



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Global Flow, Weesp, Netherlands, October 2023:

Leslie Kaminoff

Journey to the Center of the Breath:
Coaching Better Breathing

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

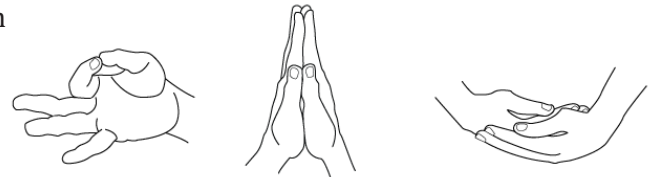
Om namo apanayá

Apanaya nama om

Apanaya swahä

Om swahä

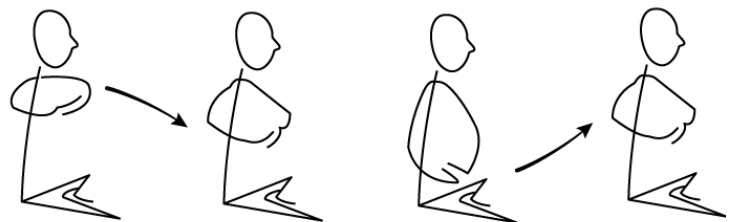
Haríh om



Om

Nama

Pranaya/Apanaya



Pranaya swaha

Apanaya swaha

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
- twitter.com/lkaminoff
- workshop page: yogaanatomy.org/weesp-23
- 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

