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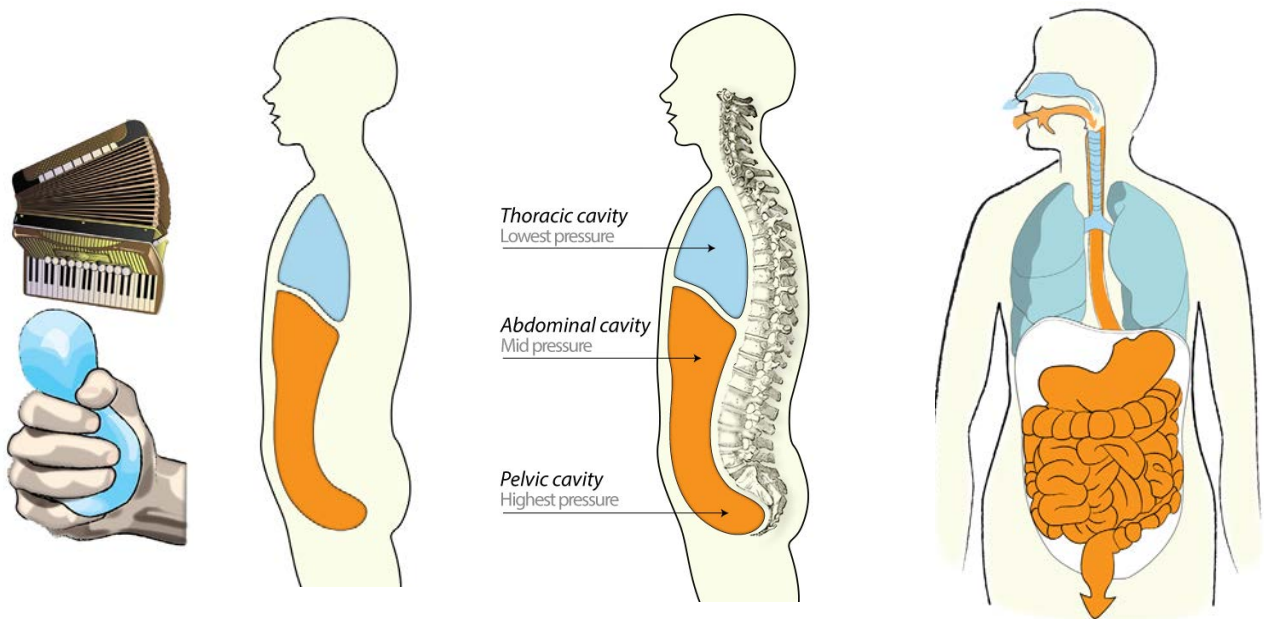
Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Mission, London, UK December 2023:

