



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

BERKSHIRE YOGA FESTIVAL 2024, HANCOCK, MA:

Leslie Kaminoff

Prana apana samayogah pranayamah iti iritah.

Pranayama is the balanced joining of the in-breath and the out-breath.

YOGA YAJNAVALKYA 6:2



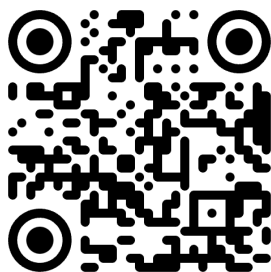
Prana logo by Leslie Kaminoff based on the photo of
T. Krishnamacharya from "The Heart of Yoga"

SESSIONS

- ▶ OM Workshop
- ▶ The Most Powerful Breath
You'll Ever Take
- ▶ Sushumna Nadi in Theory and
Practice
- ▶ The Warrior Series
- ▶ The Yoga of the Foot

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

- leslie@yogaanatomy.org
- [facebook.com/
KaminoffYogaAnatomy](https://facebook.com/KaminoffYogaAnatomy)
- workshop page:
yogaanatomy.org/byf-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

PRANA AND APANA NYASA

Om namo pranaya

Pranaya nama om

Pranaya swahā

Om namo apanaya

Apanaya nama om

Apanaya swahā

Om swahā

Harīh om



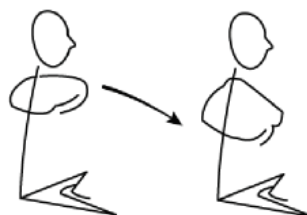
Om



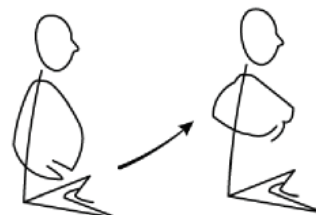
