

Friday, October 4

Key Images

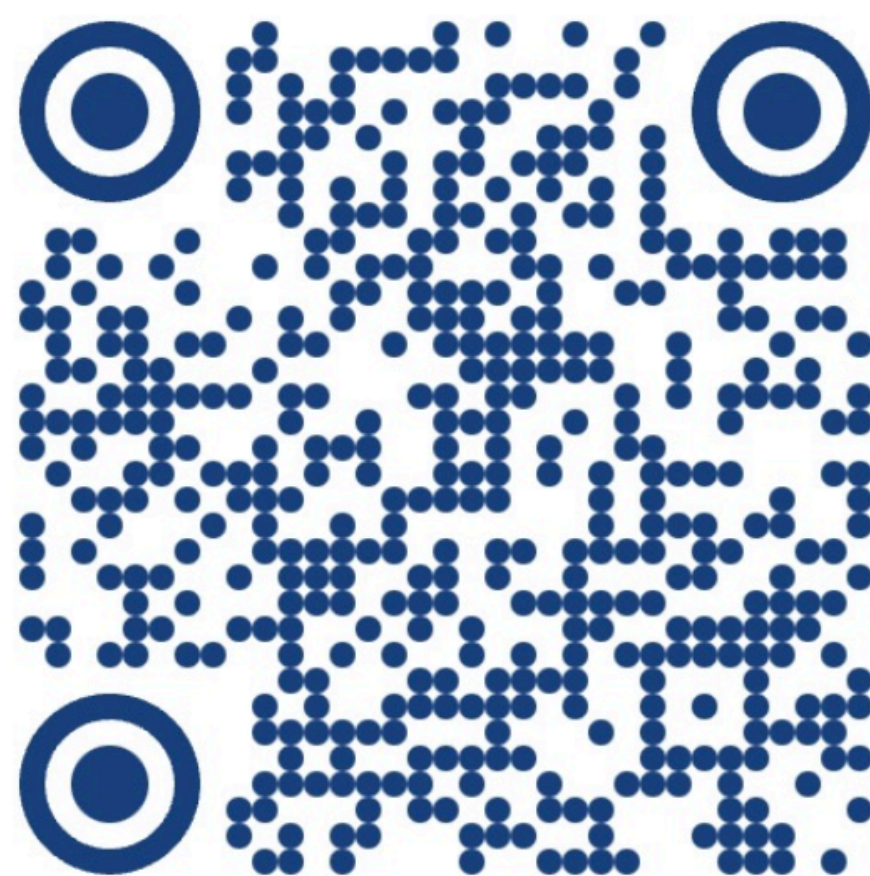
History and Foundations

Structure and Movement



YOGA ANATOMY YOGA

with
Leslie Kaminoff

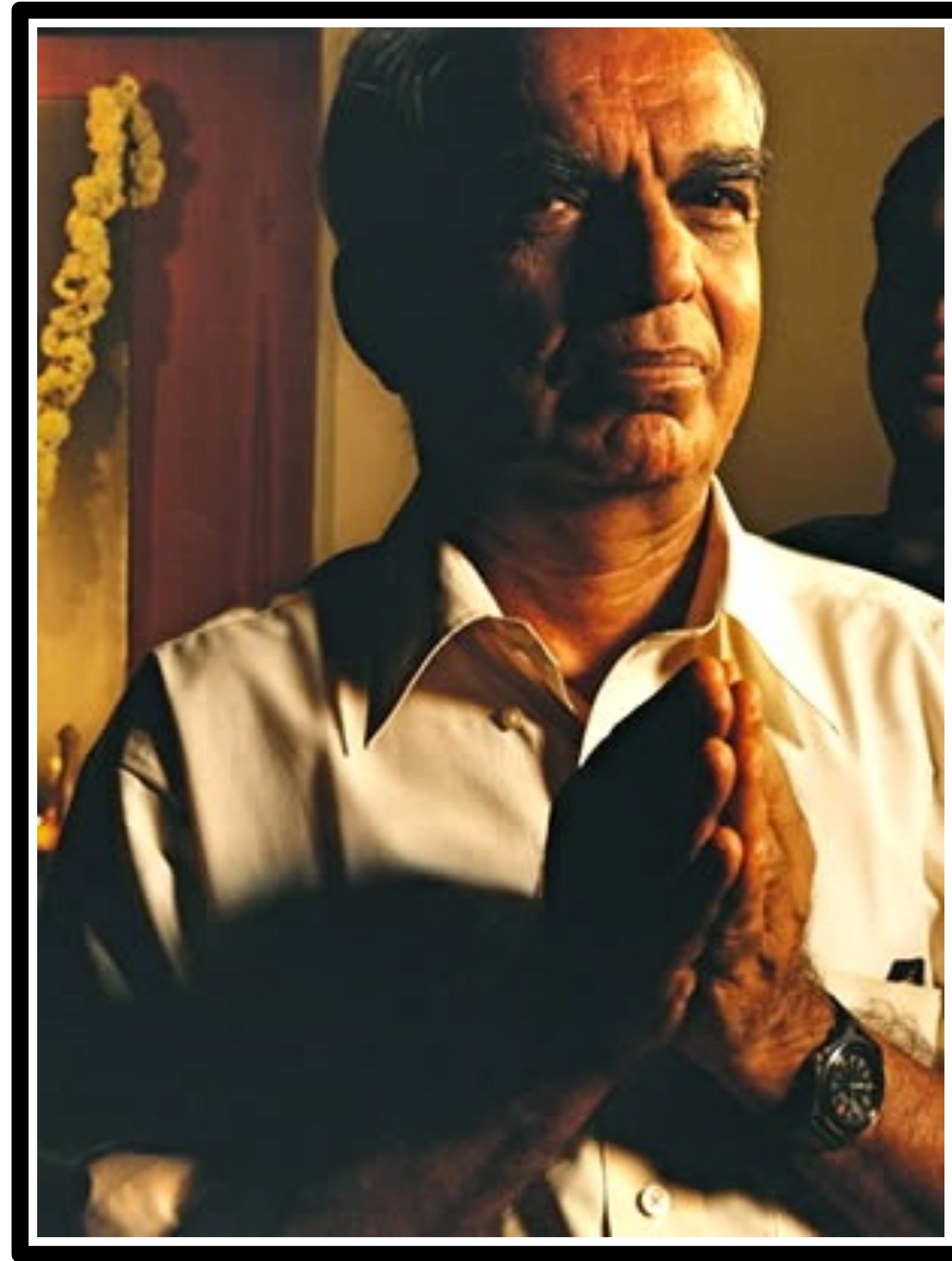


October 4-6
Mission
London

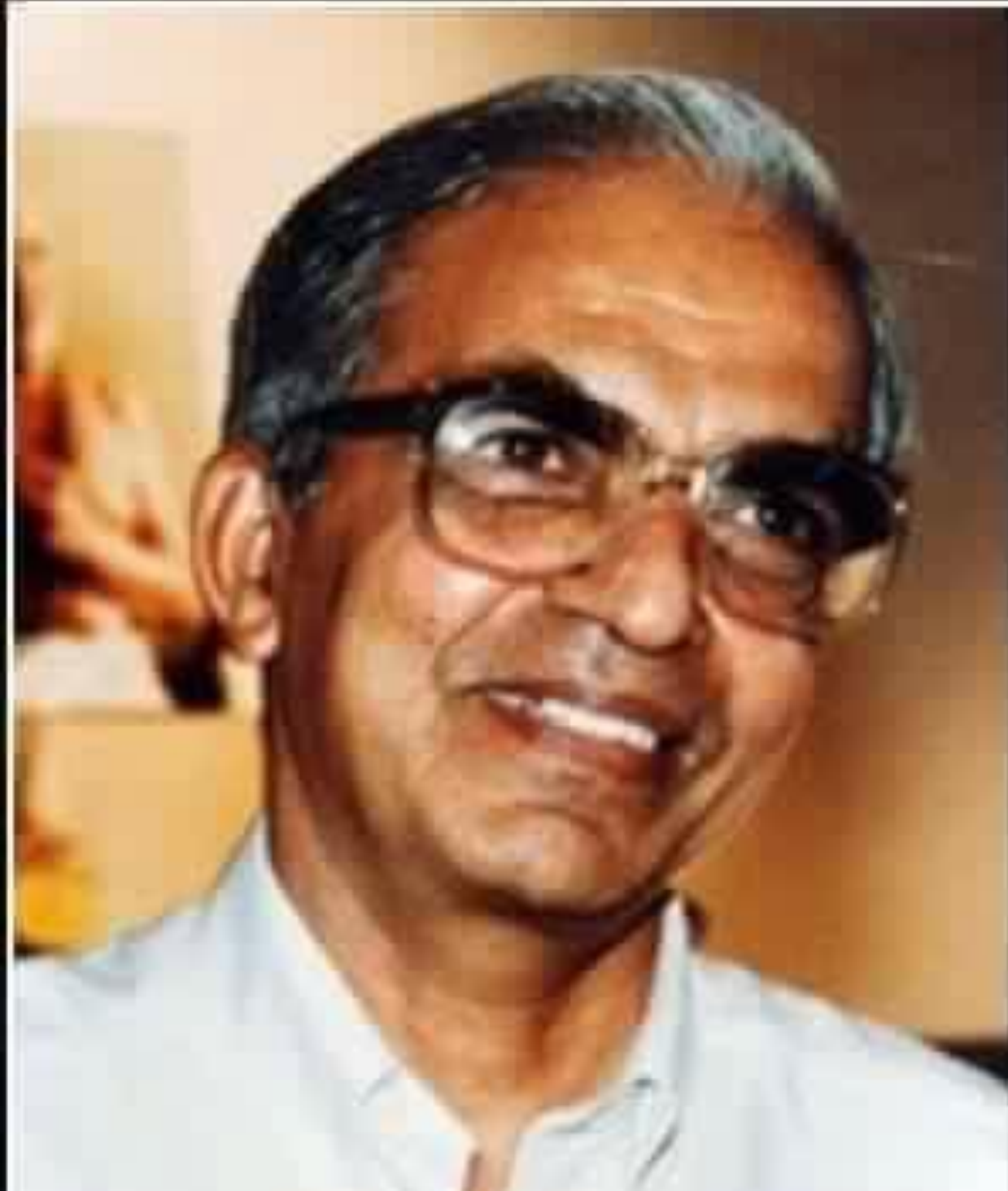
yogaanatomy.org/mission-24



Tirumalai Krishnamacharya
1888 – 1989

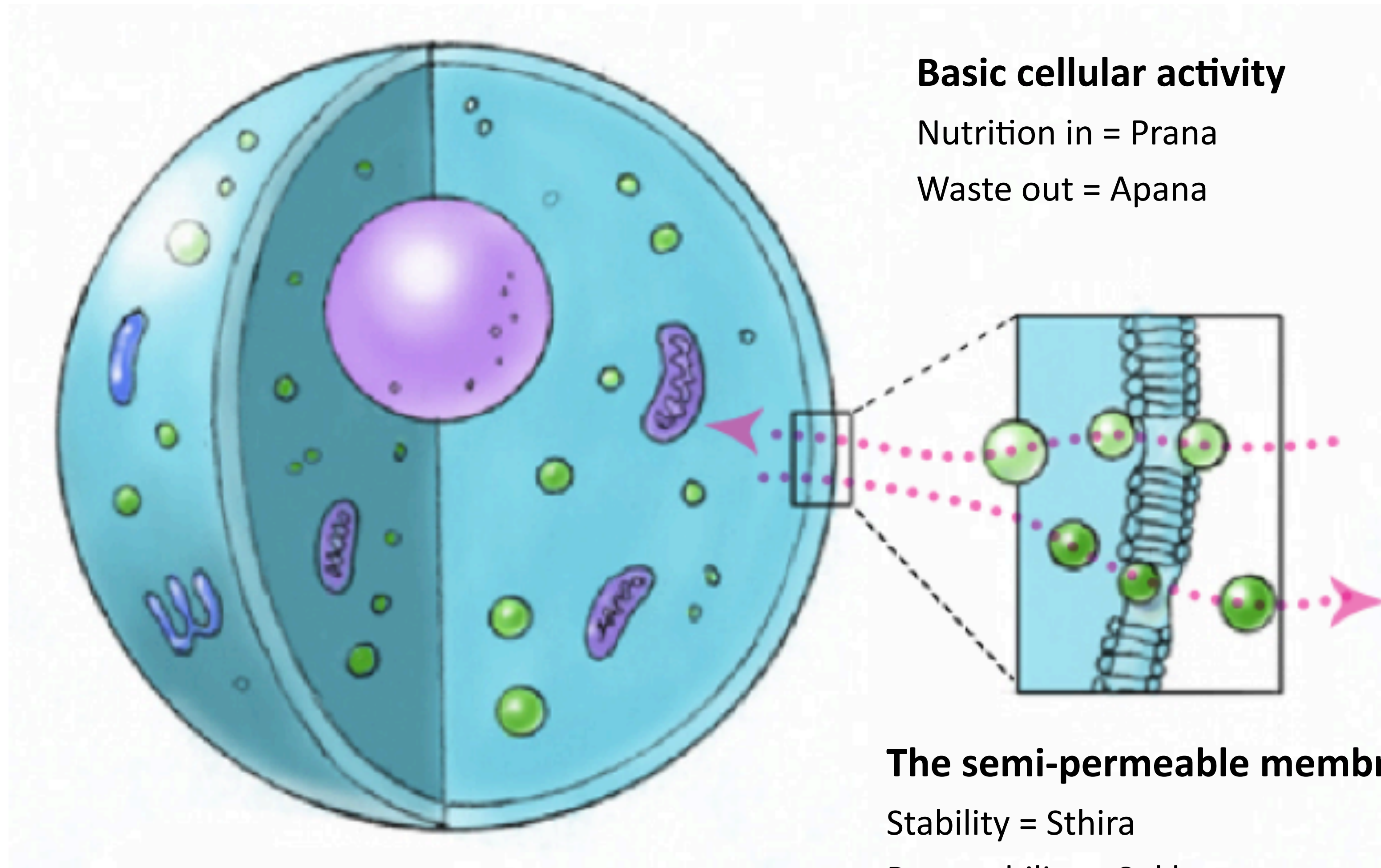


T.K.V. Desikachar
1938 – 2016



The success of Yoga does not lie in
the ability to perform postures but
in how it positively changes the way
we live our life and our
relationships.