Leslie Kaminoff

FRIDAY

The Diaphragm: Dispelling Myths and Misconceptions
About Yogic Breathing

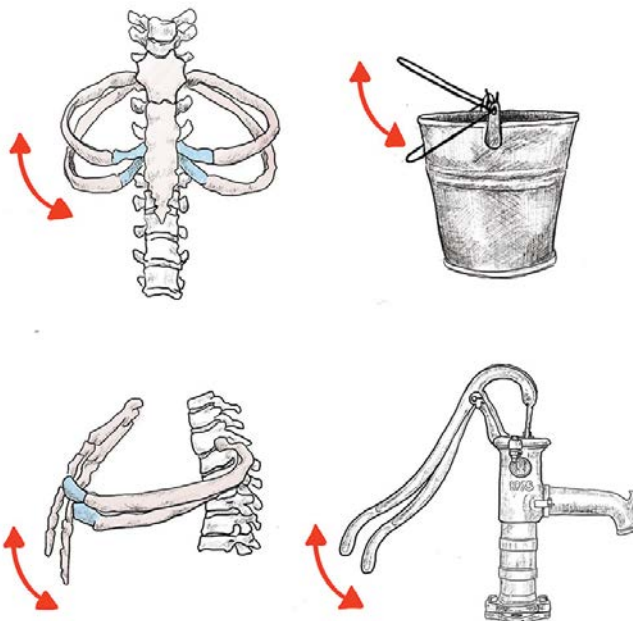


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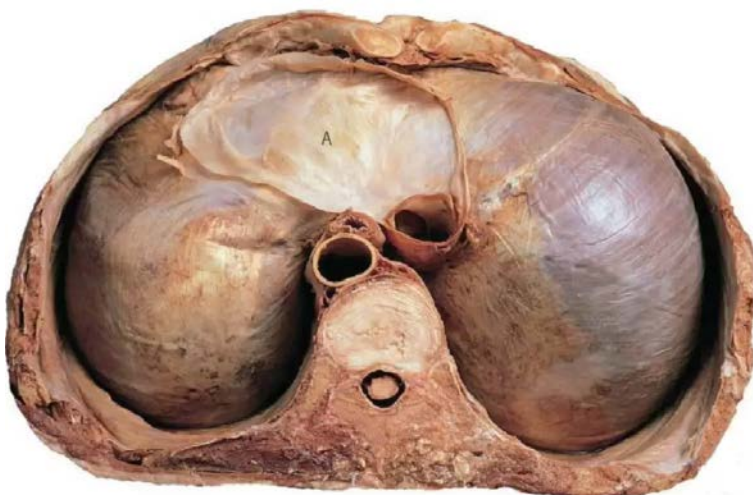
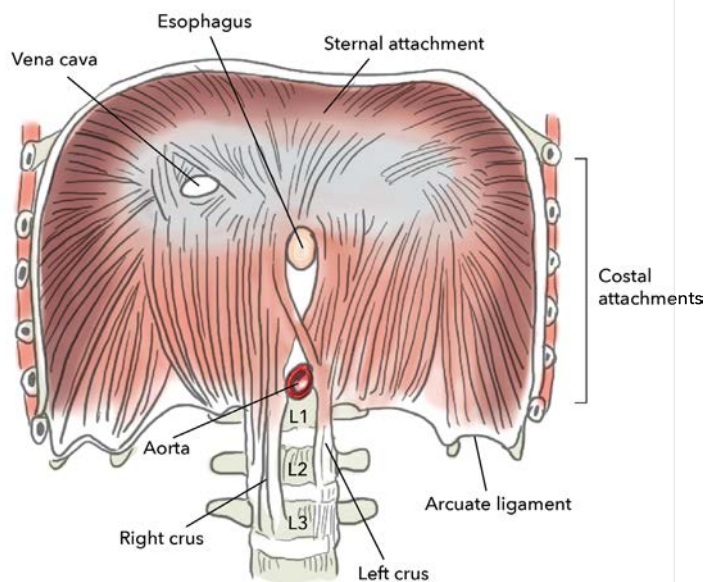
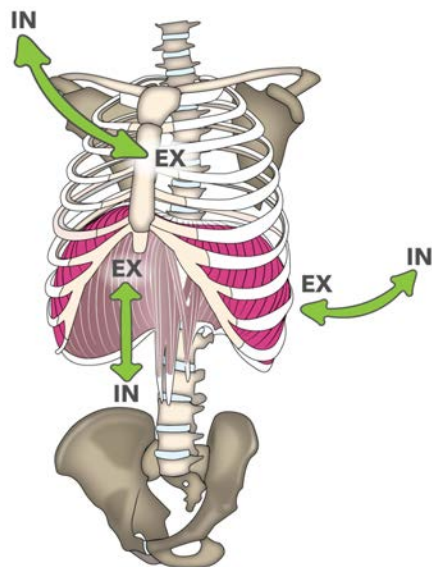


Fig. 9.29 Viewing the diaphragm from above, we see how the pericardium (A) is firmly attached to the central tendon. The 'tubing' of the esophagus and vena cava would also be associated with the track of the line. (Reproduced with kind permission from Abraham et al 1998.)