Namo



Pranaya/Apanaya



Pranaya swaha



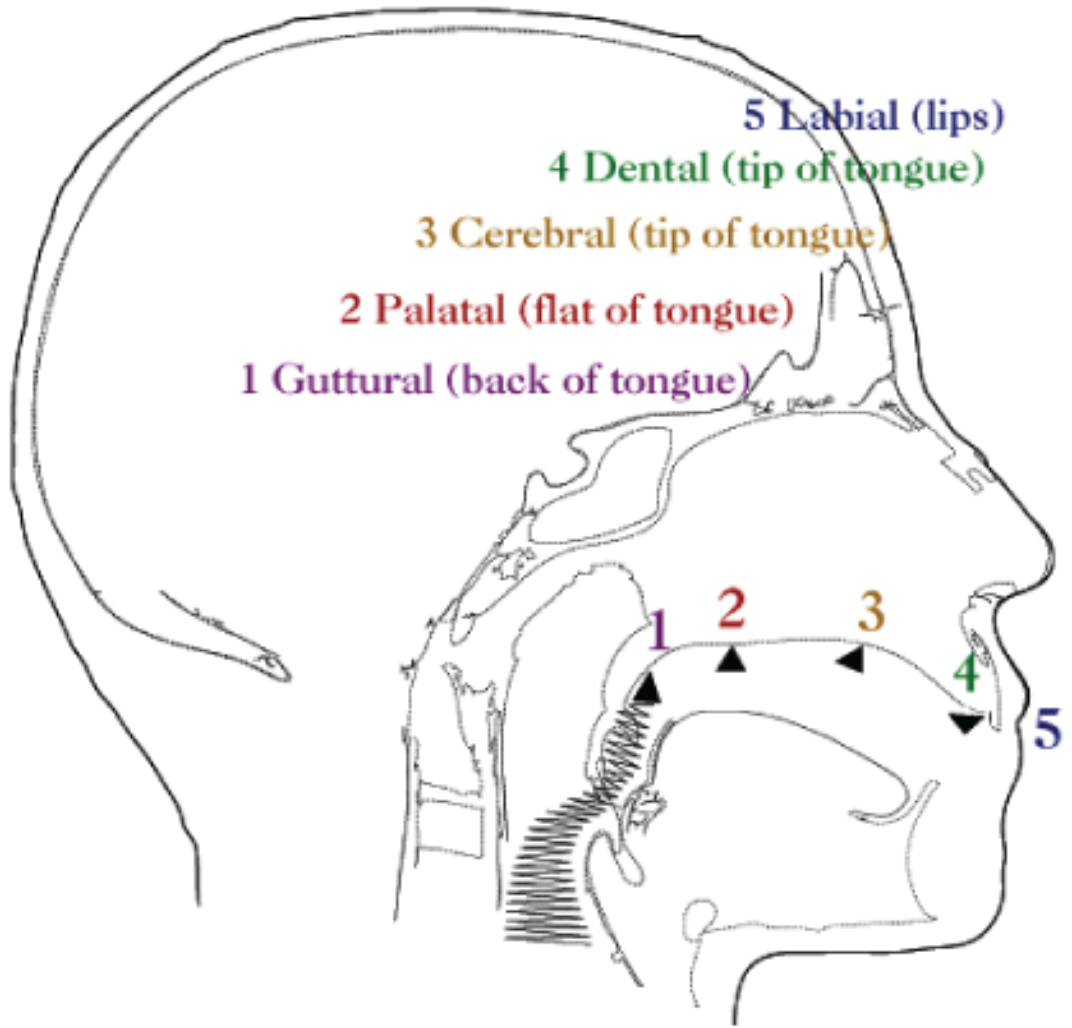
Apanaya swaha

OM Workshop

ओं

The five locations

- Labial
- Dental
- Cerebral
- Palatal
- Guttural



*Sanskrit handout by Vyaas Houston
 Images courtesy of The American Sanskrit Institute
 (<http://www.americansanskrit.com>)*

Mouth structure and phonetics

Root vowels	a → ā → i → ī → u → ū
	अ आ इ ई उ ऊ
Diphthongs	ए ऐ ओ औ
	e → ai → o → au
Endings	ऋ ॠ लृ अं अः
	am ← ah
Consonants	unvoiced voiced nasal
Guttural BACK OF TONGUE, BACK OF PALATE	ka ← ga → ṇa
	क ख ग घ ङ
Palatal FLAT OF TONGUE, BACK OF PALATE	cha ← ja → ña
	च छ ज झ ञ
Cerebral TIP OF TONGUE, MID-PALATE	ṭa ← ḍa → ṇa
	ट ठ ड ढ ण
Dental TIP OF TONGUE, BACK OF TEETH	ta ← da → na
	त थ द ध न
Labial LIPS	pa ← ba → ma
	प फ ब भ म
Semi vowels	ya → ra → la → va
	य र ल व
Sibilants	śa → ṣa → sa → ha
	श ष स ह
	Pure aspirate

Sanskrit handout by Vyaas Houston, appended by Leslie Kaminoff
 Images courtesy of The American Sanskrit Institute
 (<http://www.americansanskrit.com>)