— *T. K. V. Desikachar* —



Basic cellular activity

Nutrition in = Prana

Waste out = Apana

The semi-permeable membrane

Stability = Sthira

Permeability = Sukha

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"



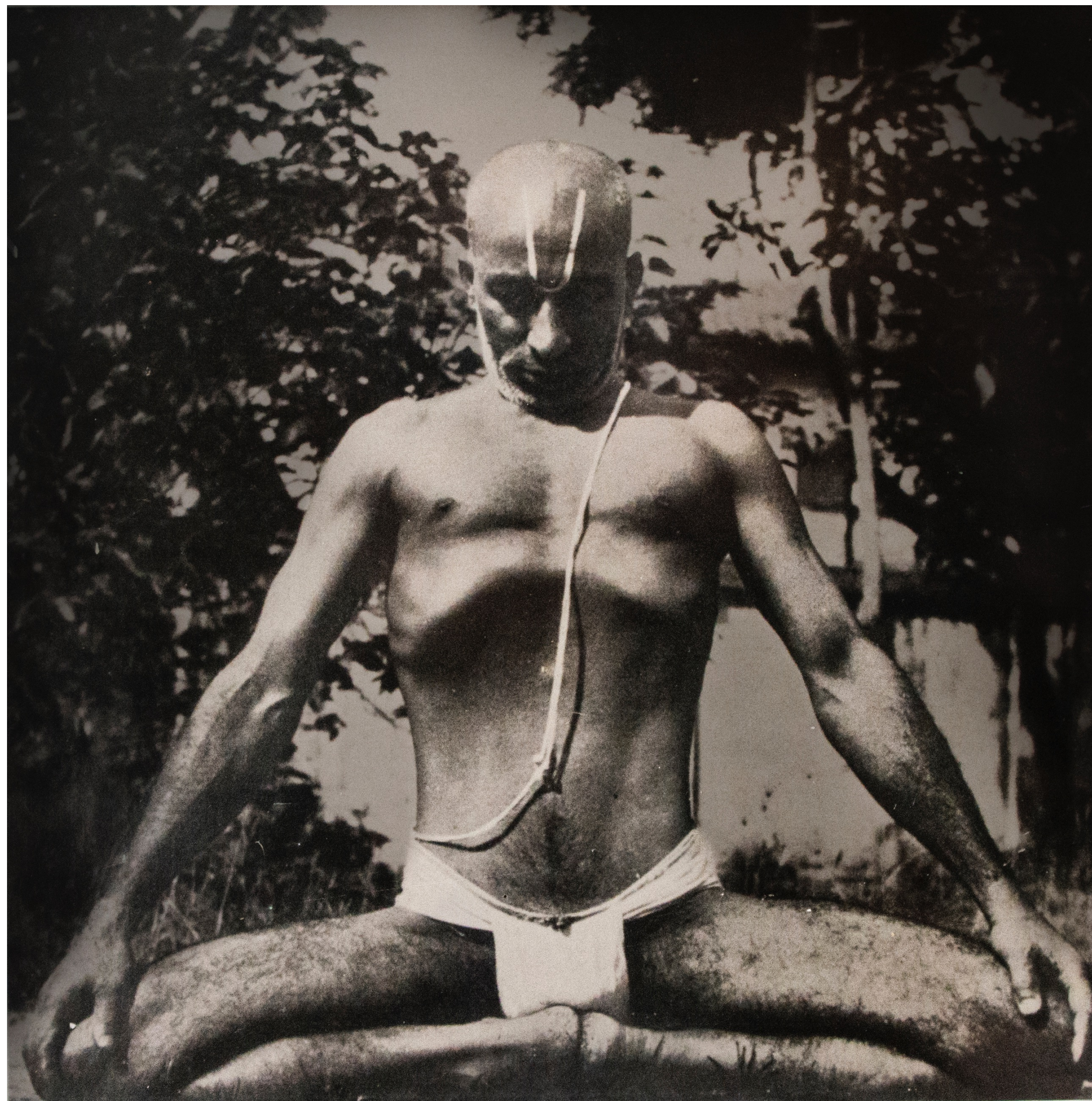
Bhagavad Gita 4:29

appox 500 - 200 BCE

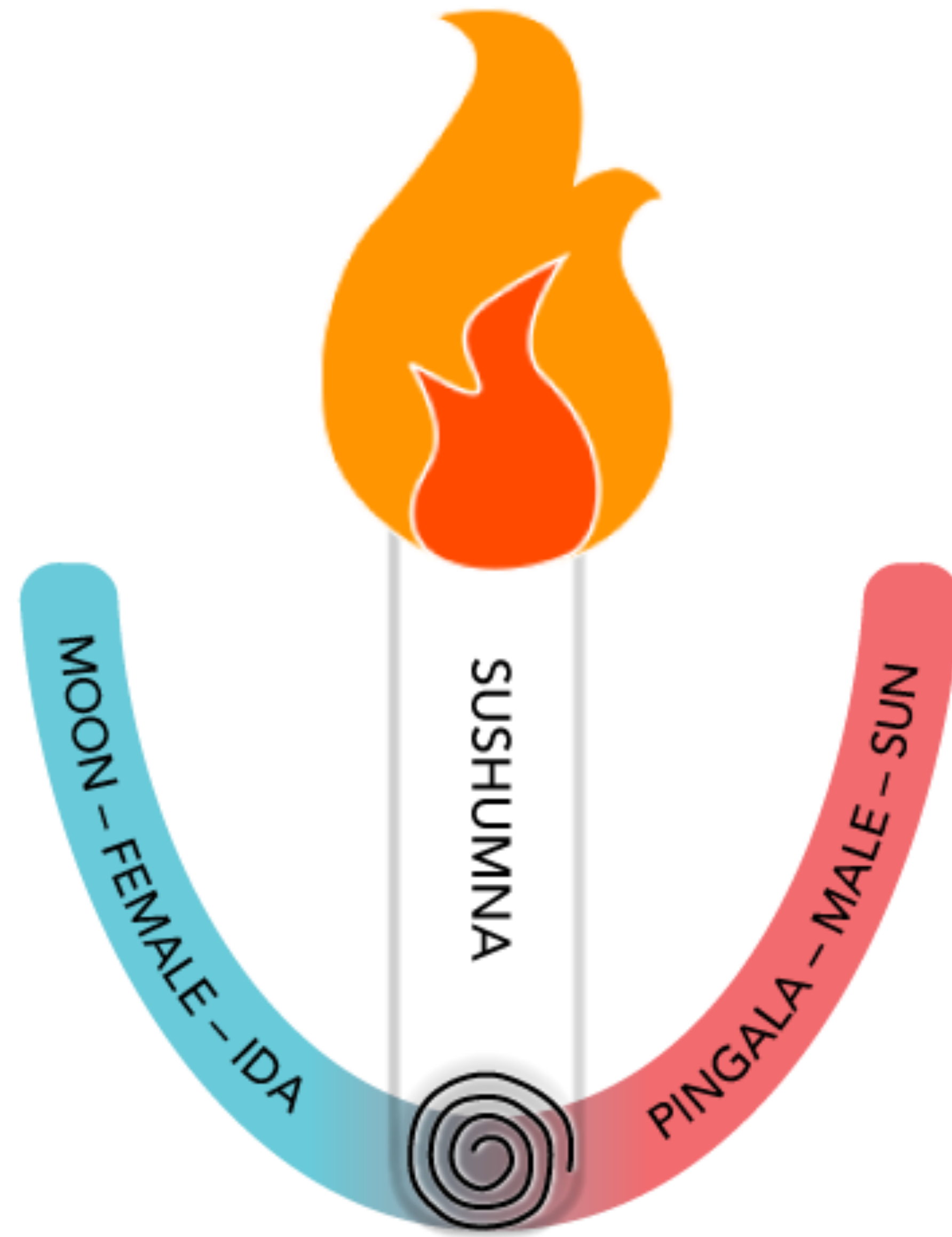
*apane juhvati pranam
prane 'panam tathapare
pranapana-gati ruddhva
pranayama-parayanah*

*...There are others who
sacrifice the outgoing
breath in the incoming,
and the incoming in the
outgoing, restraining the
courses of the outgoing
and the incoming
breaths...*





Krishnamacharya in Mulabandhasana Mysore, 1938



Kundalini blocking the entrance to Sushumna



Fire (Agni)

The first word of the Rig Veda is “agnir”;
Cognate with Latin “ignis” (ignite)

