



YogaAnatomy.org

Leslie Kaminoff's
ashtanga blog, teaching
and touring schedules

SOUL OF YOGA, NOVEMBER 2024:

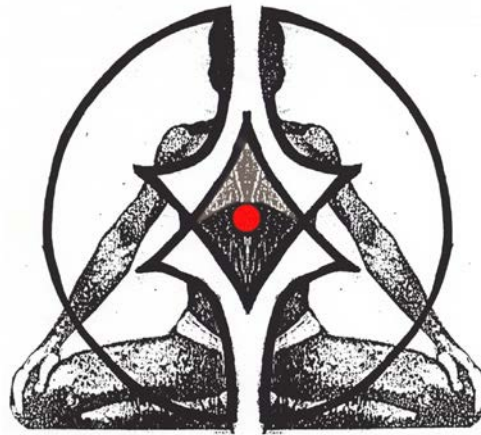
Leslie Kaminoff

Reconsidering Alignment

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"

Principles:

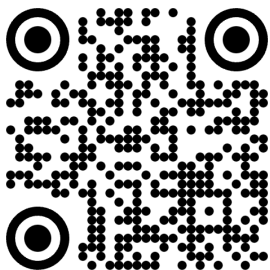
- ▶ **Asanas** don't have alignment – people do.
- ▶ **An Asana** only exists when an individual places their body into a shape.
- ▶ **Healthy movement** is well-distributed - a little bit of movement coming from a lot of places.*
- ▶ **Unhealthy movement** is too much movement coming from too few places 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: bit.ly/fb-yogaanatomy
- workshop page: yogaanatomy.org/soy-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*

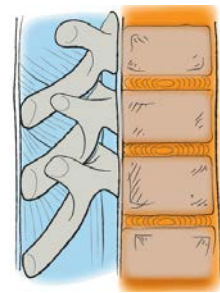
WEIGHT-BEARING SUPPORT PASSES THROUGH THE FRONT OF THE SPINE

Sthira

strength and stability without rigidity, alertness without tension

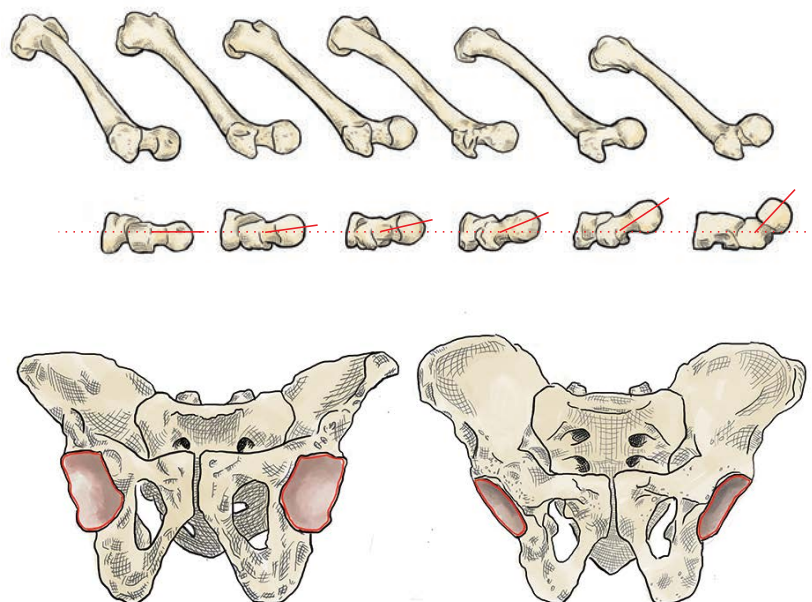
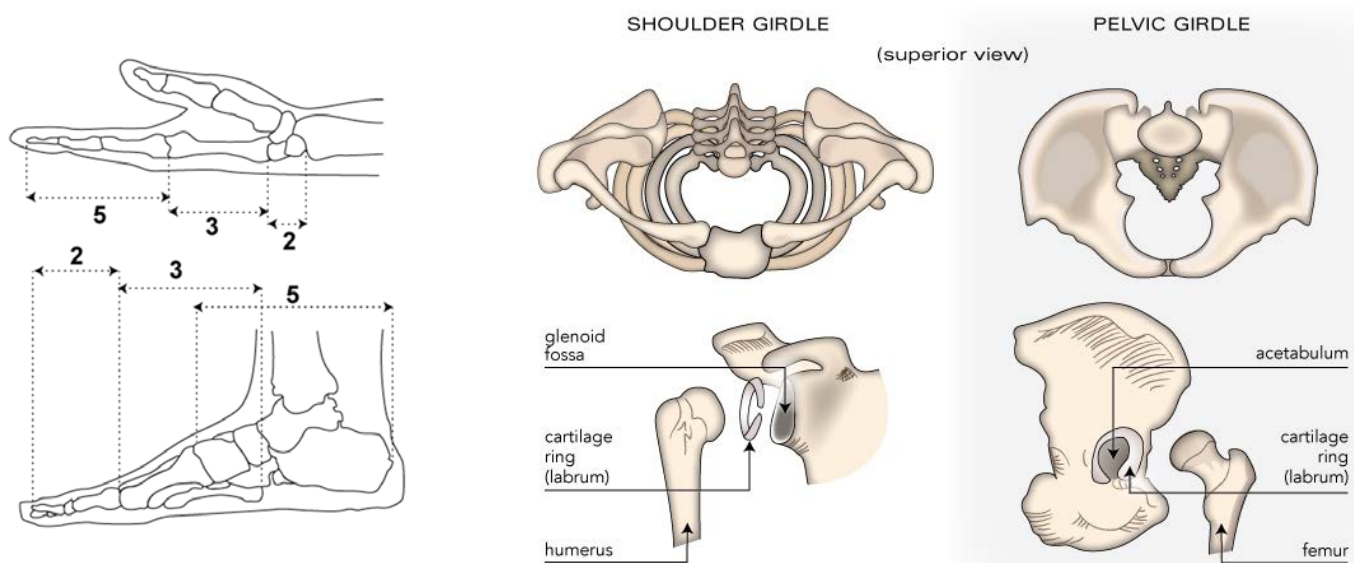
Sukha