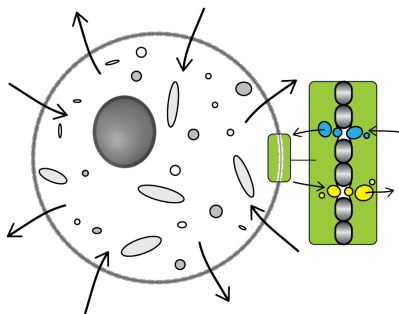
NUTRITION IN = PRANA

WASTE OUT = APANA

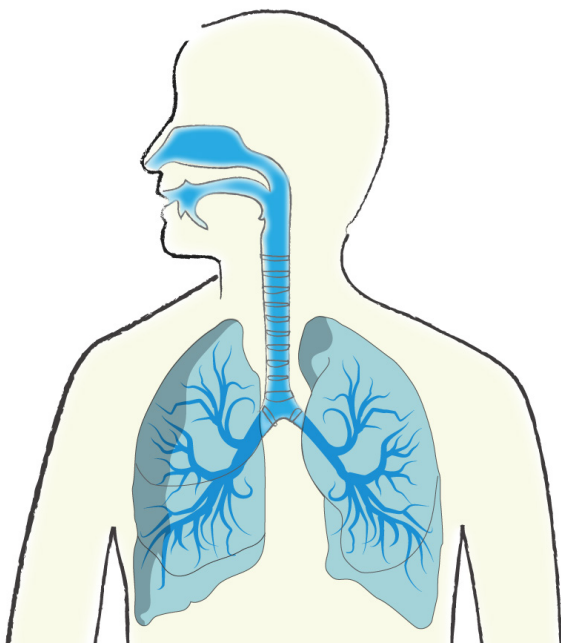
The semi-permeable membrane

STABILITY = STHIRA

PERMEABILITY = SUKHA

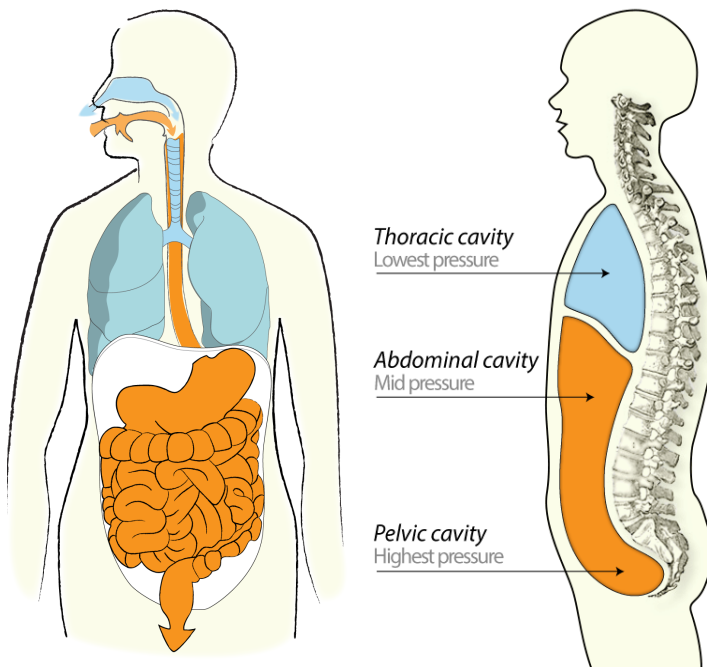
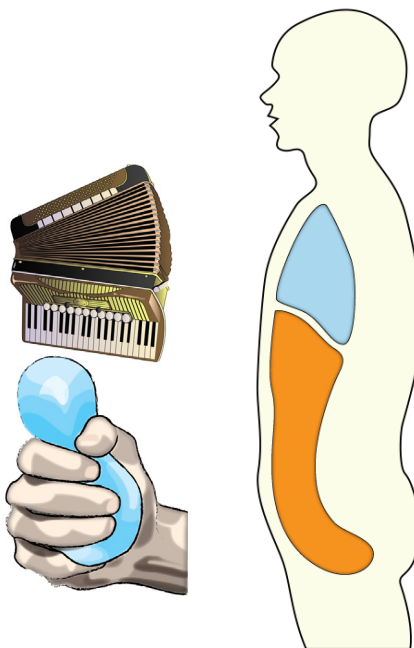