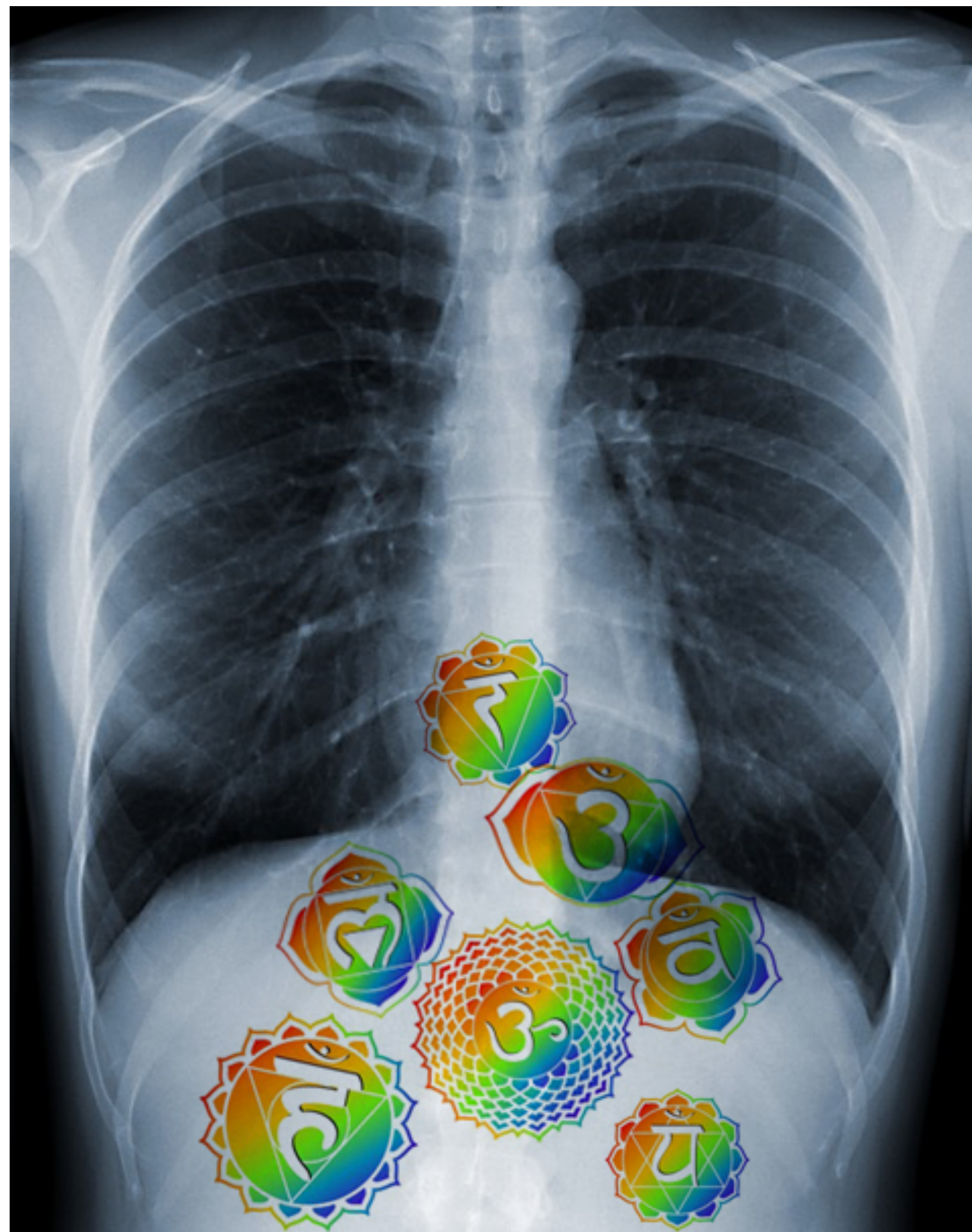


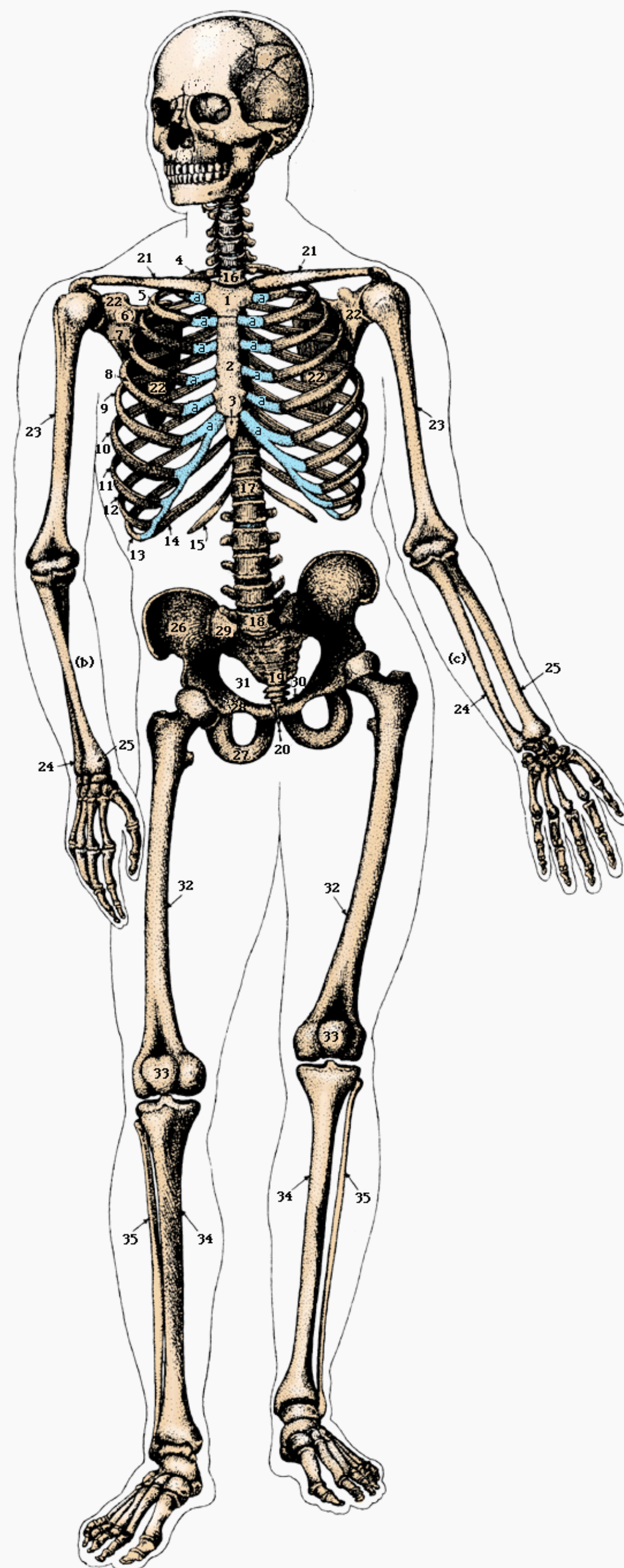
The Vedic god Agni, and Agni with his wife, Swaha

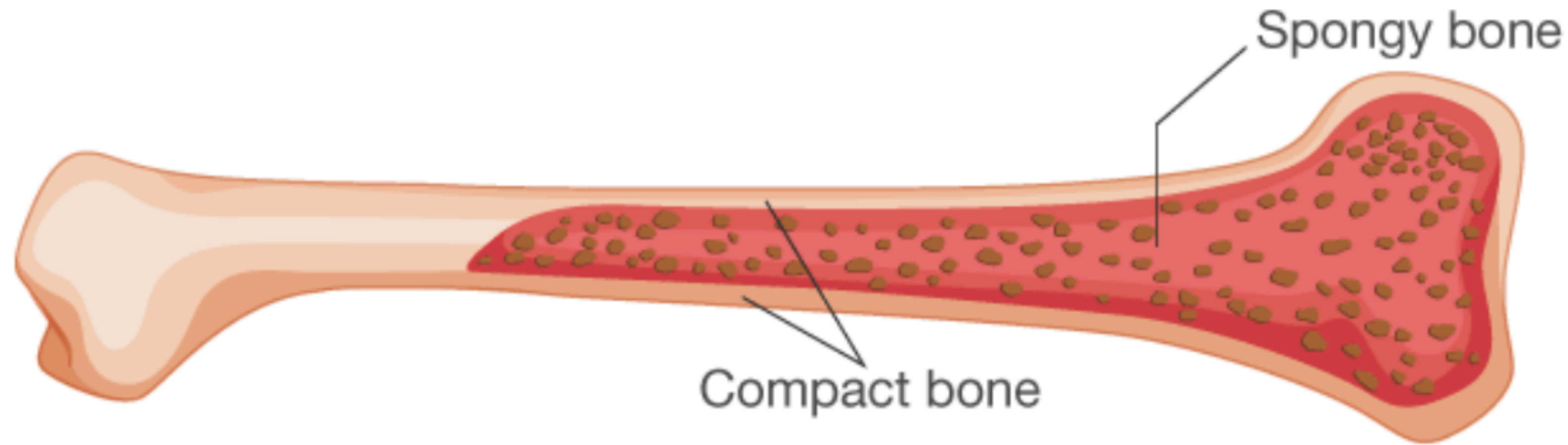


Proprioception is a true "Sixth Sense."









SPONGY BONE

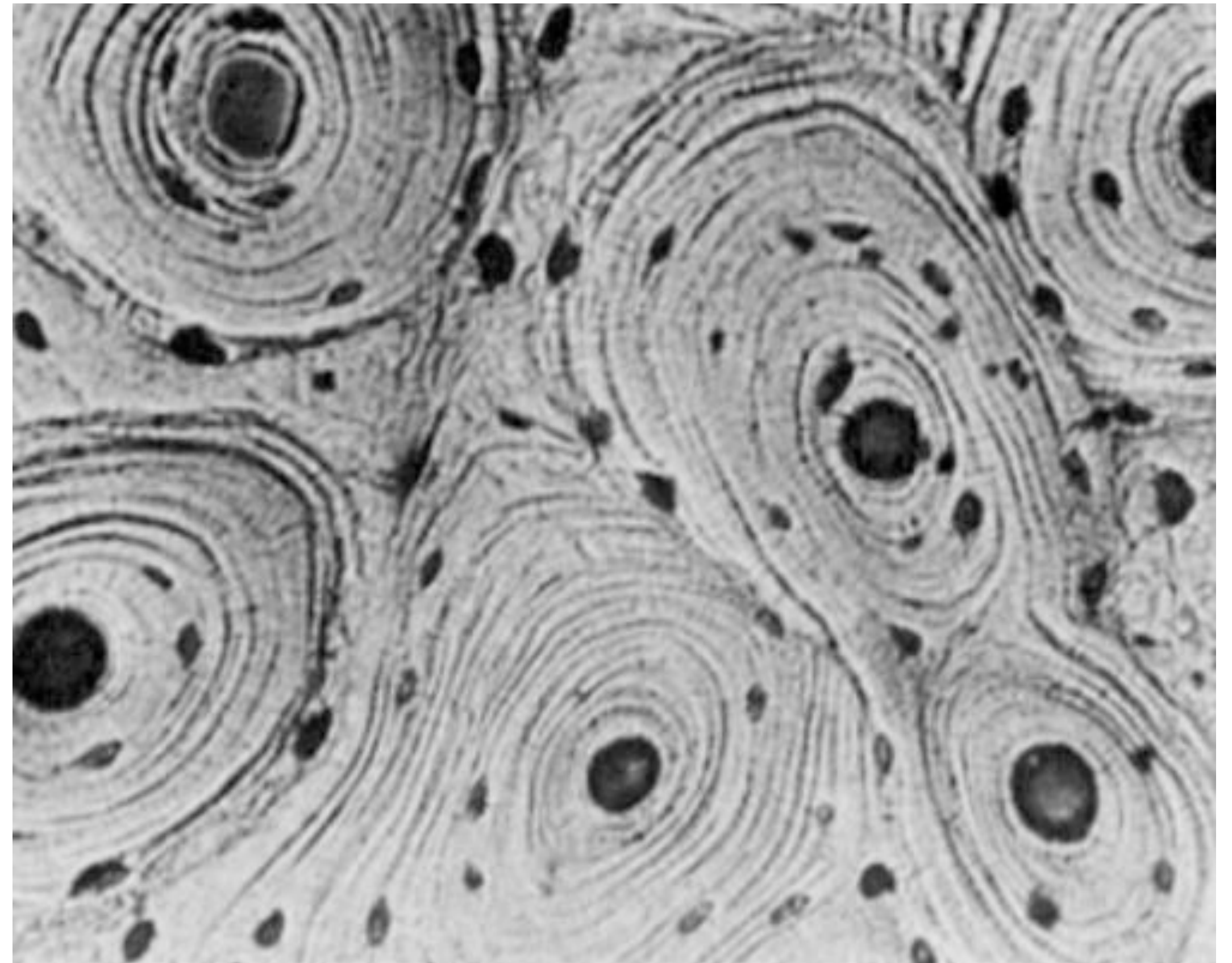
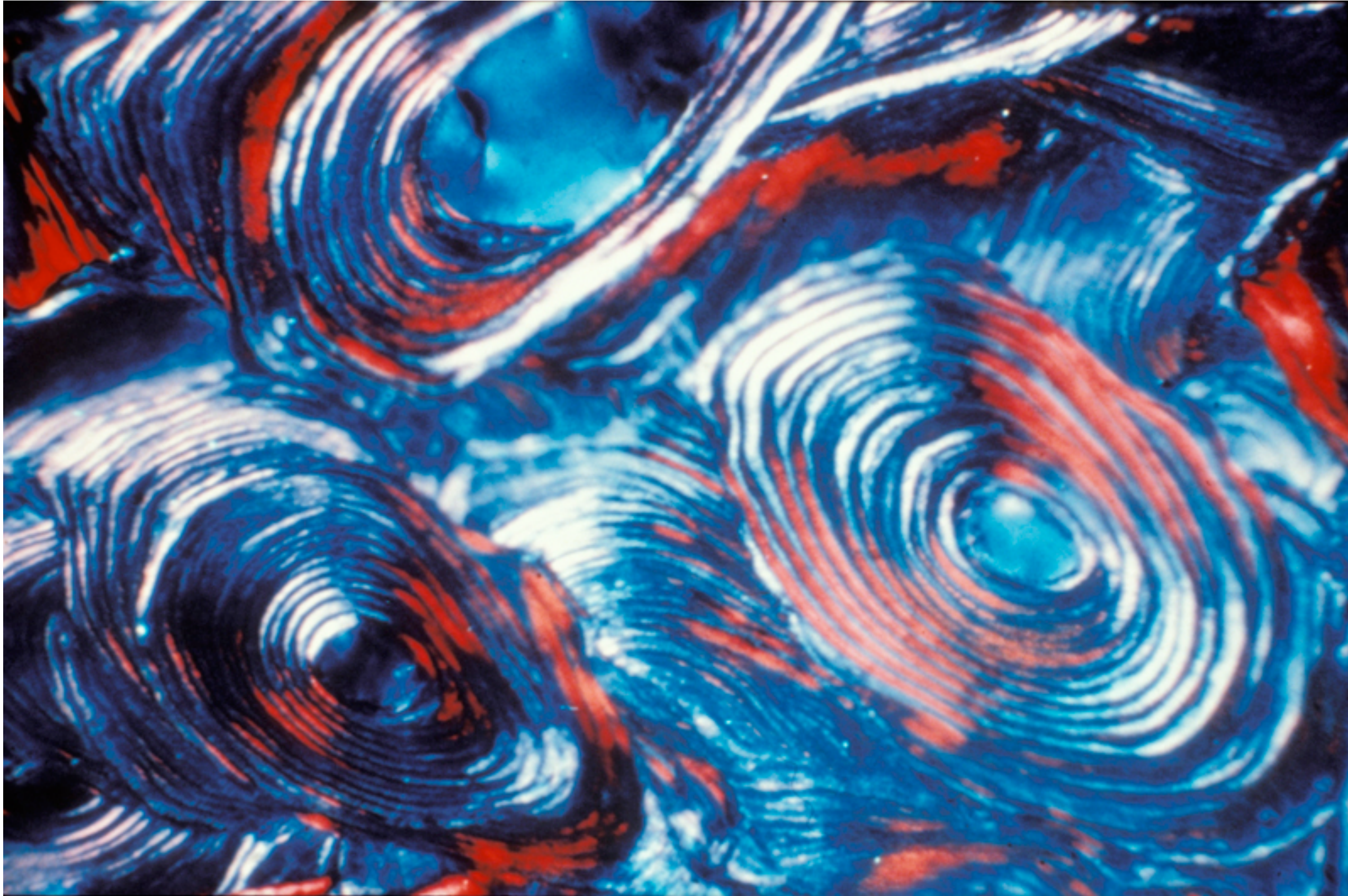
- Spongy bone is also called cancellous or trabecular bone. It is found in the long bones and it is surrounded by compact bone.