— from Tom Myers "Anatomy Trains"



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SATURDAY AM: Bones, Muscles and Structural Diversity

Comparisons of acetabulum



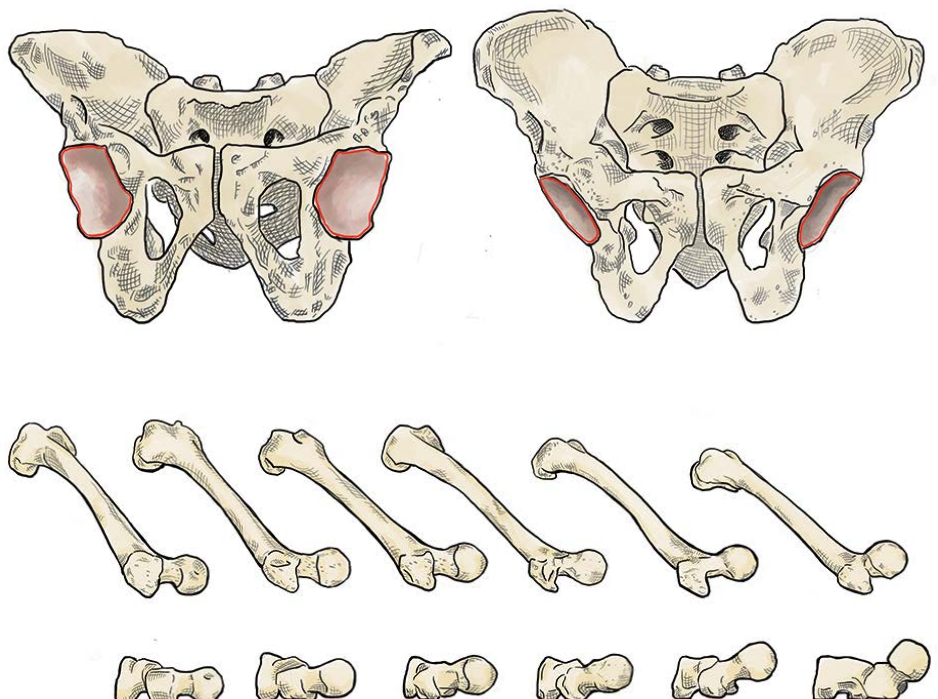
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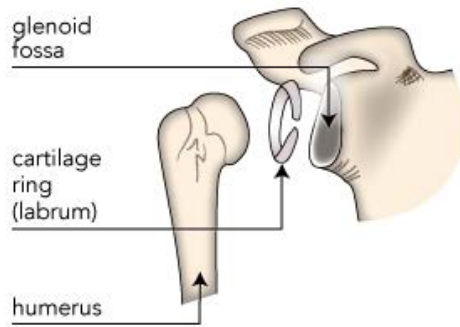
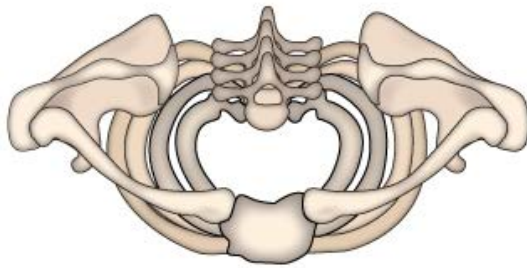
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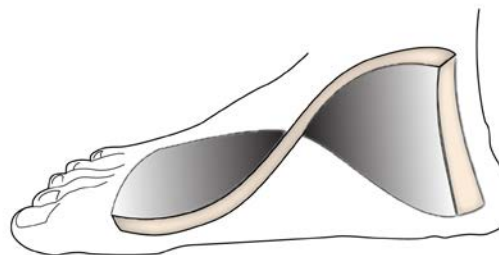
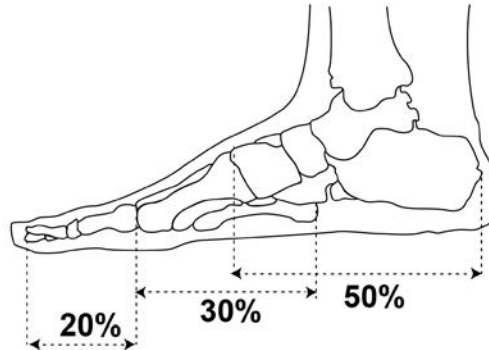
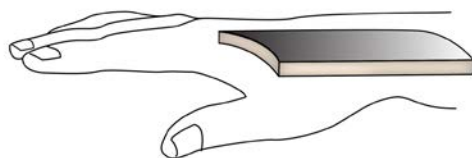
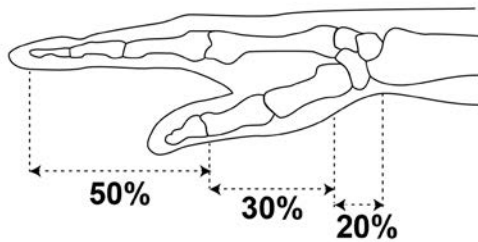
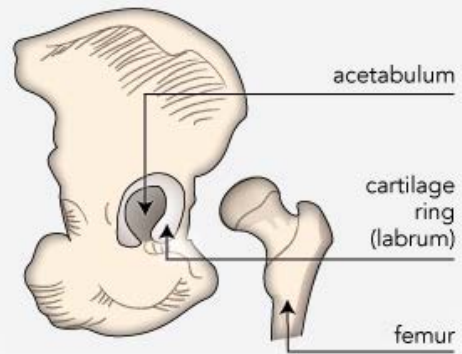
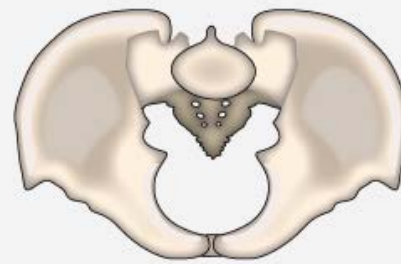