flexibility and mobility without instability, relaxation without dullness

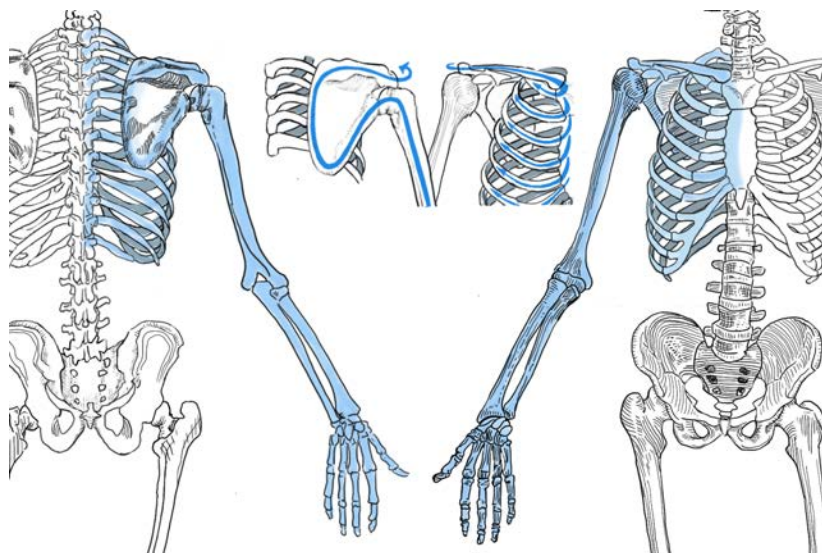


UPPER AND LOWER BODY COMPARISONS

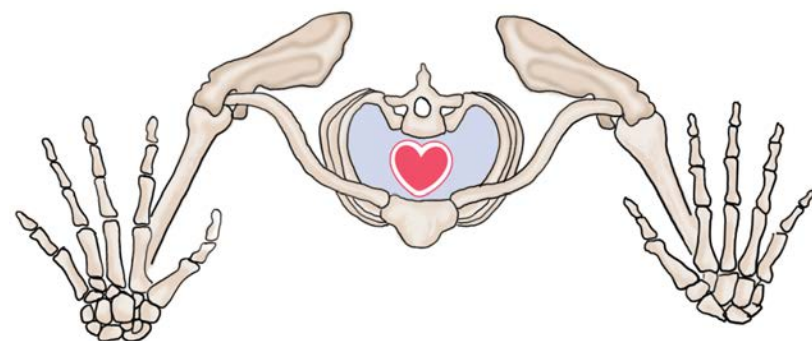
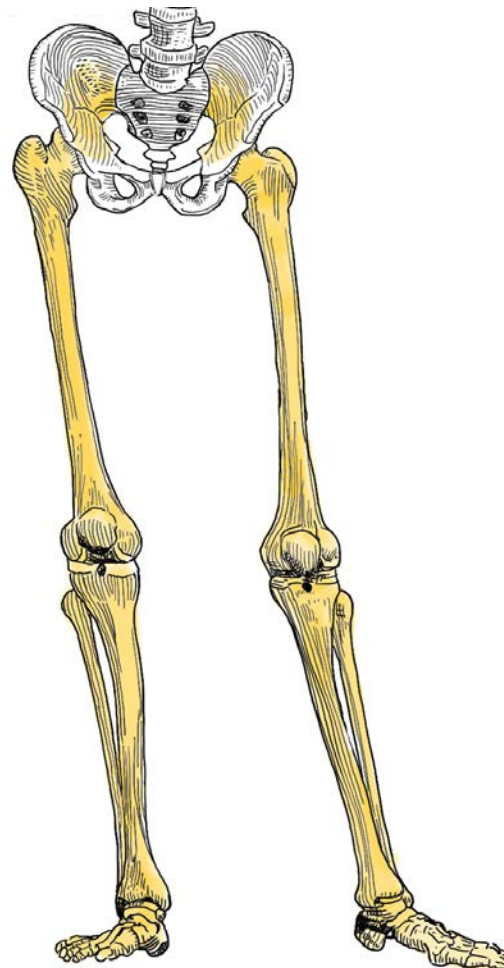
The pelvic half is part of the leg; the clavicle and scapula are part of the arm.