COMPACT BONE

- Compact bone, also called cortical bone, surrounds spongy bone. They are heavy, tough and compact in nature

Difference Between Spongy and Compact Bones

Cortical bone observed under polarized light





Trabecular Bone Matrix



Normal Bone



Osteoporosis

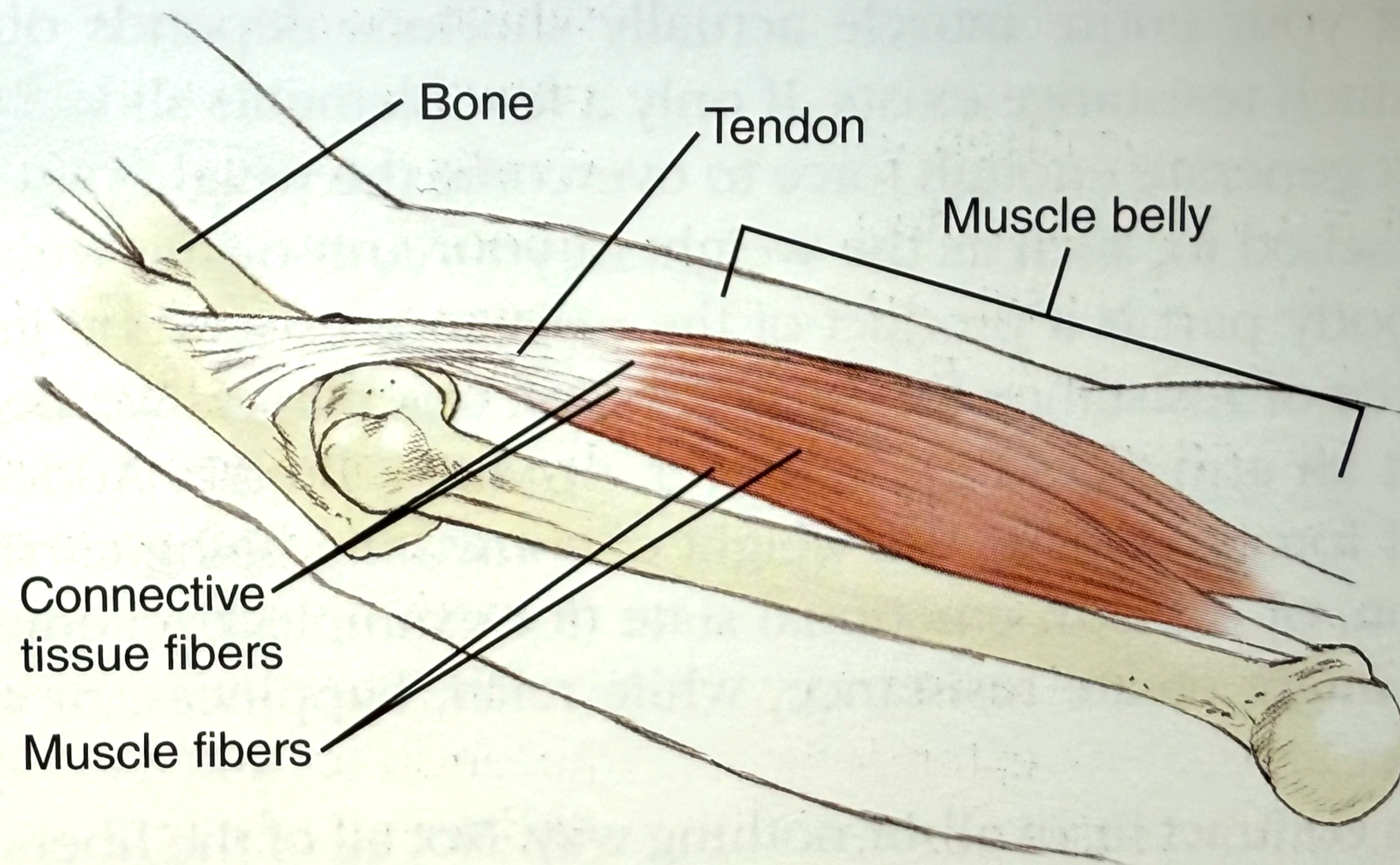
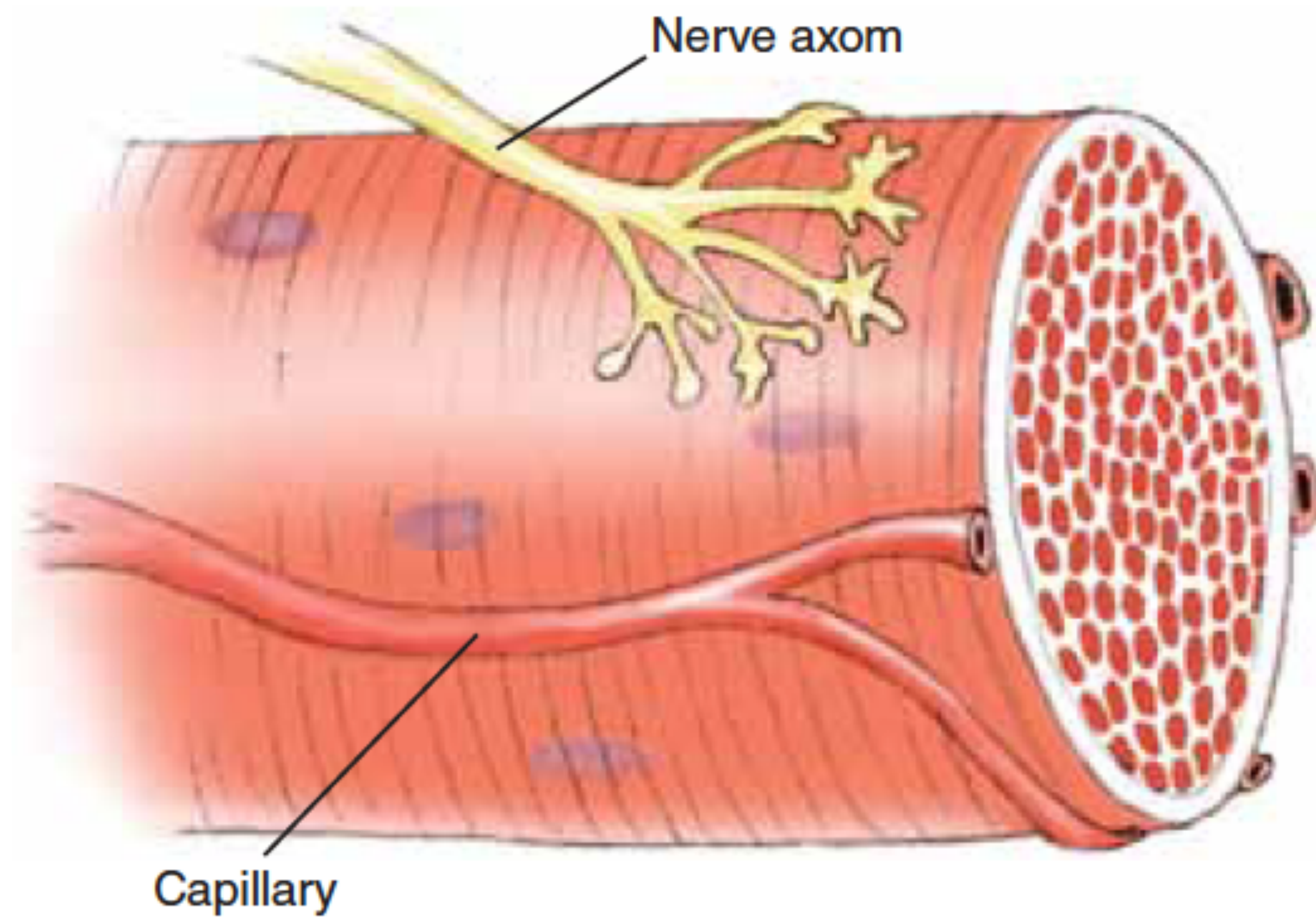


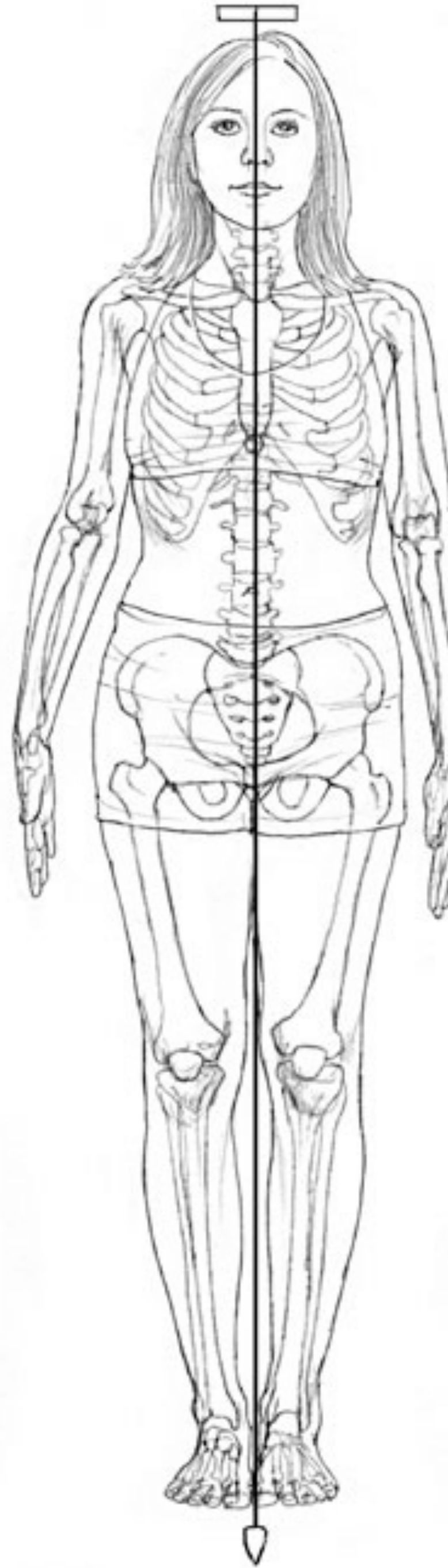
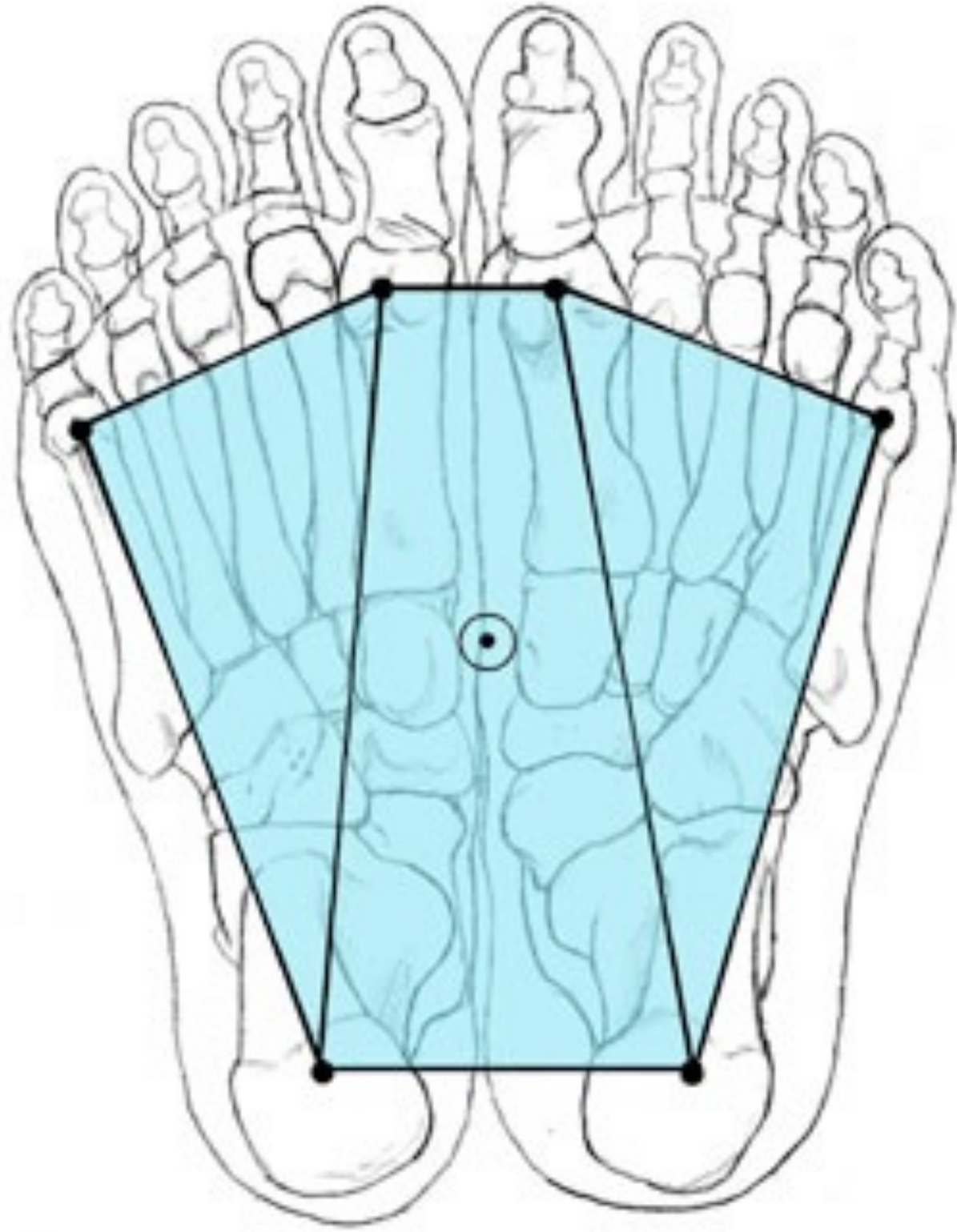
FIGURE 3.3 Fibers of connective tissue (white) run through the muscle (red). At either end of the muscle, the connective tissue comes together to create tendons, which connect to bone.

