



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

PURE Yoga: Austin, TX

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

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

- leslie@yogaanatomy.org
- [facebook.com/KaminoffYogaAnatomy](https://www.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

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



