



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
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PURE Yoga Austin, TX

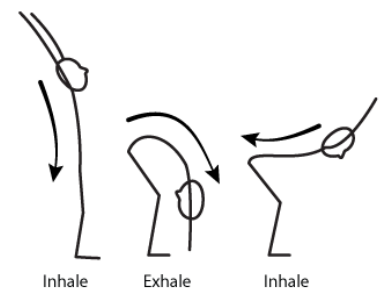
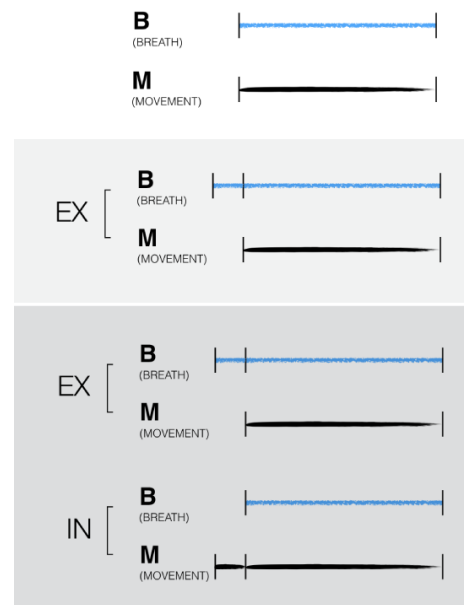
Leslie Kaminoff

SATURDAY AM: Desikachar's Revolution: Vinyasa, Breath and Bandha

Part of Desikachar's methodological legacy – at the root of much of his teachings' therapeutic benefit – was derived from his unique way of linking breath and movement.

FOUNDATIONS, WITH VARIATIONS

- ▶ One breath per movement
 - Variation: Asynchronous initiation
- ▶ Continuous breath action
 - Variation: Discontinuous breath action (krama/steps)
- ▶ Inhale on spinal extension / exhale on spinal flexion
 - Variation: Exhale on spinal extension / inhale on spinal flexion
- ▶ Direction of breath flow linked to direction of spinal action
 - Variation: "Free breathing" unlinked from spinal action



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

- leslie@yogaanatomy.org
- facebook.com/KaminoffYogaAnatomy
- workshop page: yogaanatomy.org/pureyoga-24
- 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

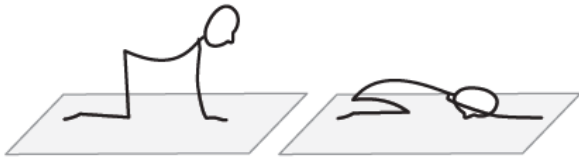
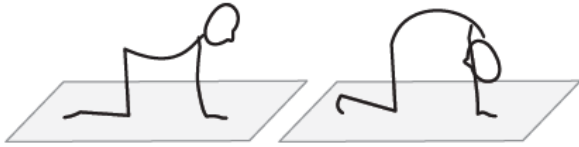
- ▶ All these techniques structure breath to movement with a sequential, linear, 2-dimensional focus.
- ▶ Desikachar offered limited explanation from a Western anatomical, biomechanical perspective.

Individualized anatomical, multidimensional, unstructured breath and movement

ANATOMICAL

Standard breath cueing of inhaling on extension and exhaling on flexion is based on an anatomical assumption that privileges the front body over the back body.

BREATH CUEING on spinal flexion and extension



Front-body focus: Inhale ← → Exhale

Back-body focus: Exhale ← → Inhale

MULTIDIMENSIONAL

Desikachar's foundational breath cueing divides the in-breath (prana) from the out-breath (apana) and locates them in the chest and abdominal regions respectively. Additionally, the direction of flow of the inhale is oriented into the body from the head region downwards, while the direction of flow of the exhale is oriented from the belly upwards towards the head. It is possible, however, for the breath to be everywhere, all at once, and moving simultaneously in all three dimensions.

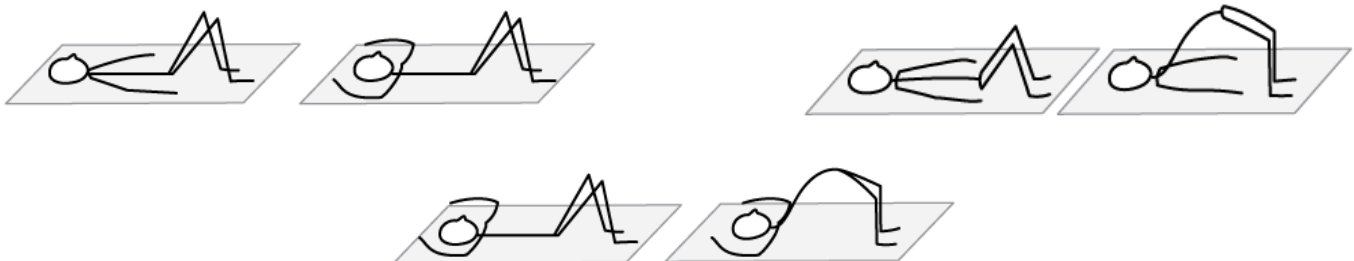
SEESAW BREATH

- ▶ Division
- ▶ Initiation
- ▶ 3-D



UNSTRUCTURED

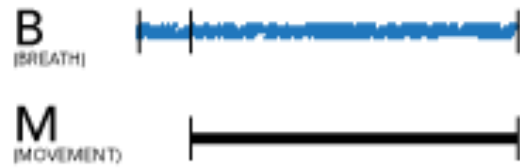
Structured breathing links breath and movement in a variety of ways. It is also possible to unlink breath from movement by making the movement length exceed breath capacity or vice versa.



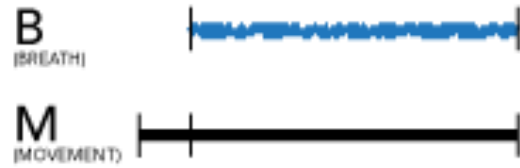
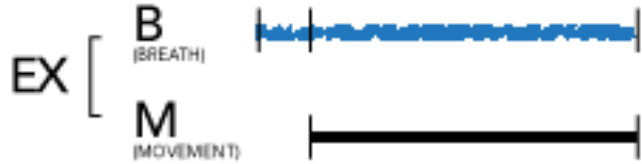
SIMULTANEOUS ACTION



BEGINNING OF ACTION



EXHALE PRECEEDS MOVEMENT (MULA BANDHA)



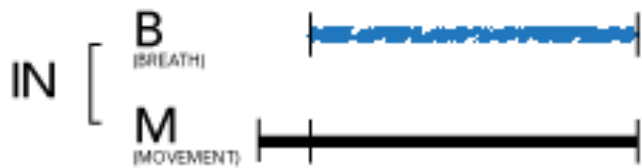
MOVEMENT ON BHAYA KUMBHAKA



END OF ACTION



FULL BANDHA PATTERN



ENVELOPE ACTION