Periosteum

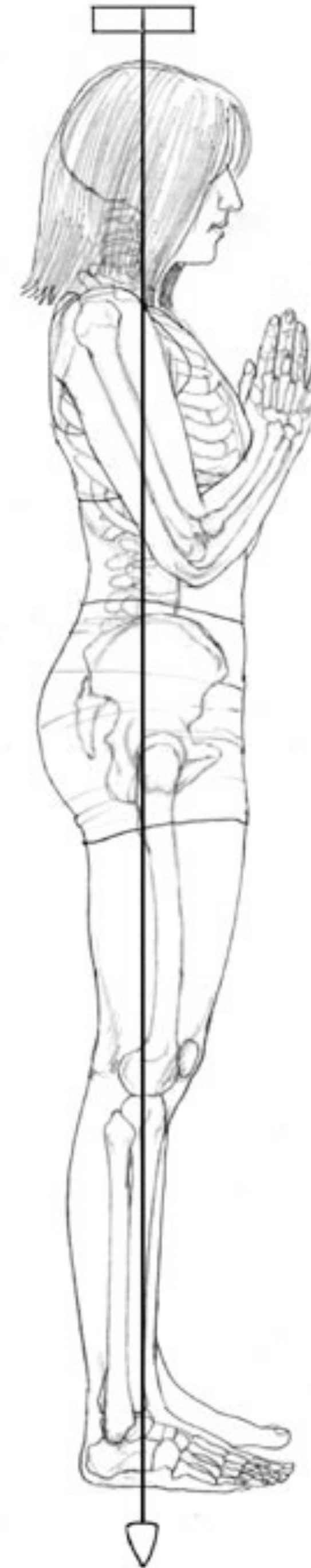
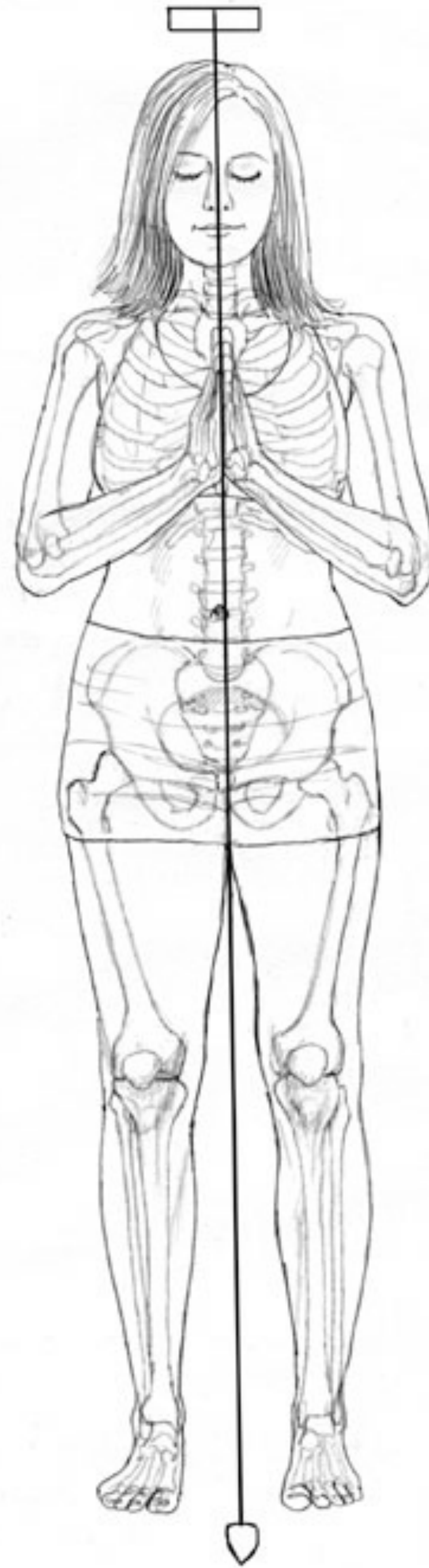
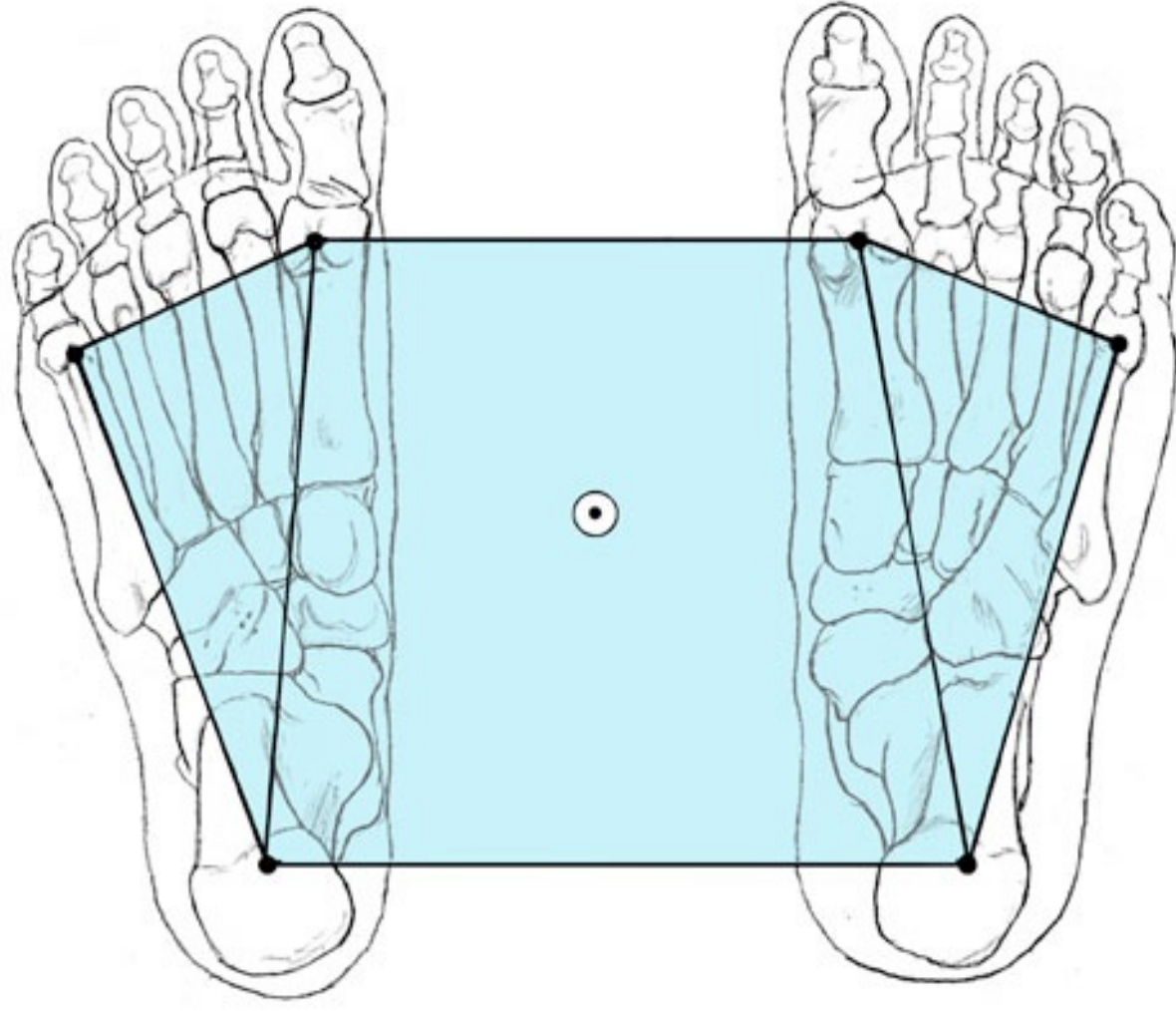


