



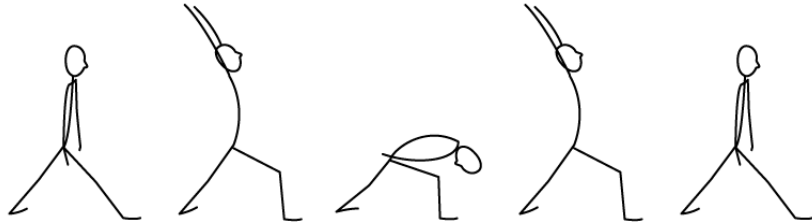
YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

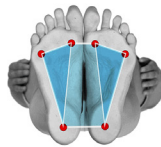
Bayou Yoga, Mandeville, LA

# Leslie Kaminoff

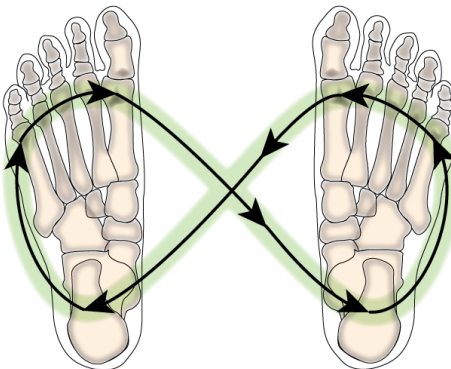
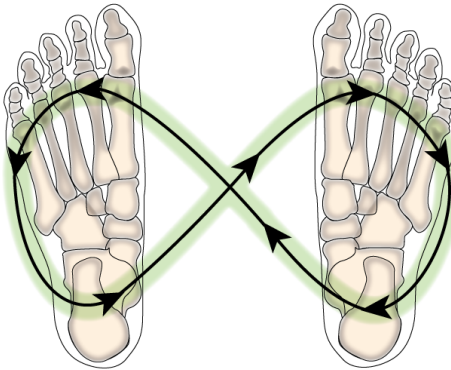
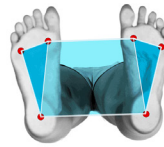
SATURDAY AM: Warrior Series: A Hands-Free Vinyasa Practice



Tadasana  
(narrow stance)



Samasthiti  
(wide stance)



**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.**

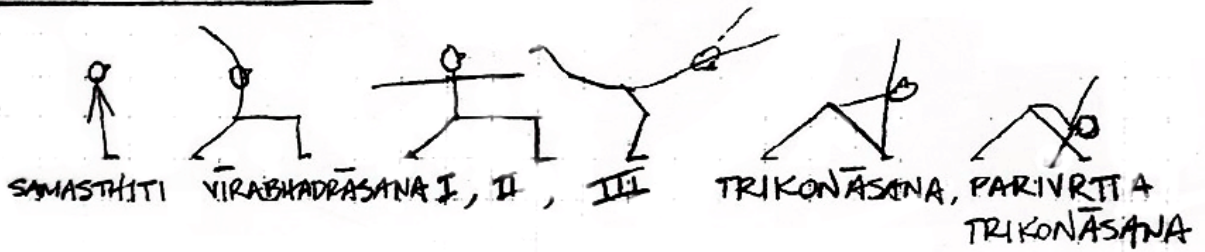
Still photos may be posted to social media if you tag lkaminoff (Facebook)/leslie.kaminoff (Instagram).

- [leslie@yogaanatomy.org](mailto:leslie@yogaanatomy.org)
- [facebook.com/KaminoffYogaAnatomy](https://www.facebook.com/KaminoffYogaAnatomy)
- workshop page: [yogaanatomy.org/bayou-24](https://yogaanatomy.org/bayou-24)
- survey: <http://y-an.org/student>
- [breathingproject.com](http://breathingproject.com)

Print on-demand selections from Lydia Mann's anatomy art collection available at [bit.ly/anatomy-art](http://bit.ly/anatomy-art)

# "THE WARRIOR SERIES"

MAIN  
ĀSANAS



COUNTERPOISING  
ĀSANAS