The Most Powerful Breath You'll Ever Take

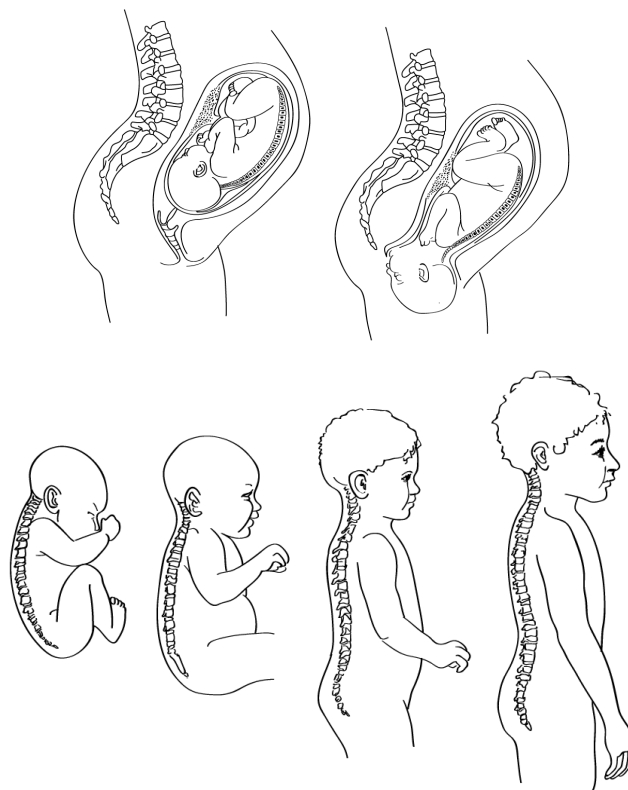
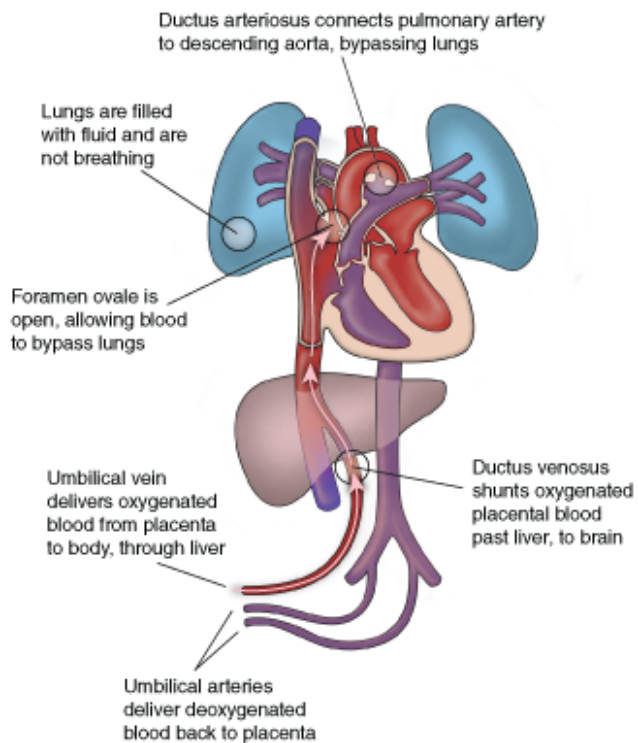
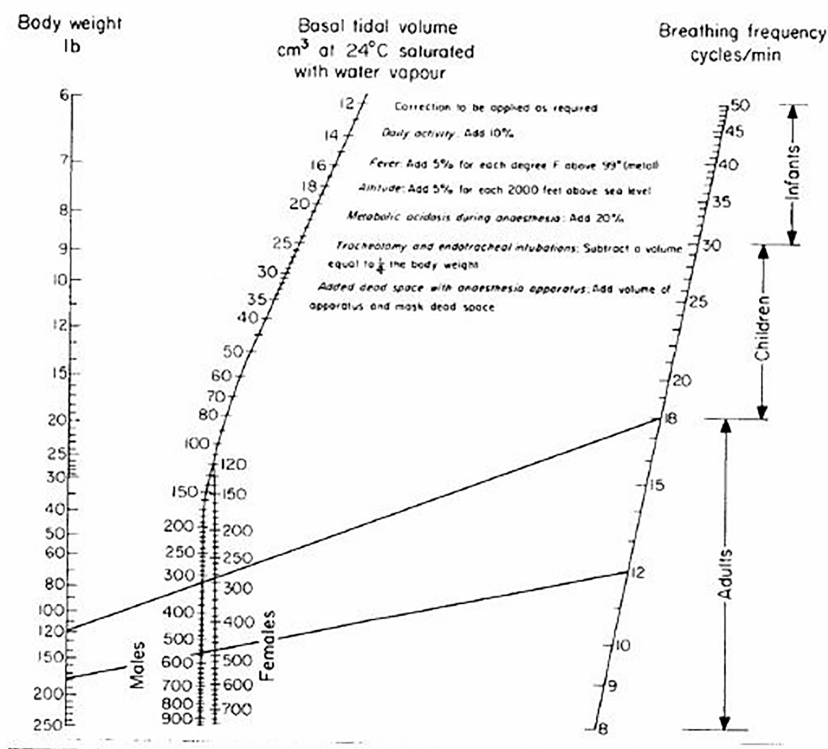