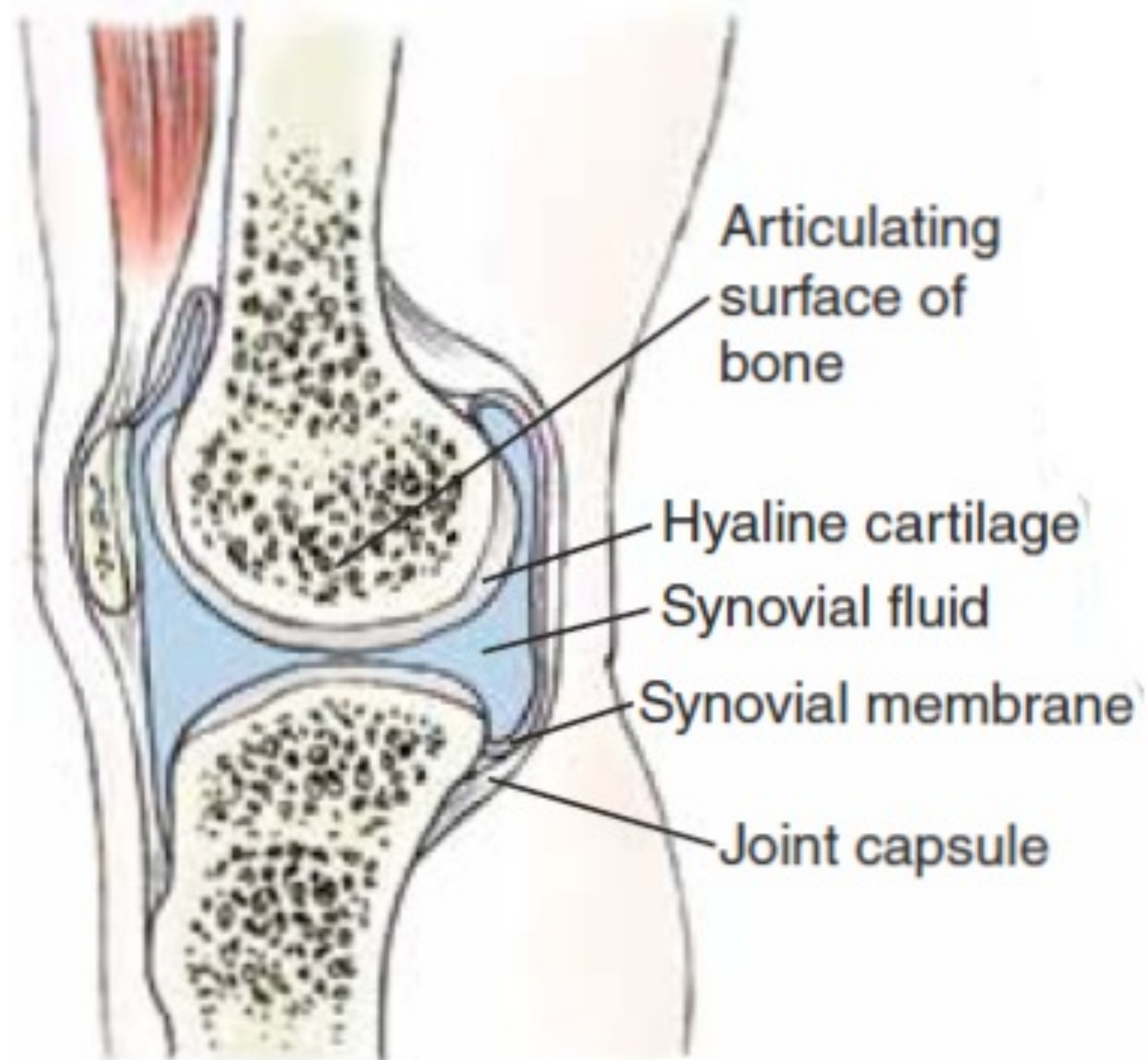


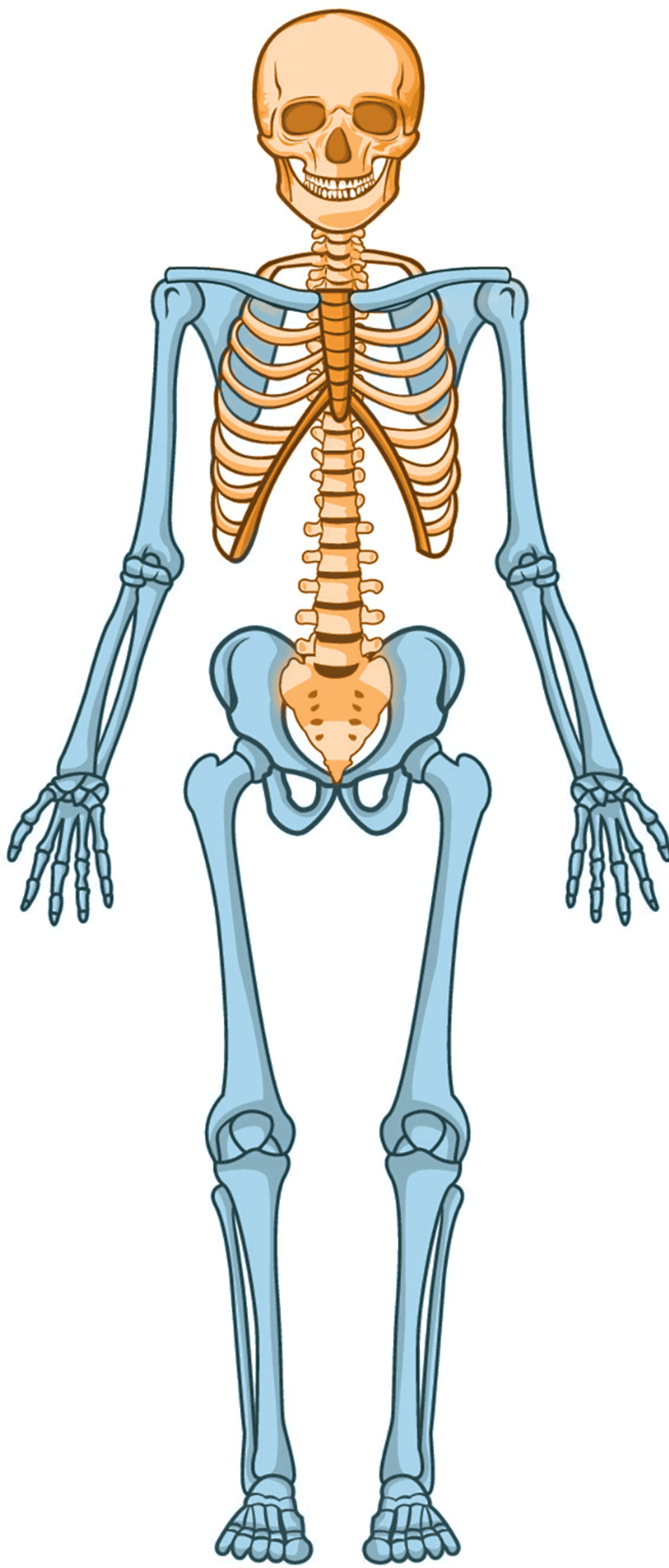
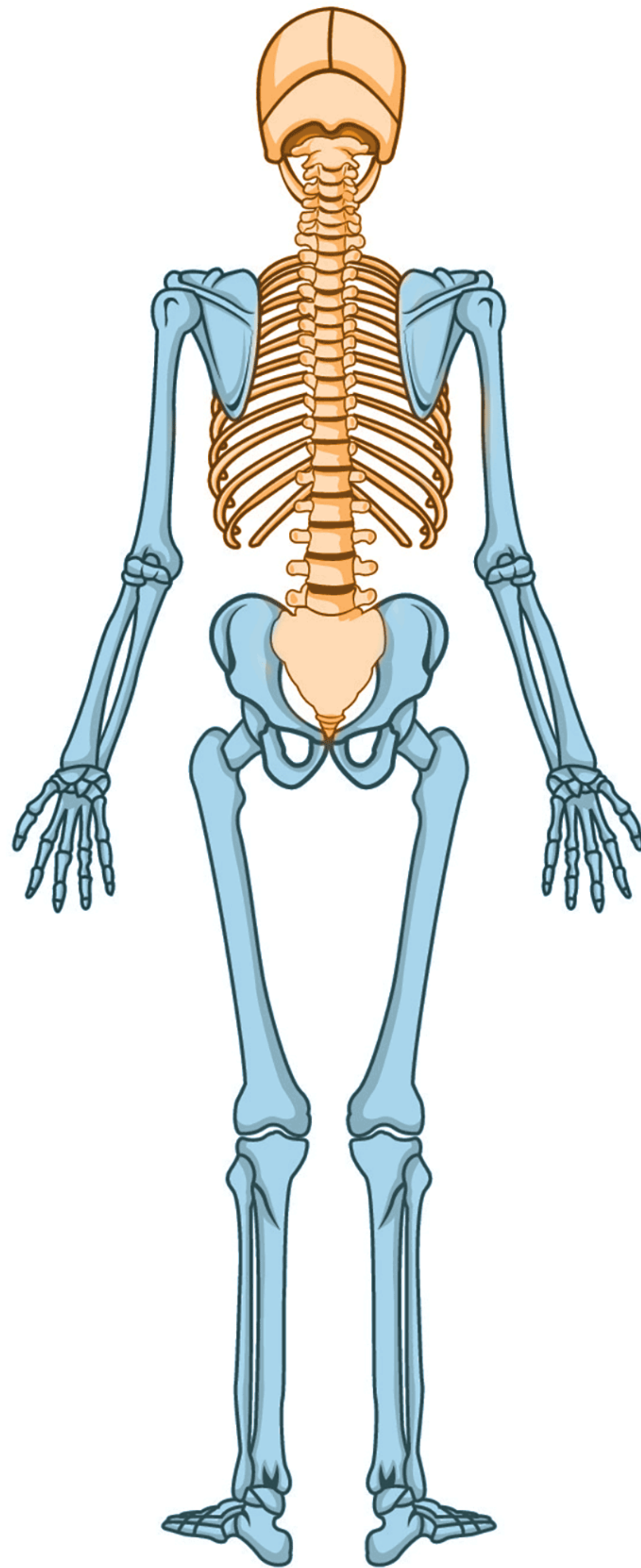
Tadasana