SHOULDER GIRDLE

(superior view)



PELVIC GIRDLE





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Leslie Kaminoff

SATURDAY PM: Reimagining Alignment

Principles:

- ▶ **Asanas** don't have alignment – people do.
- ▶ **An Asana** only exists when an individual places their body into a shape.
- ▶ **Healthy movement** is well-distributed - a little bit of movement coming from a lot of places.*
- ▶ **Unhealthy movement** is too much movement coming from too few places repeated too many times (repetitive stress).
- ▶ **Skeletal Alignment** is a clear pathway of weight passing through balanced joint space.*
- ▶ **Muscle Action** in asana is effective when it positions the bones to produce functional skeletal alignment.*

Alignment Cues to re-imagine:

- ▶ Stand with the feet parallel
- ▶ Square the pelvis
- ▶ Tuck the tail
- ▶ Always lengthen the spine
- ▶ Draw the shoulder blades down the back
- ▶ Always place the bent knee over the ankle
- ▶ “Open” the hips
- ▶ Heart opening
- ▶ “Knit” the ribs together

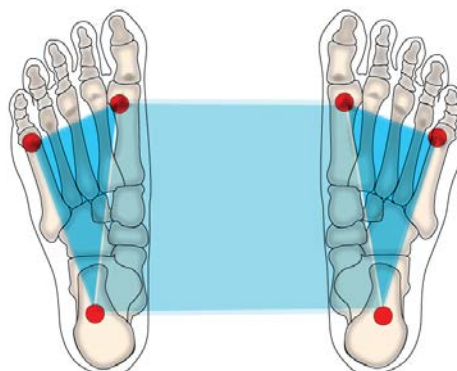
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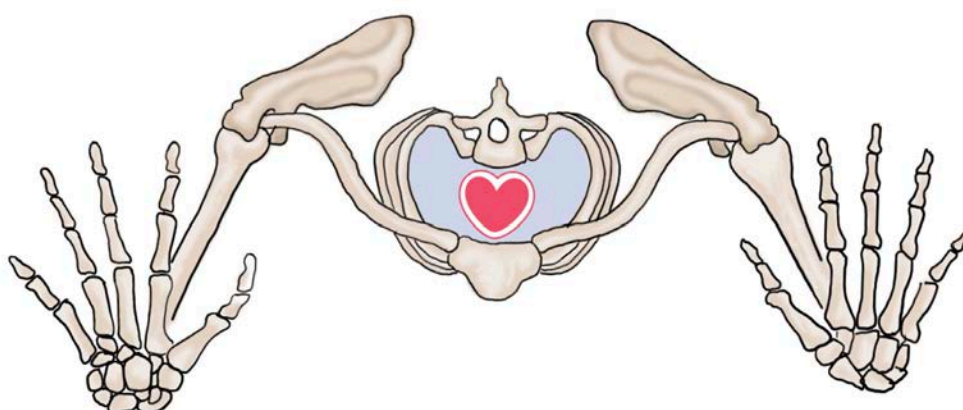
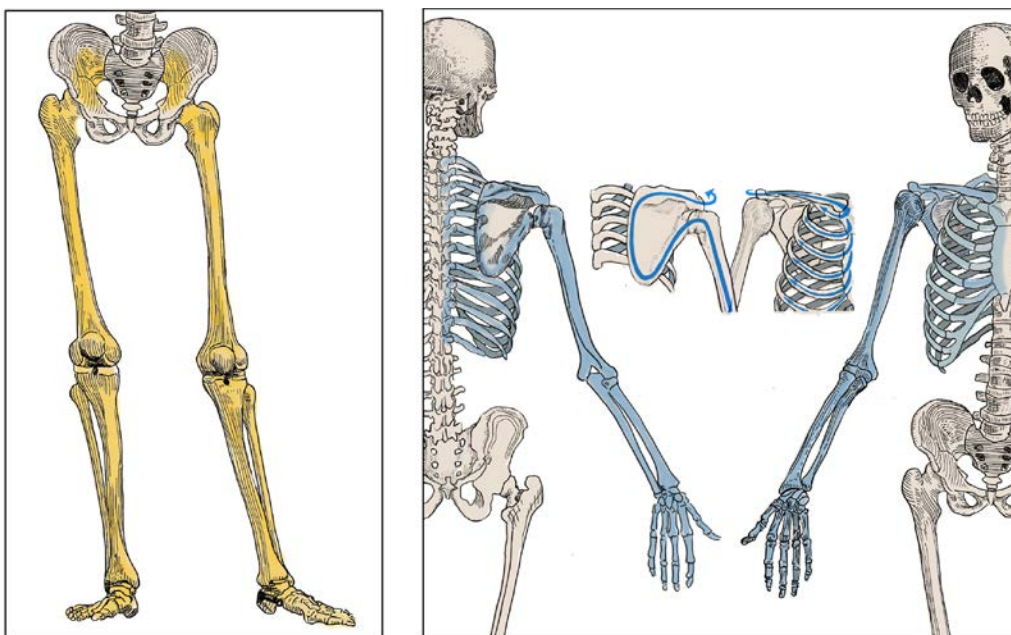
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**These definitions were formulated by Amy Matthews as inspired by her work with Bonnie Bainbridge Cohen*







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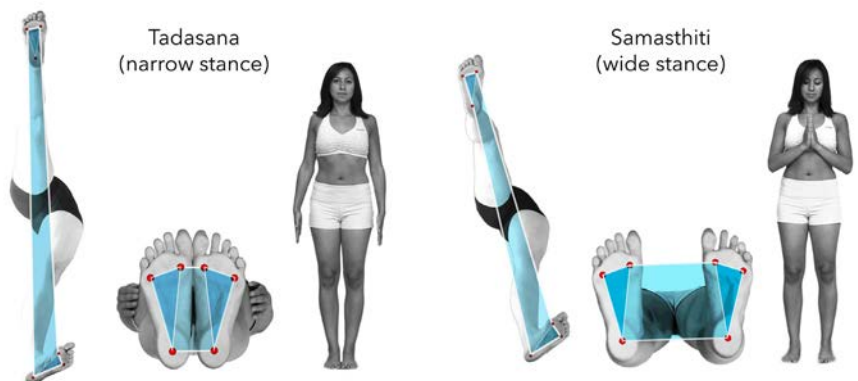
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SUNDAY AM:

Warrior Series: A Hands-Free Vinyasa Practice

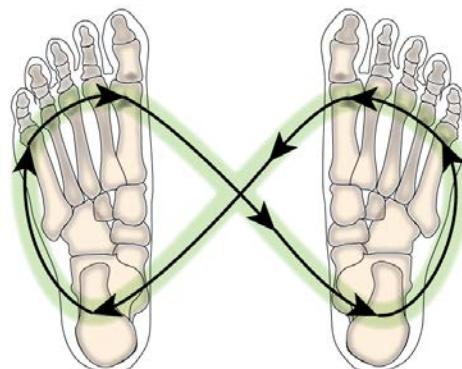
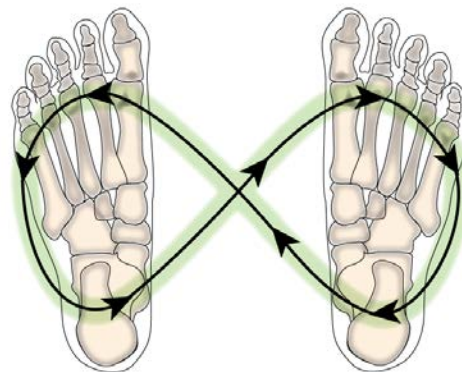


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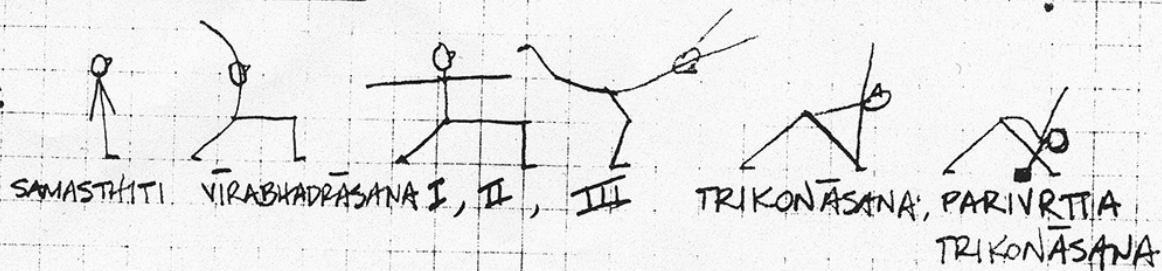
