



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

PURE Yoga Austin, TX

Leslie Kaminoff

SUNDAY PM: Sushumna Nadi in Theory and Practice –
The Core of Krishnamacharya's Yoga

"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 photo of
T. Krishnamacharya from "The Heart of Yoga"

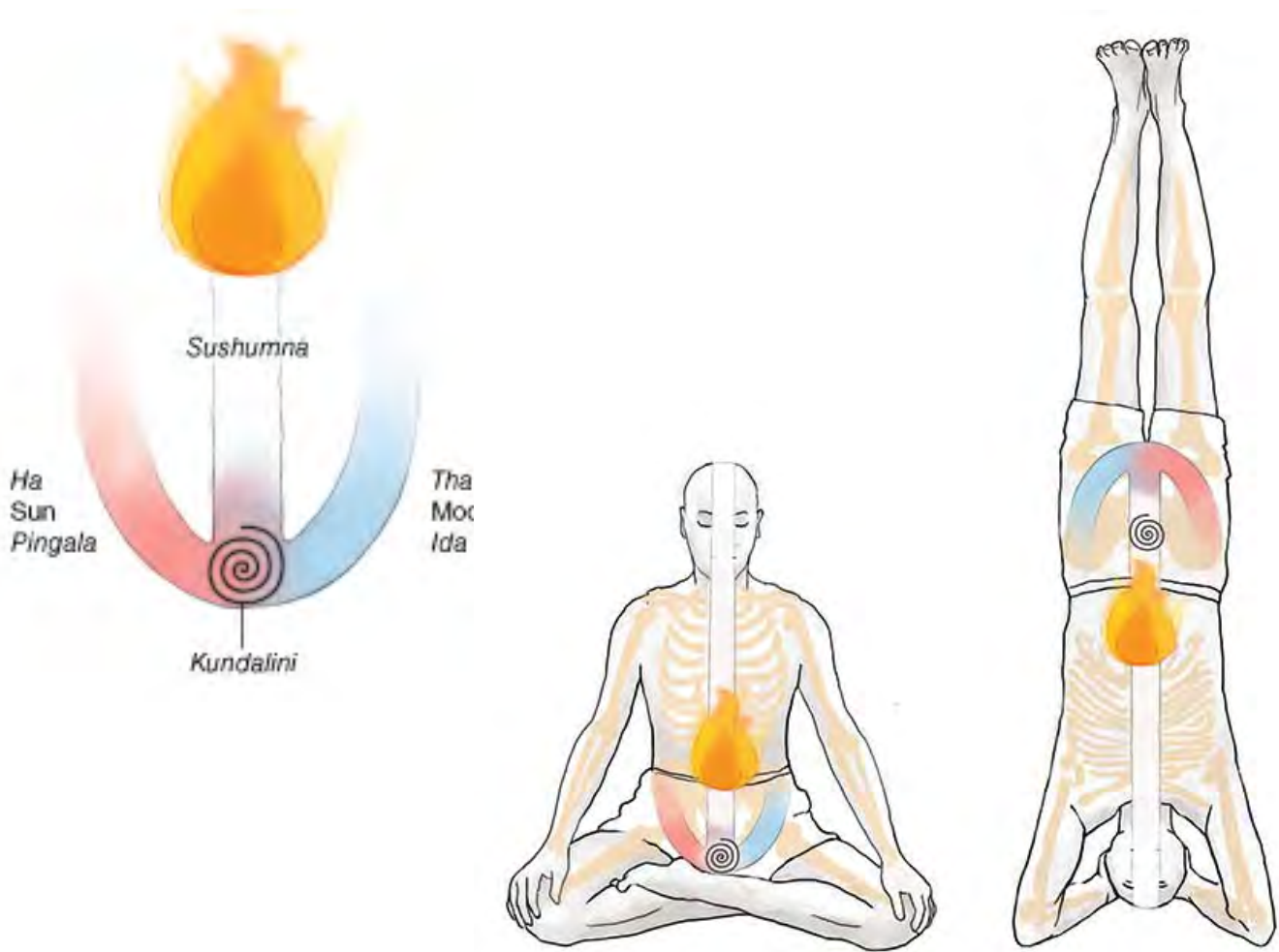


Still photos may be posted to social
media if you tag lkaminoff (Facebook)/
leslie.kaminoff (Instagram).

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Technique for breath release/bandhas

(MOVEMENT BEFORE BREATH)

Dwipada Pitham exploration of all three bandhas. Breath sequence:

- Lift on exhale
- Stay lifted to inhale and notice sternum rising towards chin
- Exhale without letting sternum drop away from chin
- Roll down through spine on external retention (bhaya kumbhaka)
- "Thermometer" breath on final inhale