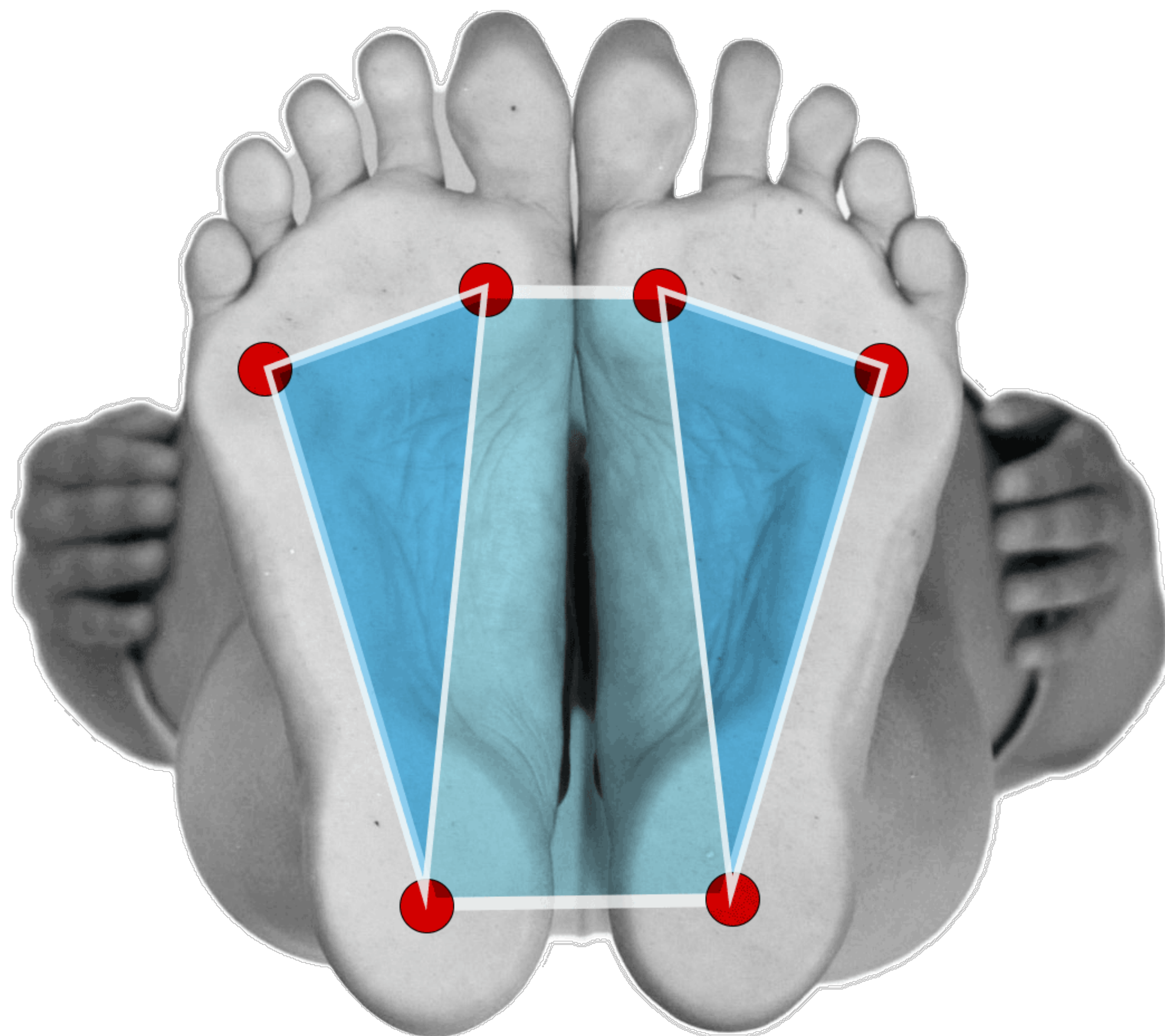


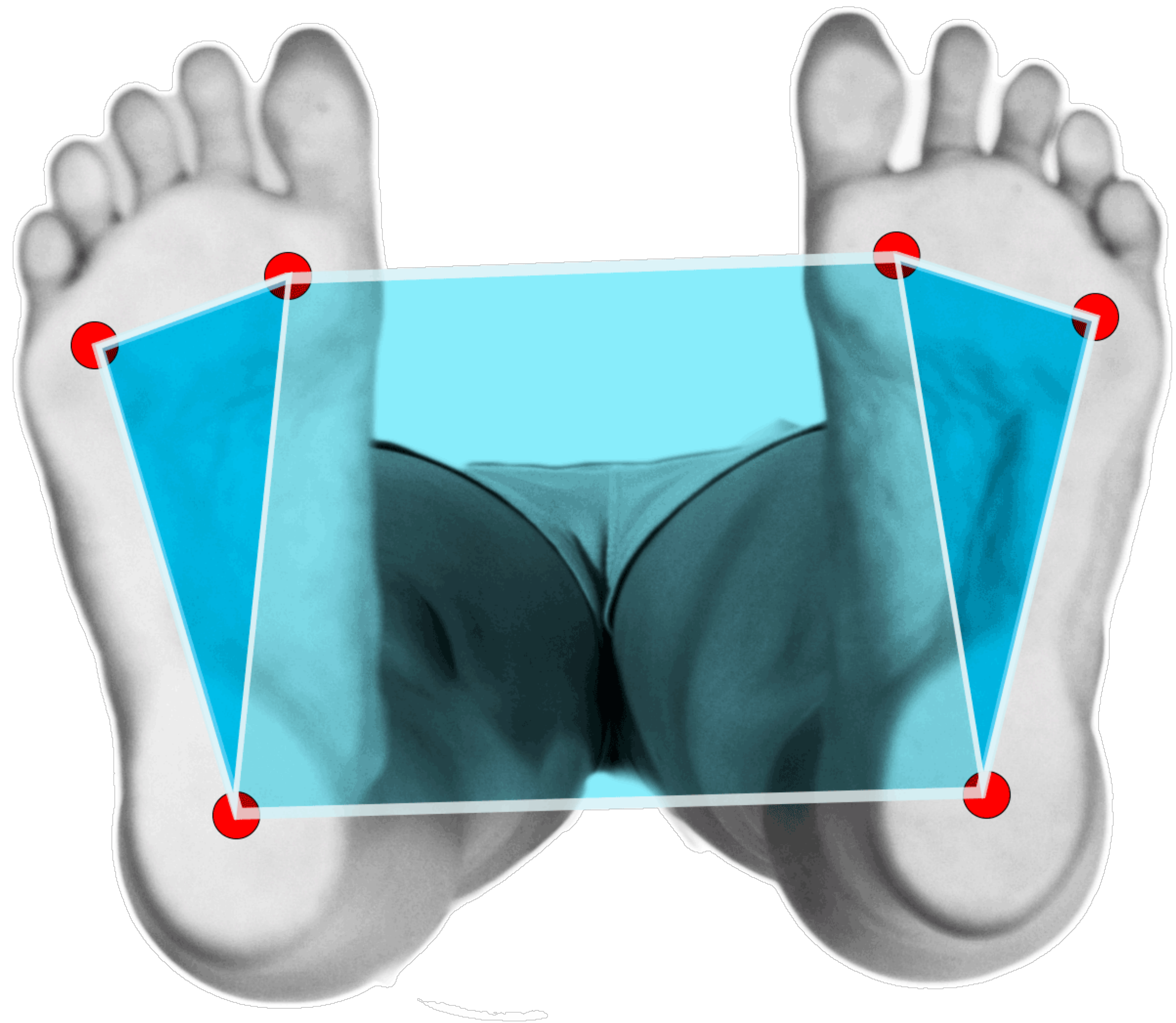
Samasthiti

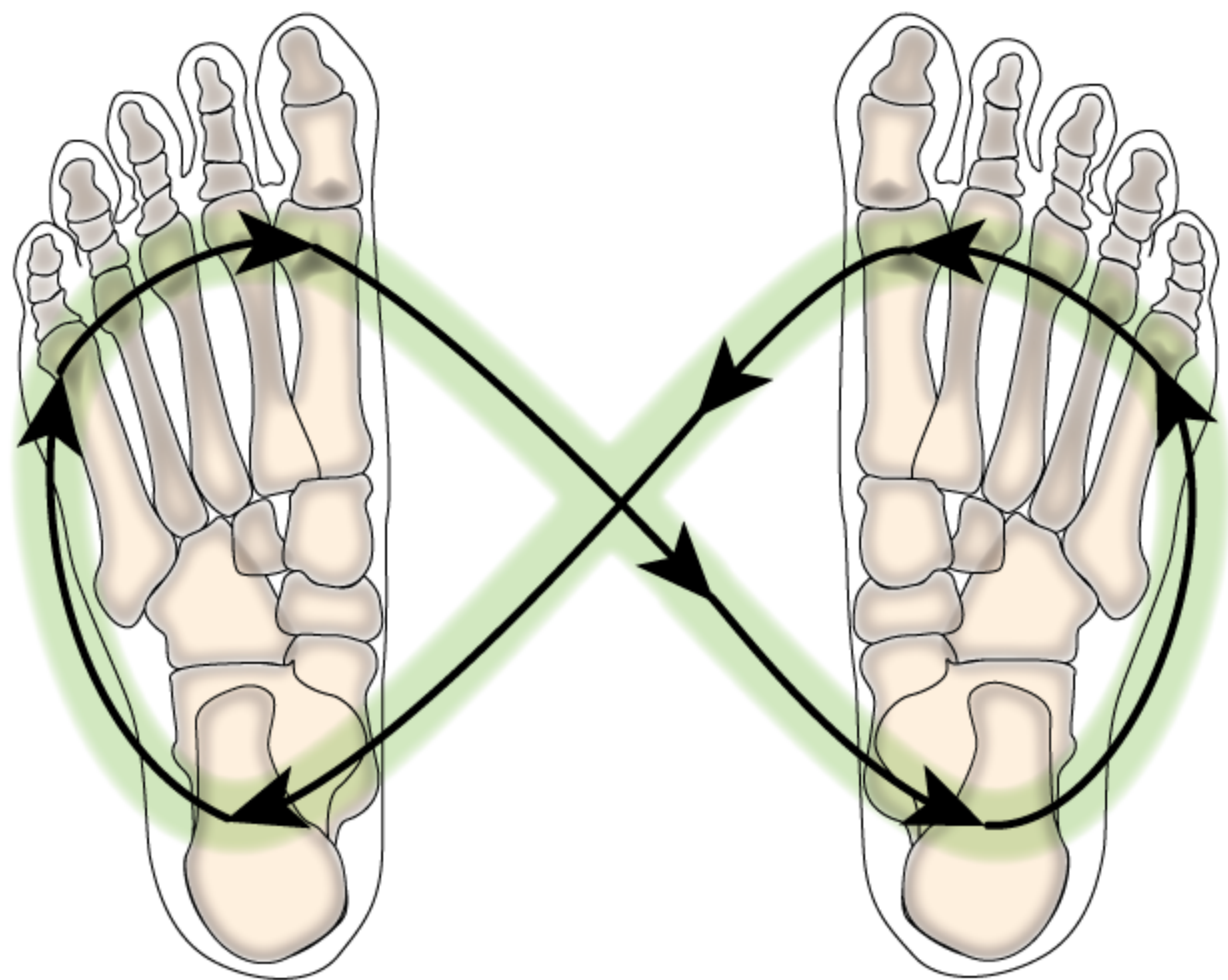


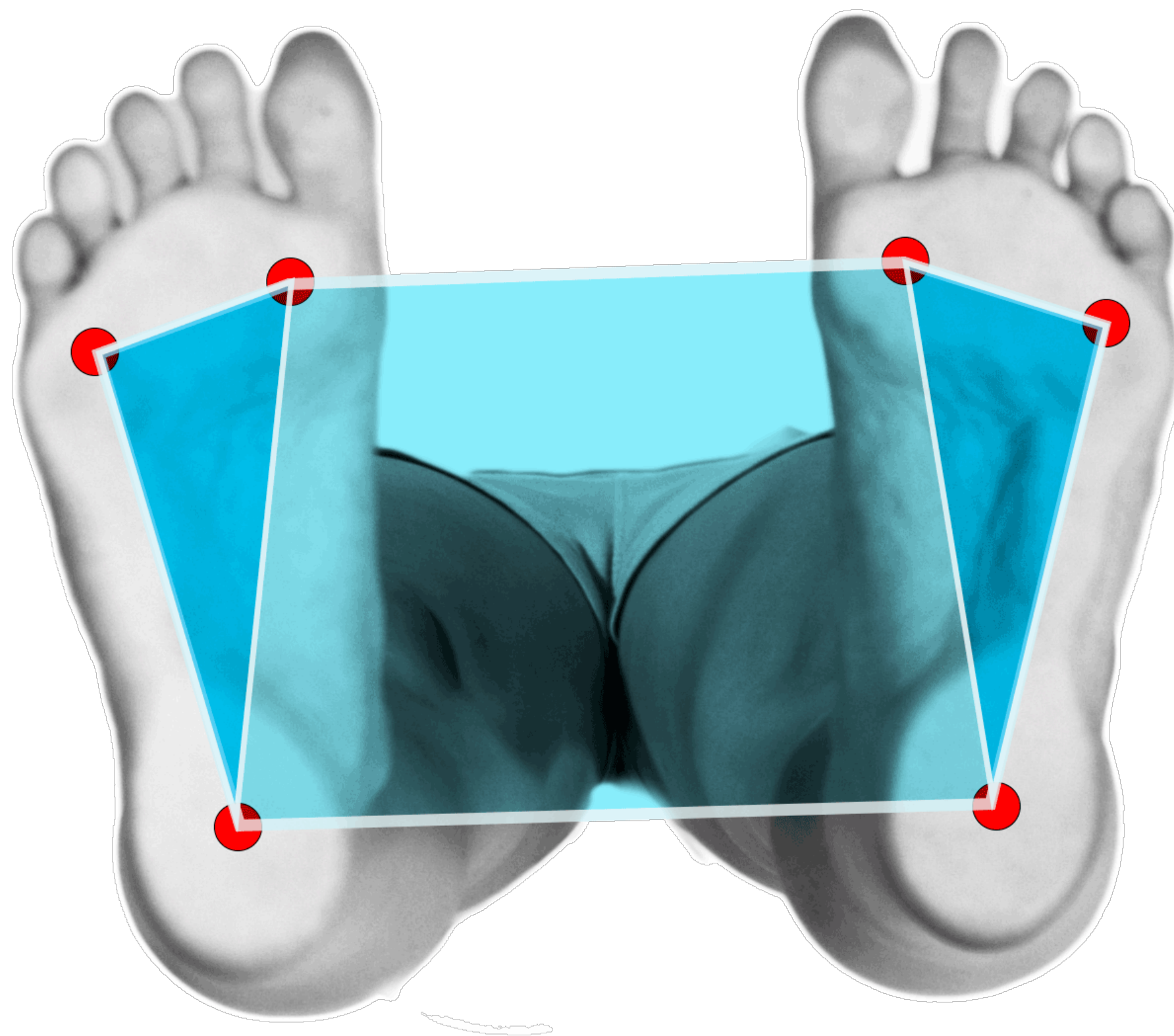
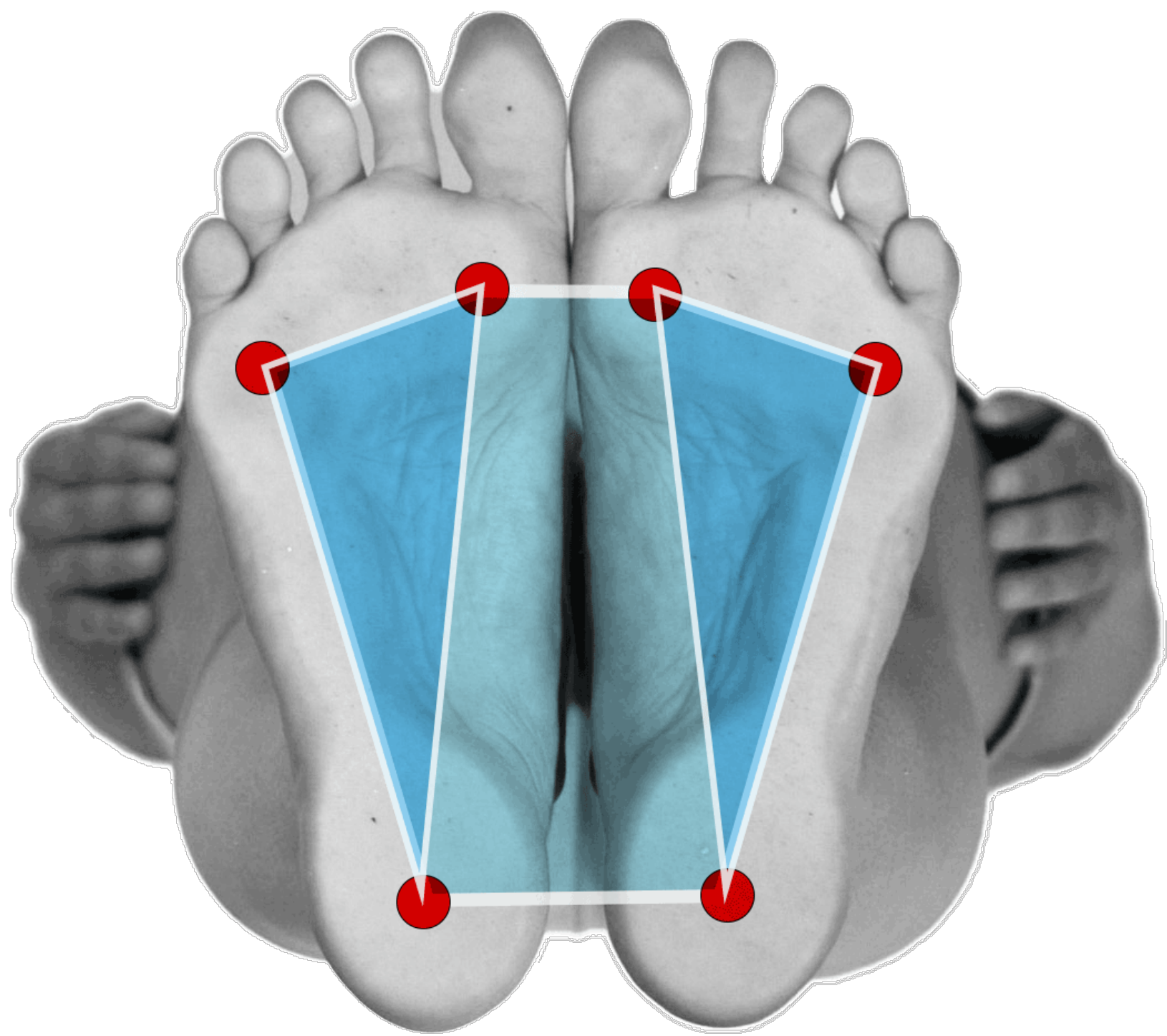