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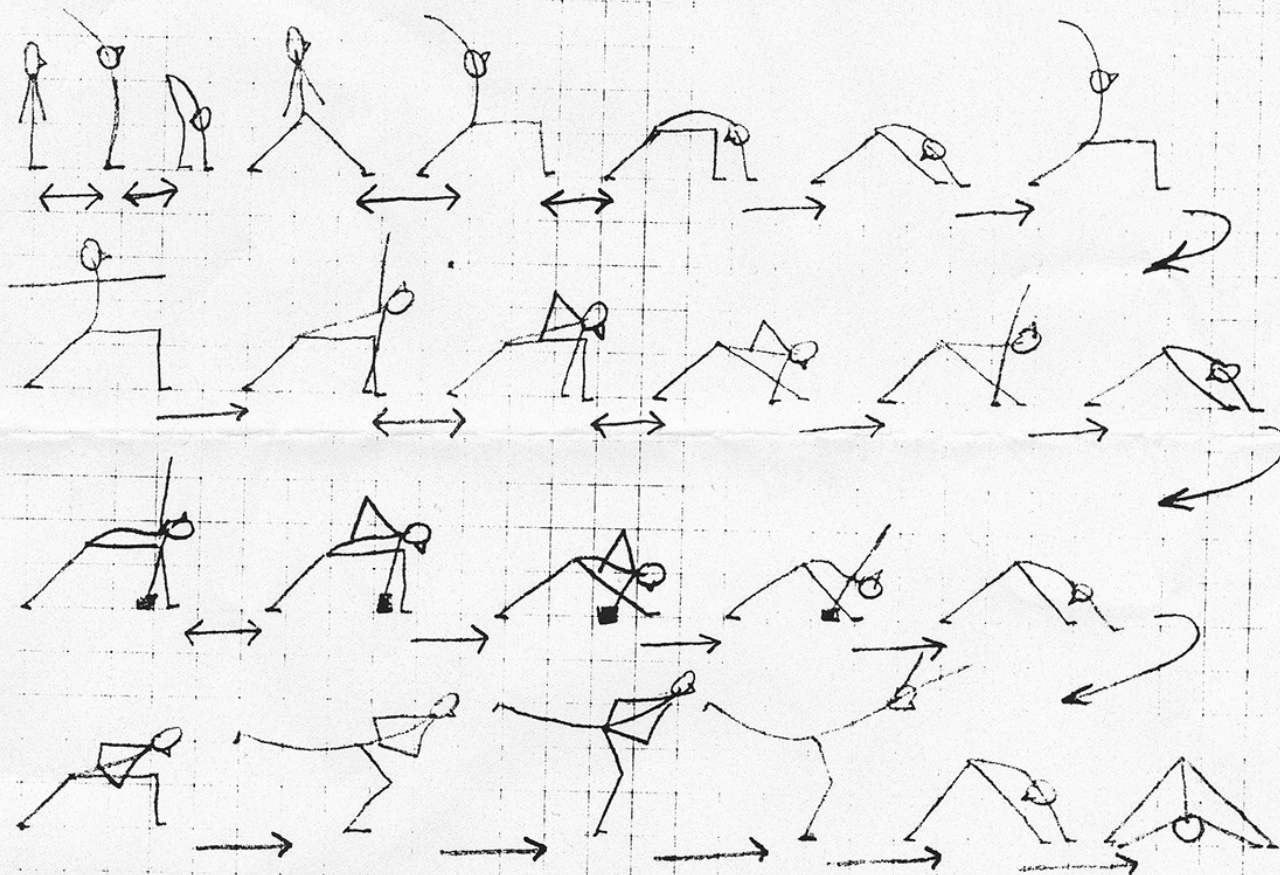
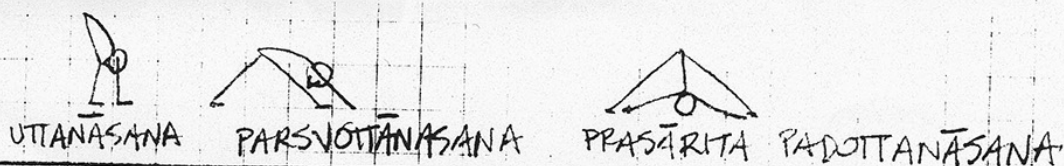


"THE WARRIOR SERIES"

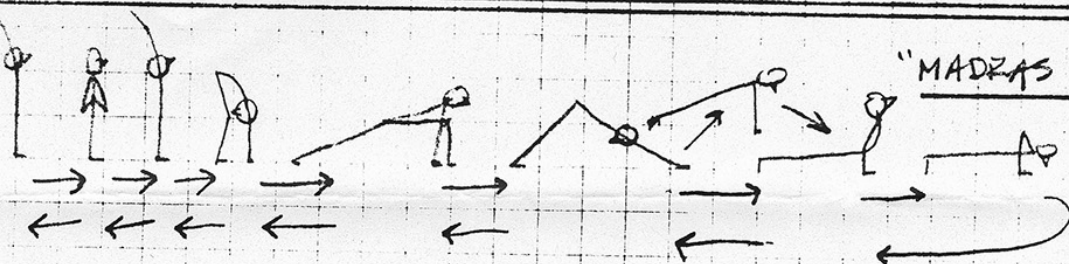
MAIN ĀSANAS



COUNTERPOISING ĀSANAS



"MADRAS SALUTATION"





