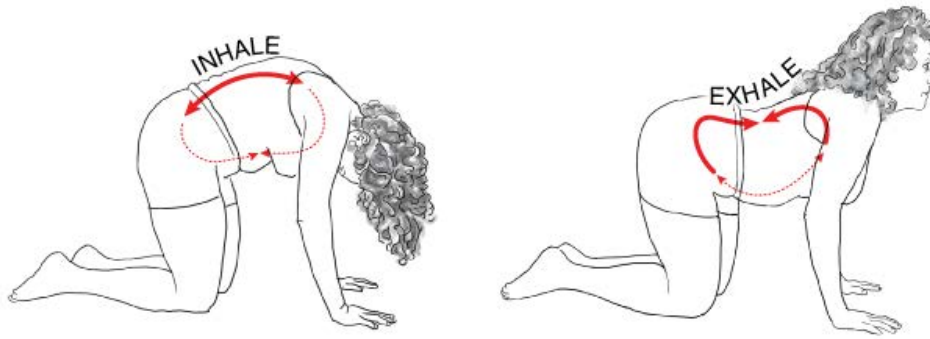
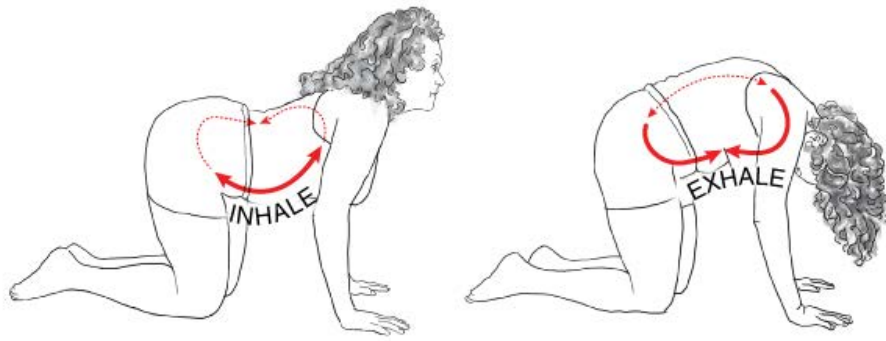


*T.K.V. Desikachar*  
1938-2016



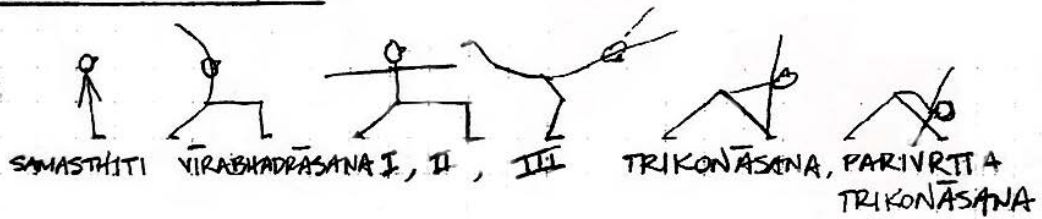
*Krishnamacharya in Mulabandhasana*  
Mysore, 1938





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