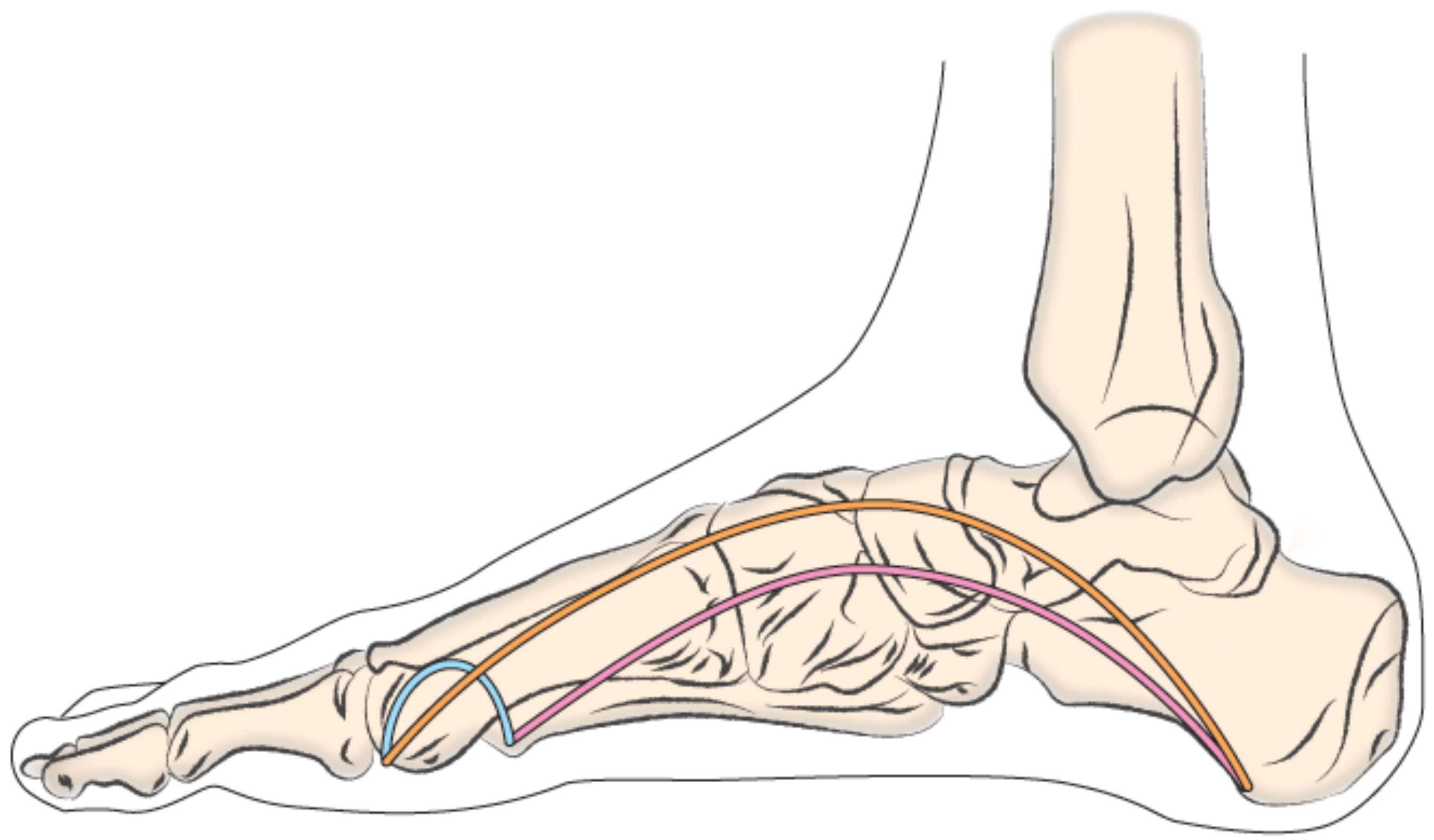


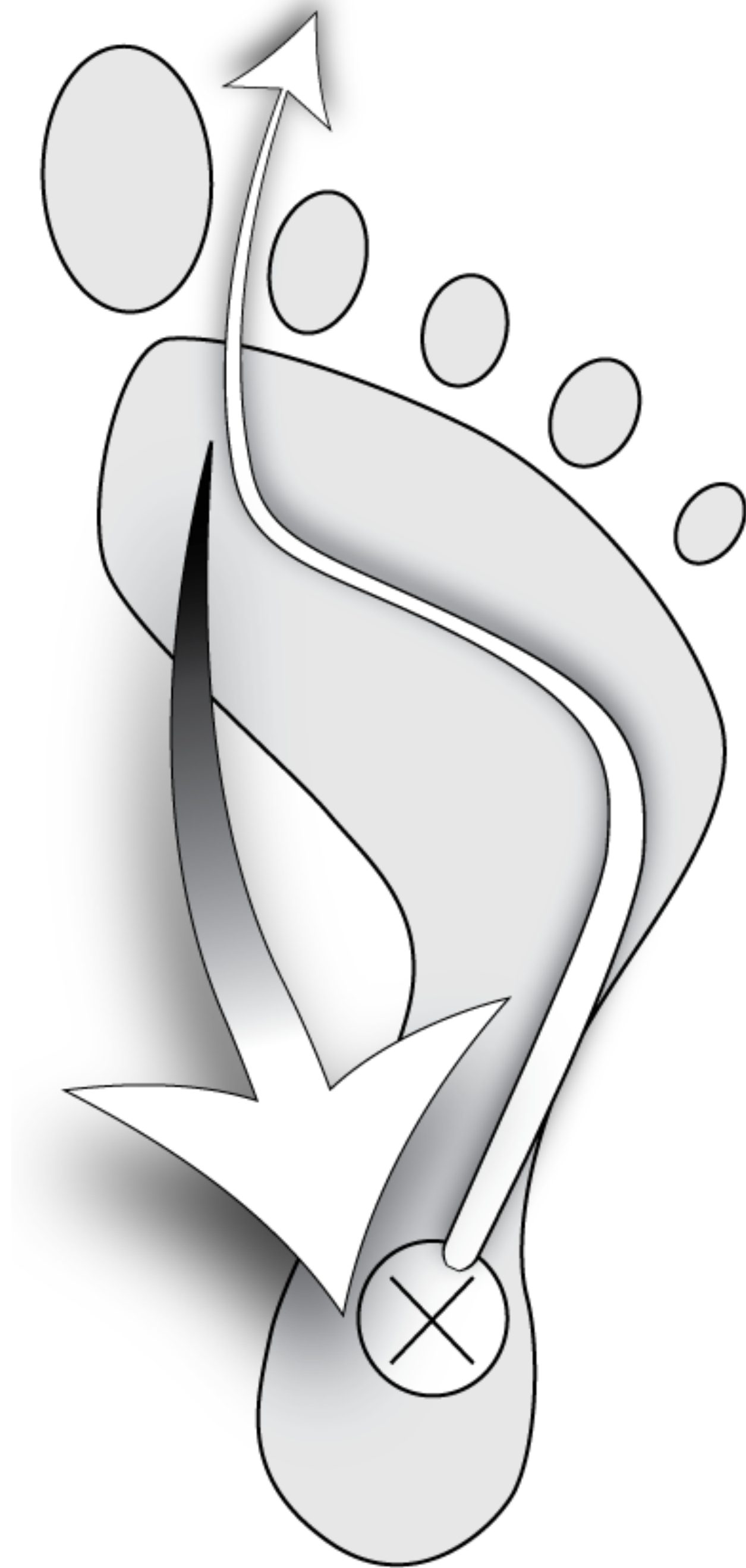














Comparisons of acetabulum



Comparison of acetabulum

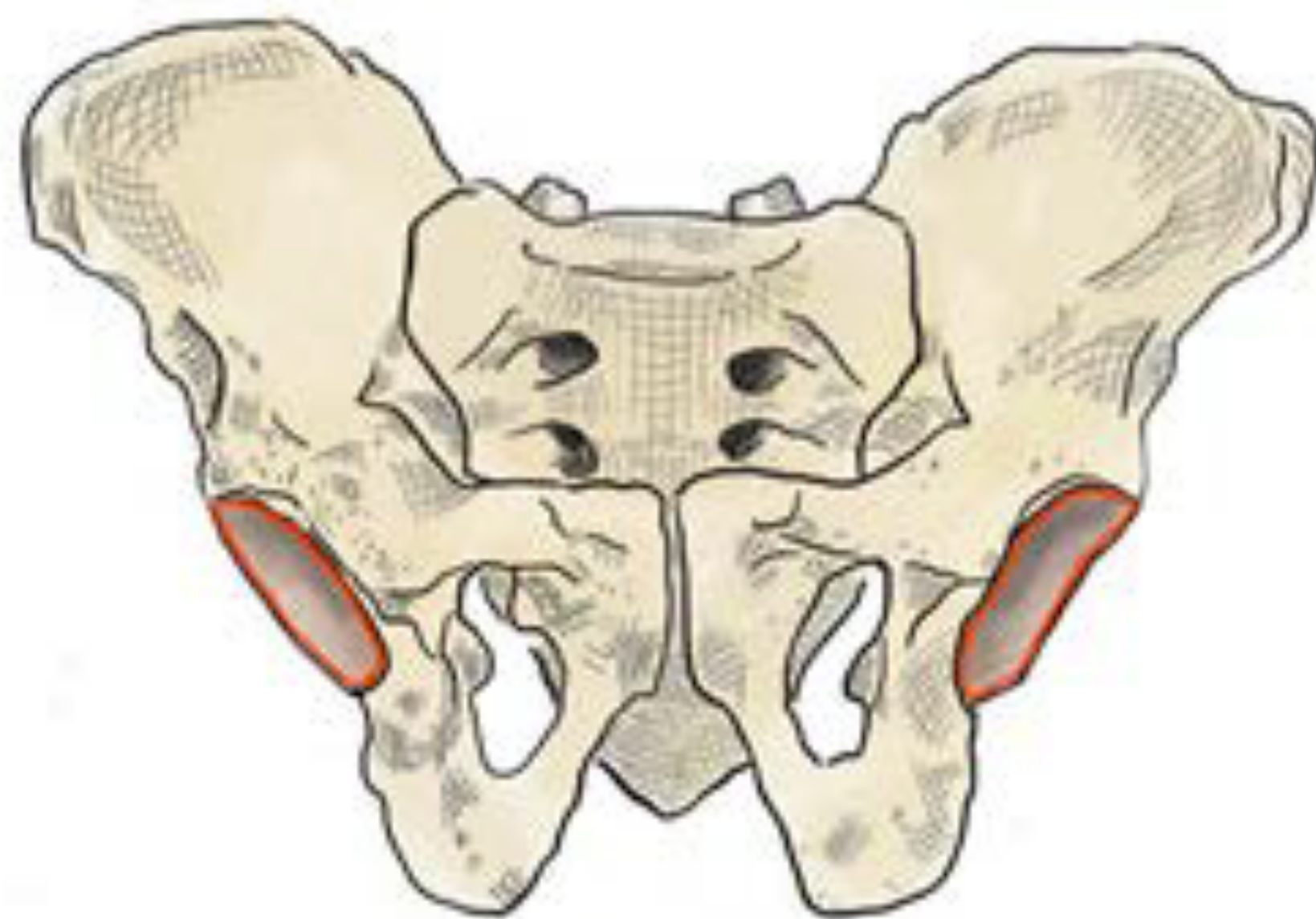
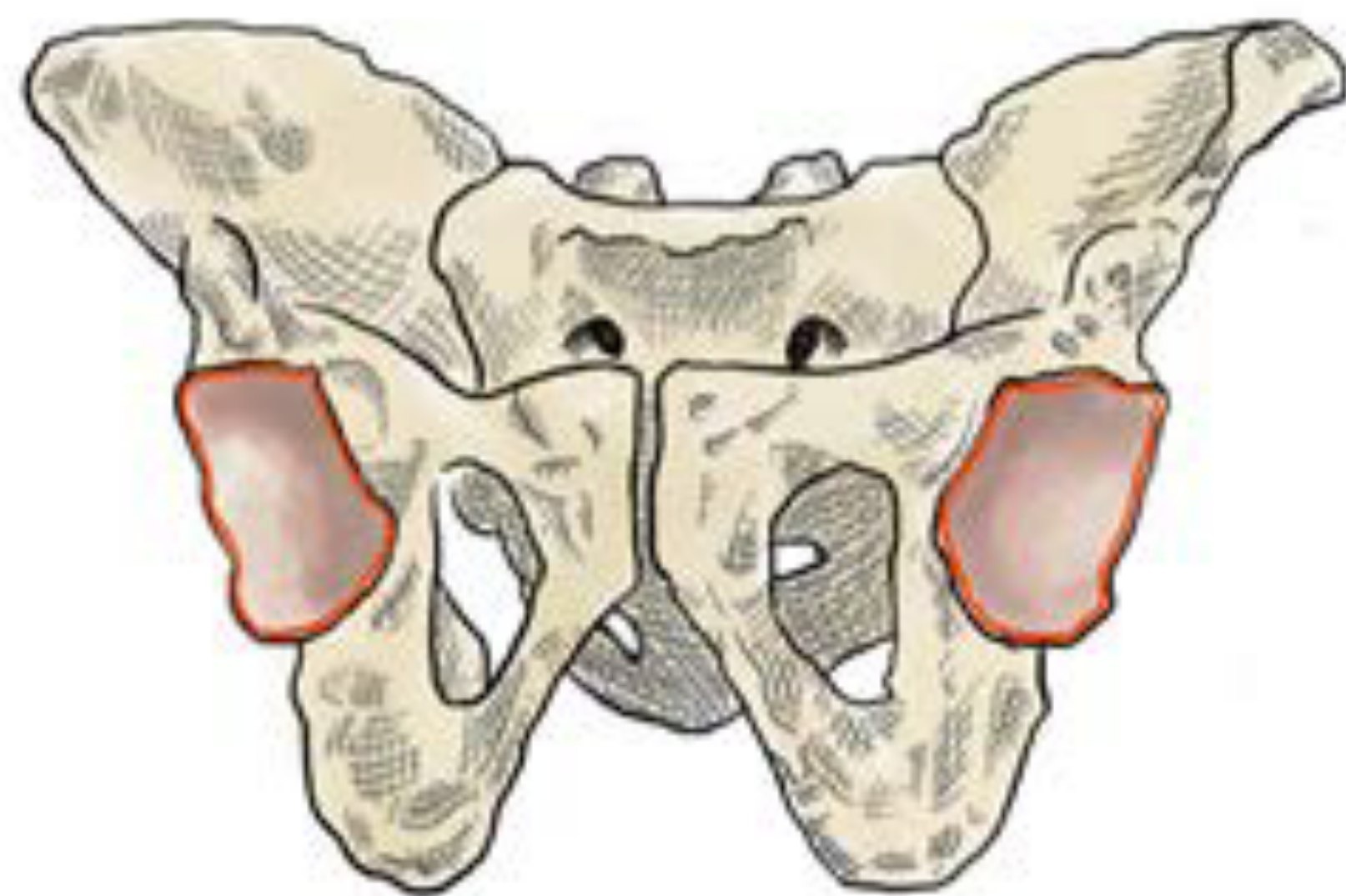


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Left hip socket of two pelvis. Socket in left specimen pointed forward and down. Socket on right specimen pointed sideways and nearly horizontal.



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from
Albinus:
“The
Fourth
Order of
Muscles”