Illustration by Sharon Ellis

Radford Breathing Nomogram



Reprinted with permission from Radford, E.P.: *J. of Appl. Physiol.* 7:451, 1955.

Shushumna Nadi in Theory and Practice – The Central Pillar of Krishnamacharya's Yoga

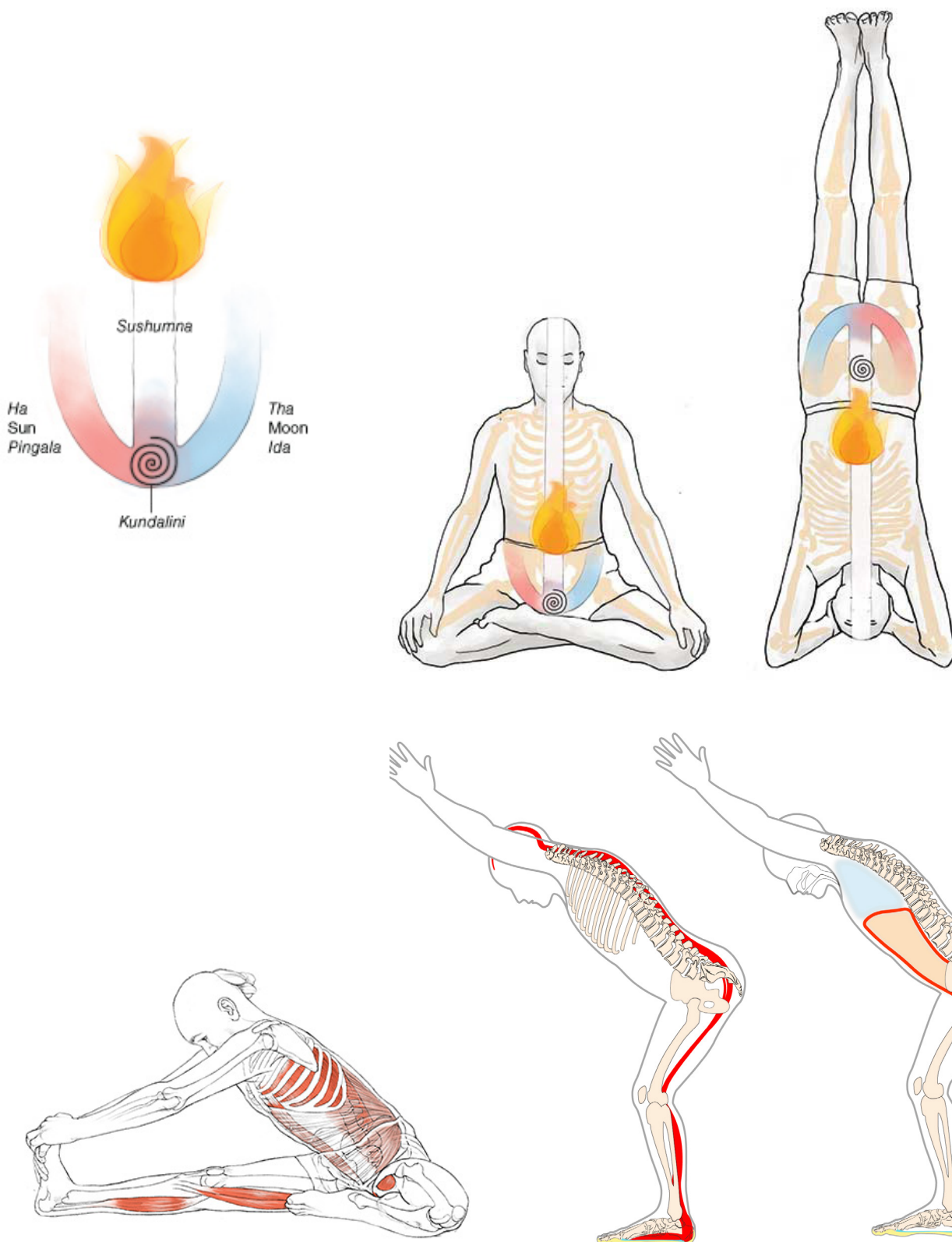
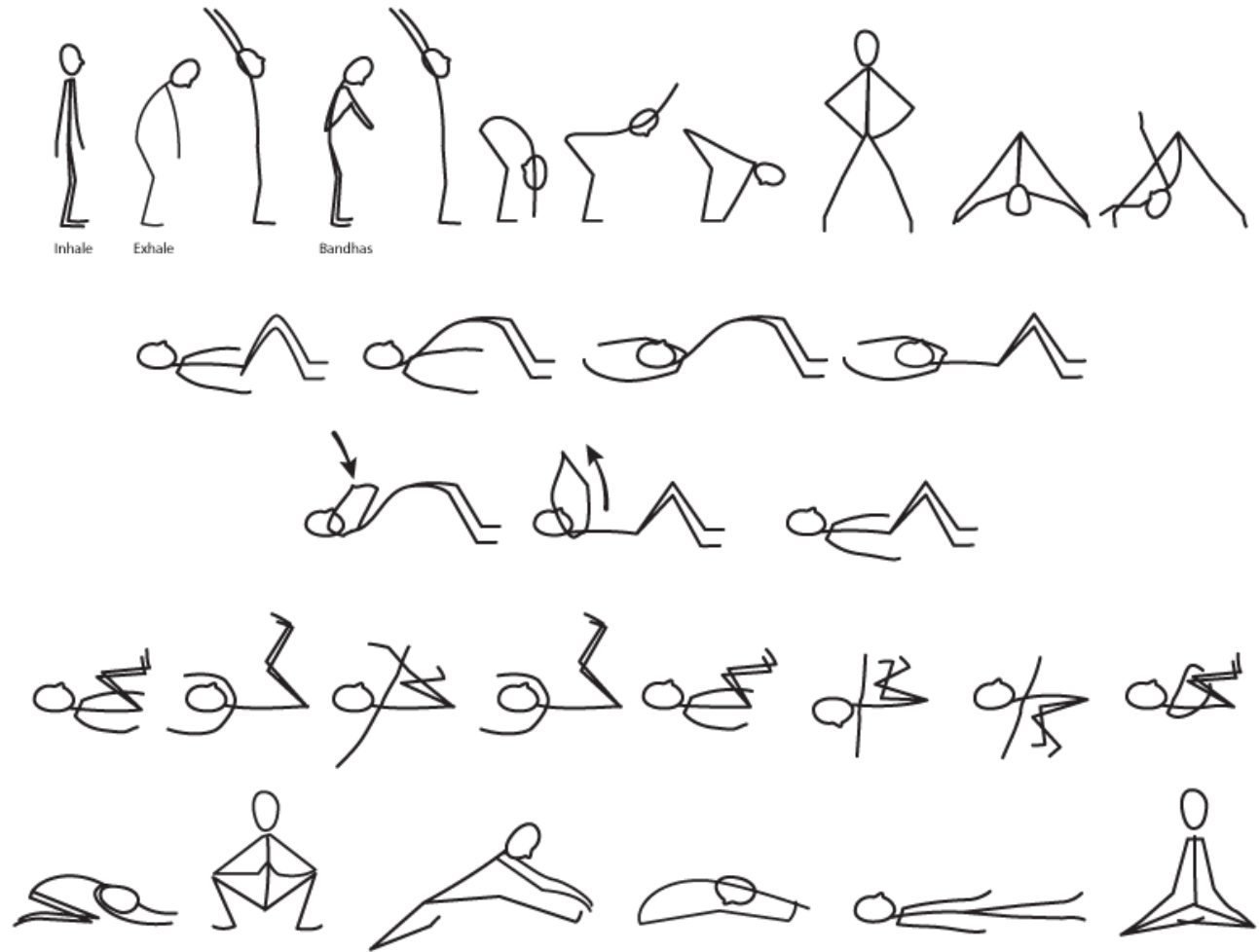
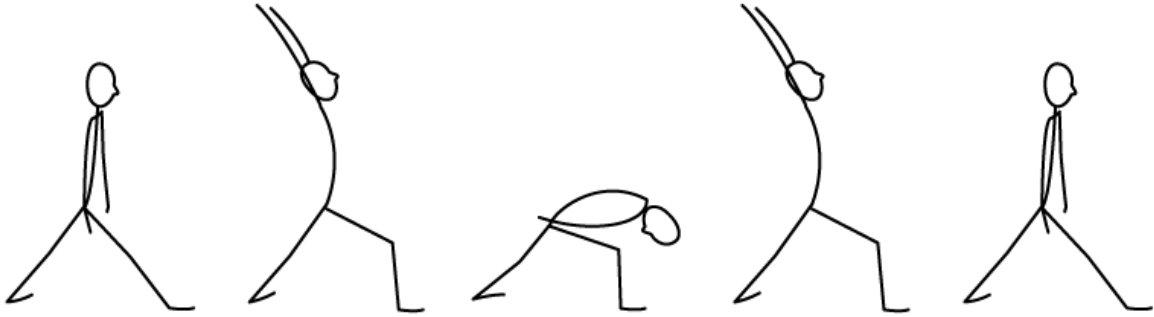