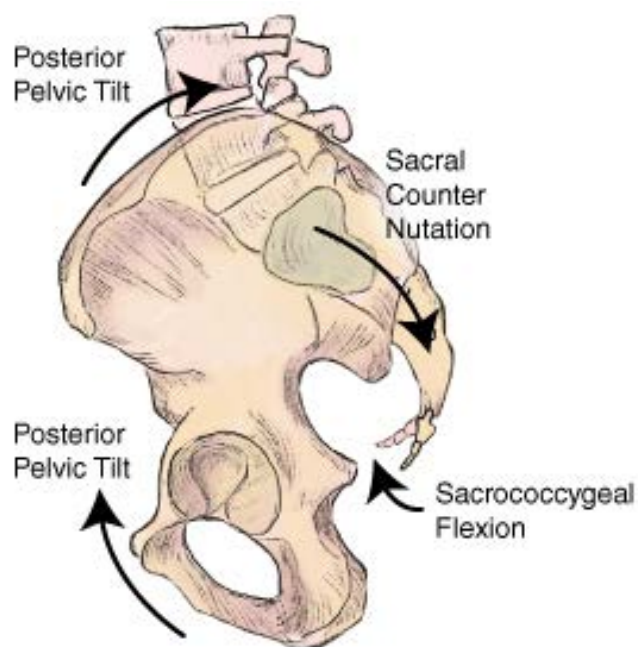
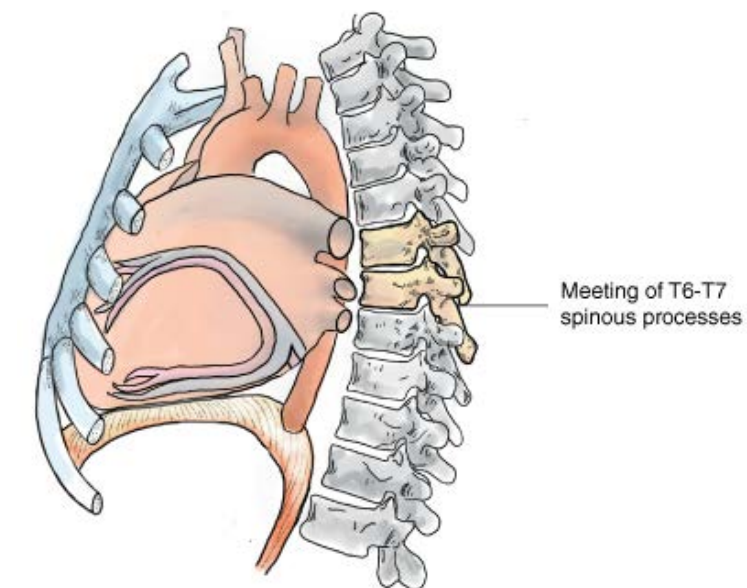
PATHWAY OF WEIGHT FROM ARM TO SPINE

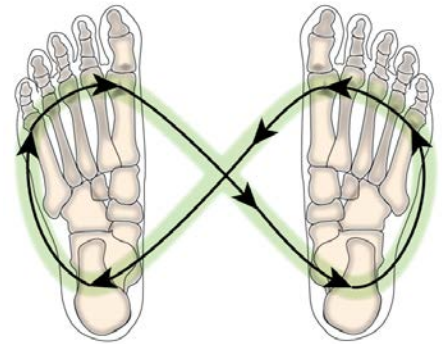
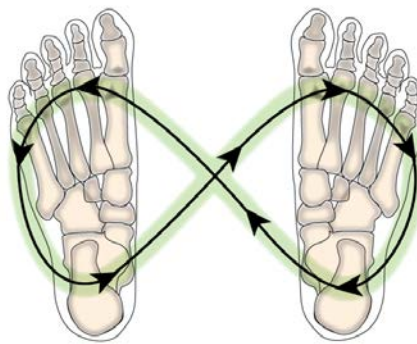
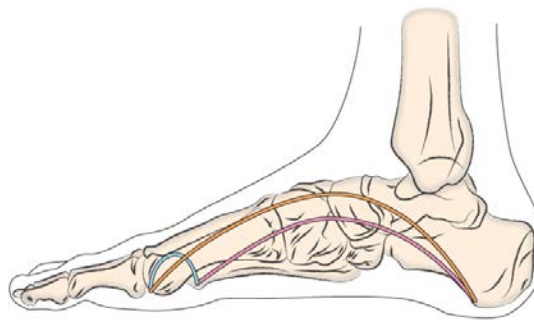


PATHWAY OF WEIGHT FROM LEG TO SPINE

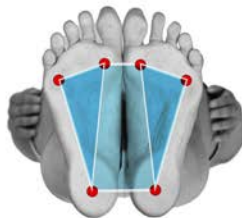


THREE WAYS TO "TUCK YOUR TAIL"





Tadasana
(narrow stance)



Samasthiti
(wide stance)