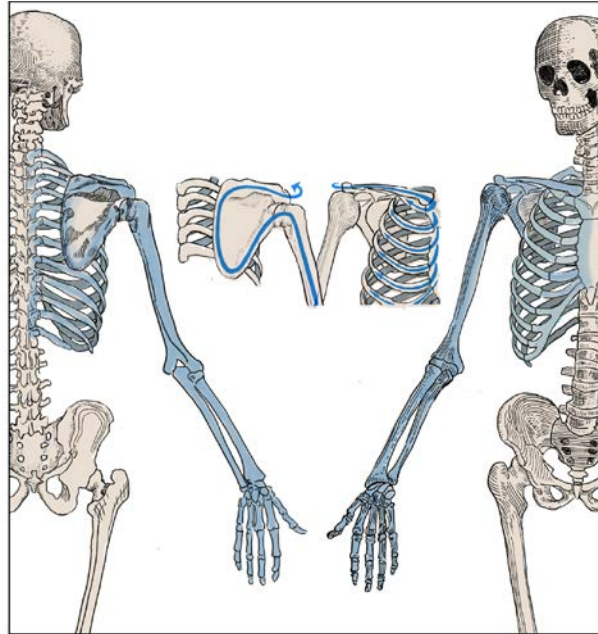
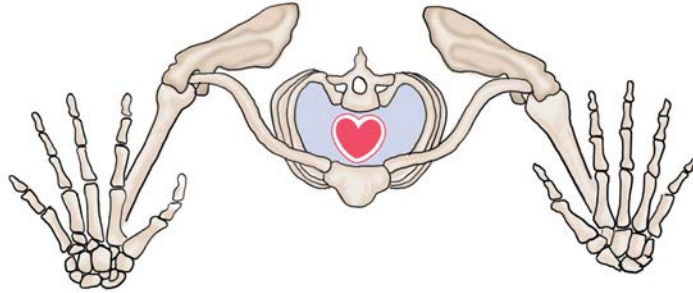
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**SUNDAY PM:
Arm Supports Reimagined**

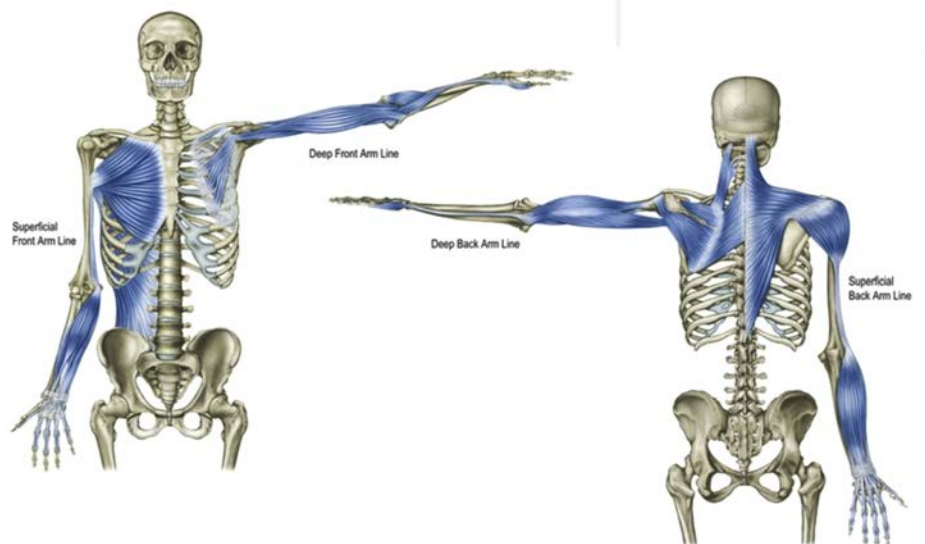


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