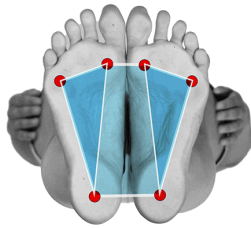
Illustration by Sharon Ellis



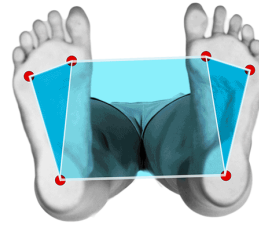
The Warrior Series



Tadasana
(narrow stance)

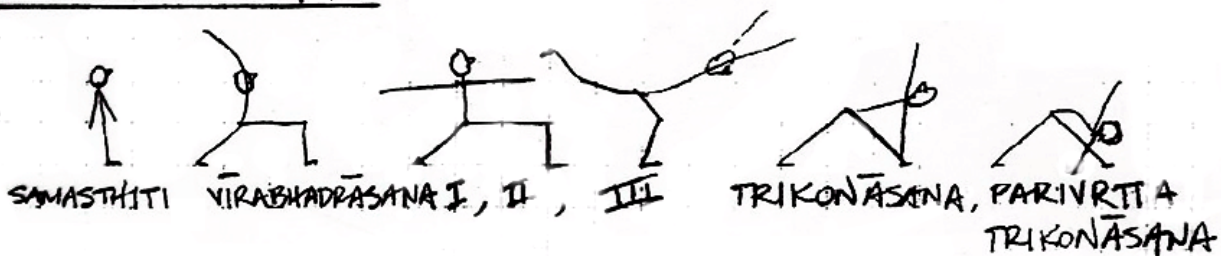


Samasthiti
(wide stance)