THE PATHWAY OF AIR INTO THE LUNGS

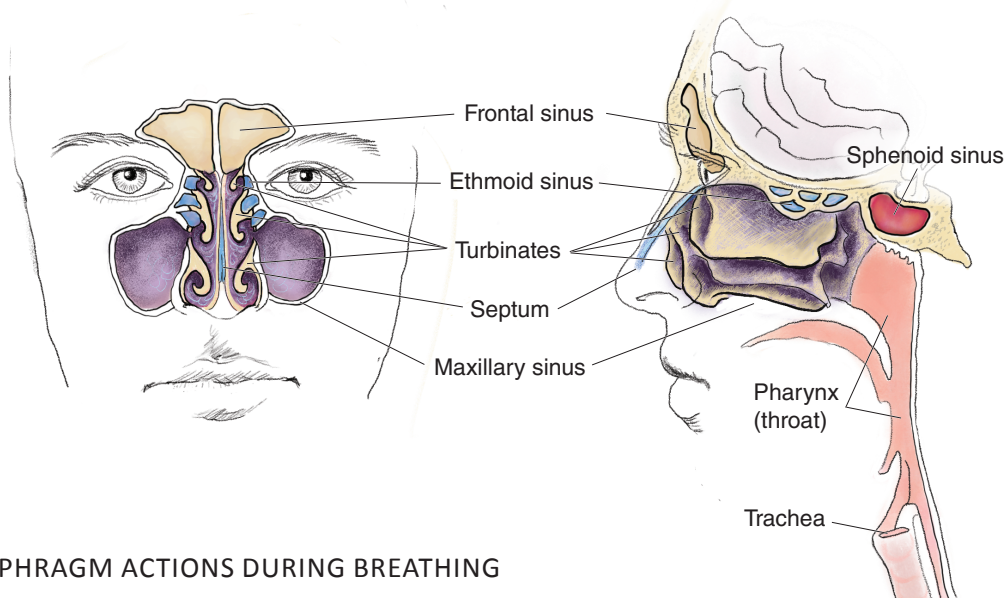


PRANA AND APANA

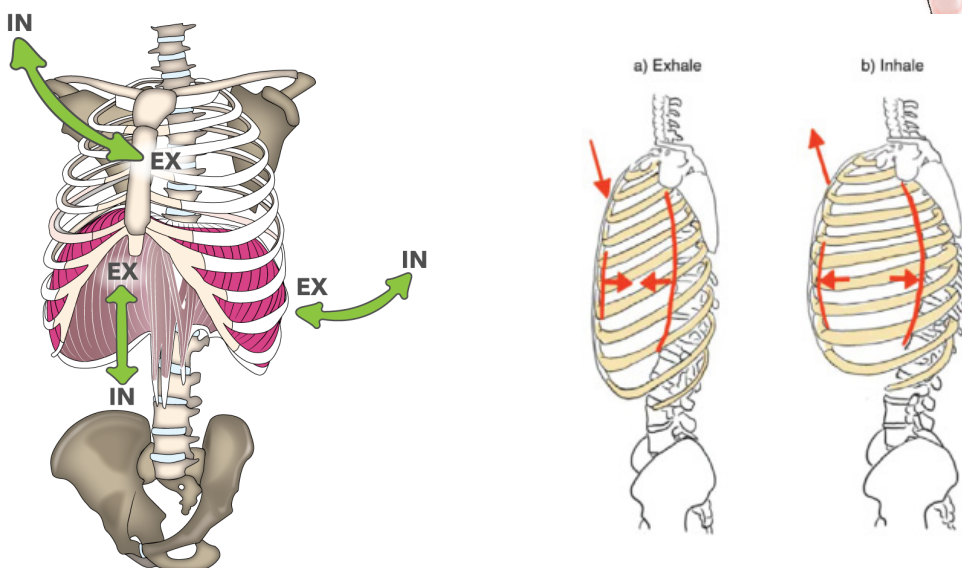
- ▶ Air enters and exits at the top. Solid and liquid enter at the top, exit at the bottom.
- ▶ Breathing is the shape change of the abdominal and thoracic cavities
- ▶ The spine is the back of the cavities



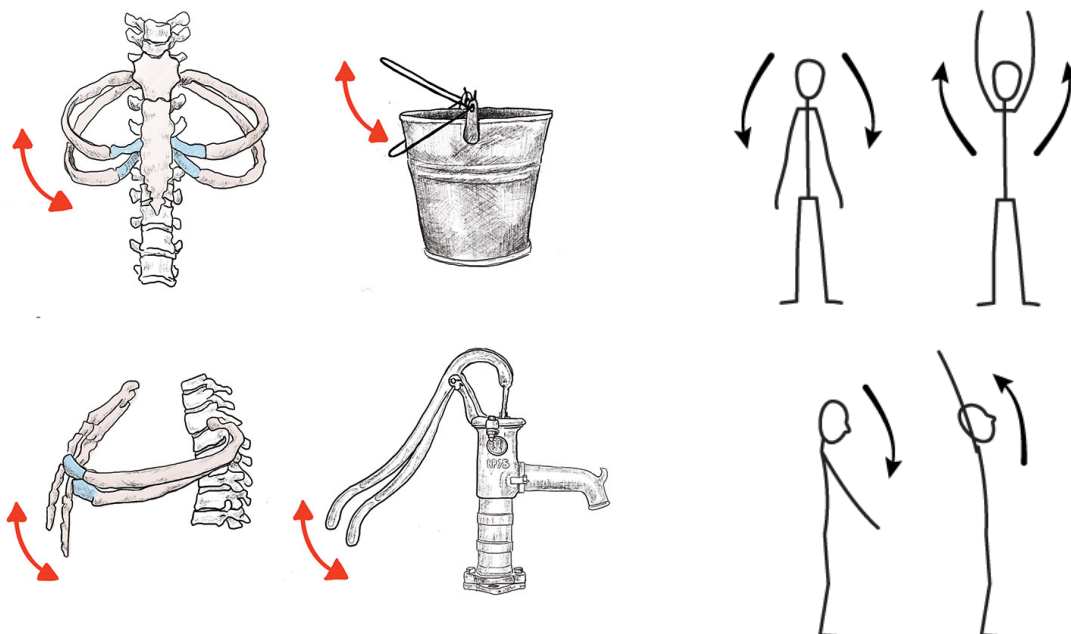
TURBINATES



RIB AND DIAPHRAGM ACTIONS DURING BREATHING



BUCKET- AND PUMP-HANDLE ACTION



See-saw breath

INTEGRATING / SEPARATING BREATH FROM AWARENESS



Utkatasana variations

TOP-DOWN BREATH LINKED TO TOP-DOWN SPINAL ARTICULATION



Vinyasa for Virabhadrasana I

A WARRIOR-SHAPED PRANAYAMA

