



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

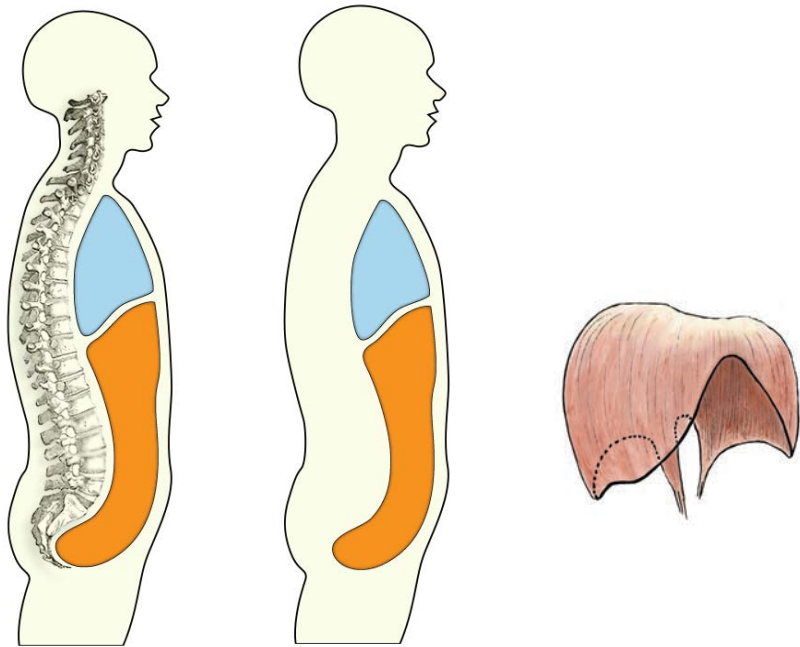
Castle Hill Fitness In-Service: Austin, TX

# Leslie Kaminoff

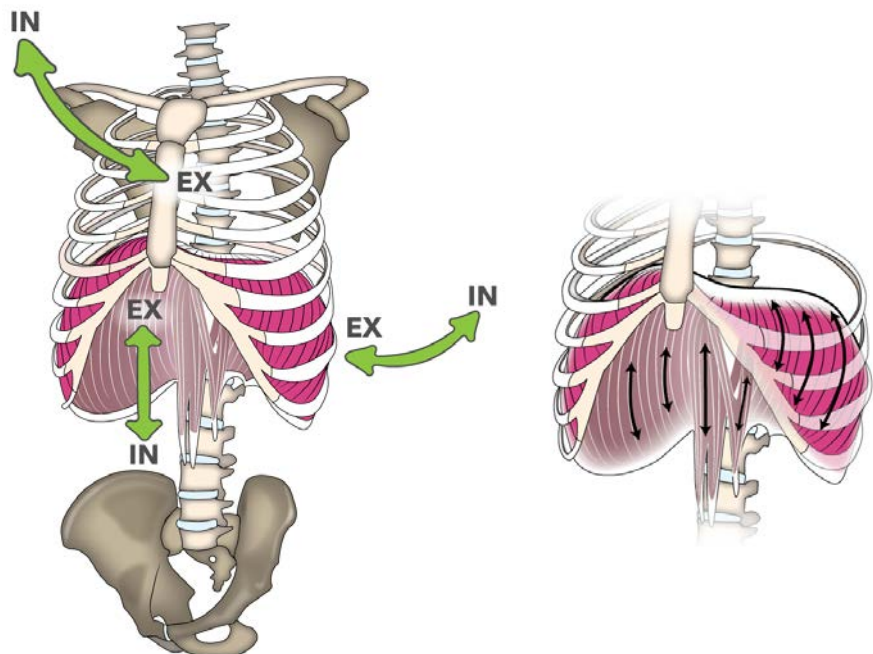
## Core Work – a View from Yoga Anatomy

Breathing is the shape change of the abdominal and thoracic cavities.

The spine is the back of the cavities:



The shape, location and attachments of the diaphragm:



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/castlehill-24](http://yogaanatomy.org/castlehill-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)

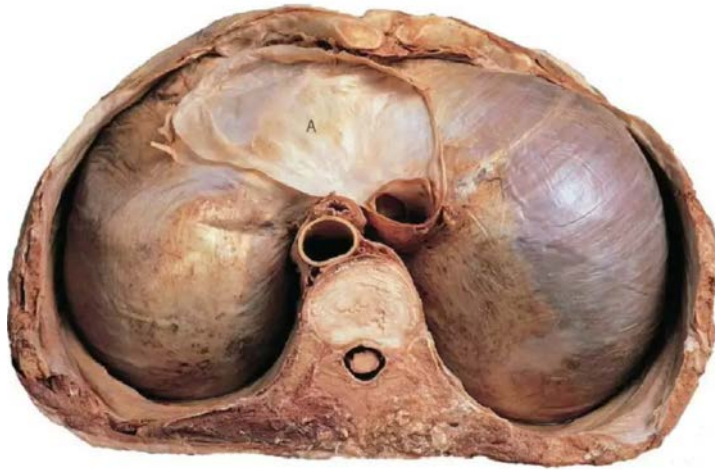


Fig. 9.29 Viewing the diaphragm from above, we see how the pericardium (A) is firmly attached to the central tendon. The 'tubing' of the esophagus and vena cava would also be associated with the track of the line. (Reproduced with kind permission from Abraham et al 1998.)

– from Tom Myers "Anatomy Trains"