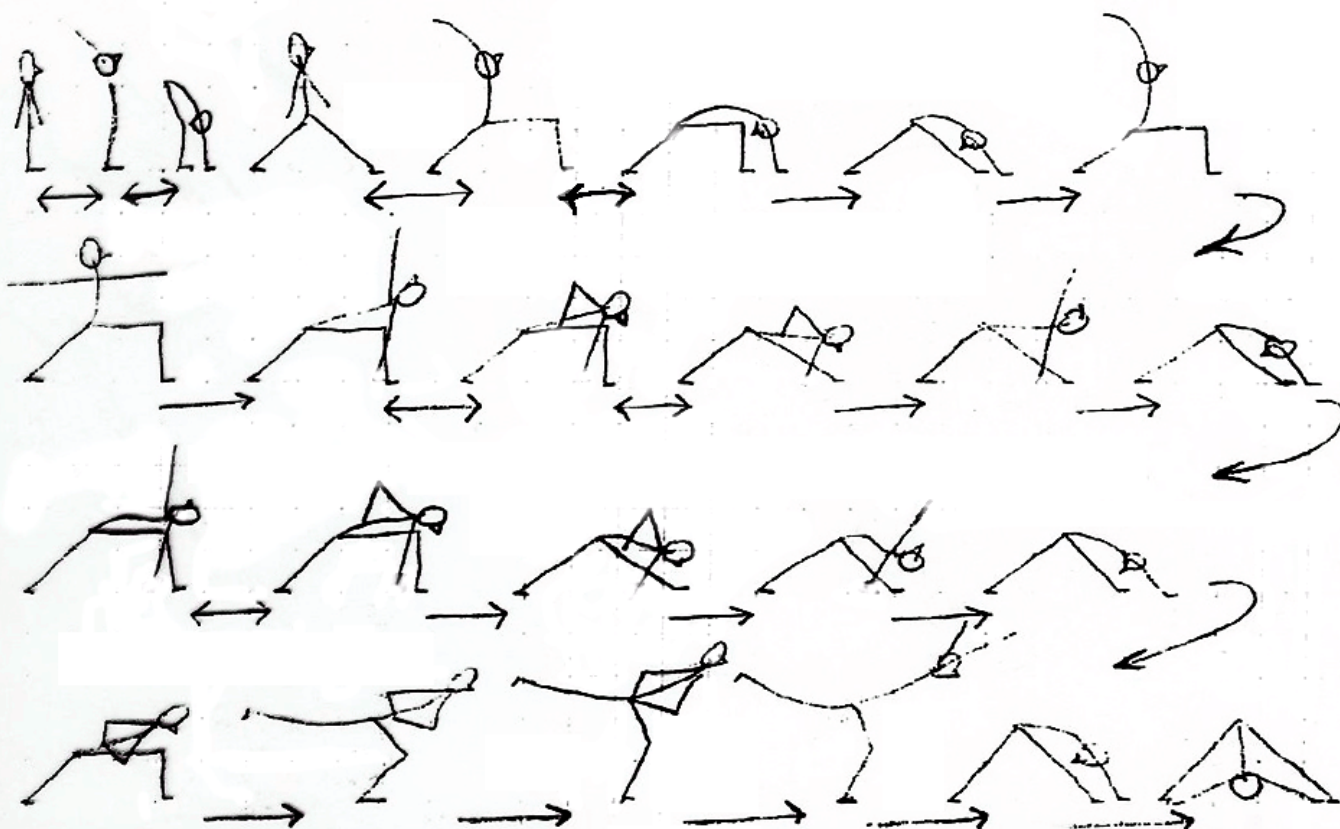
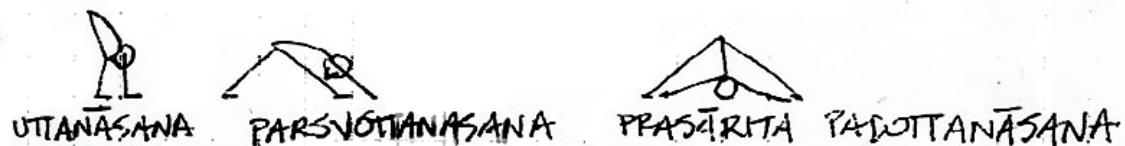


"THE WARRIOR SERIES"

MAIN
ĀSANAS



COUNTERPOSING
ĀSANAS



The Yoga of the Foot

