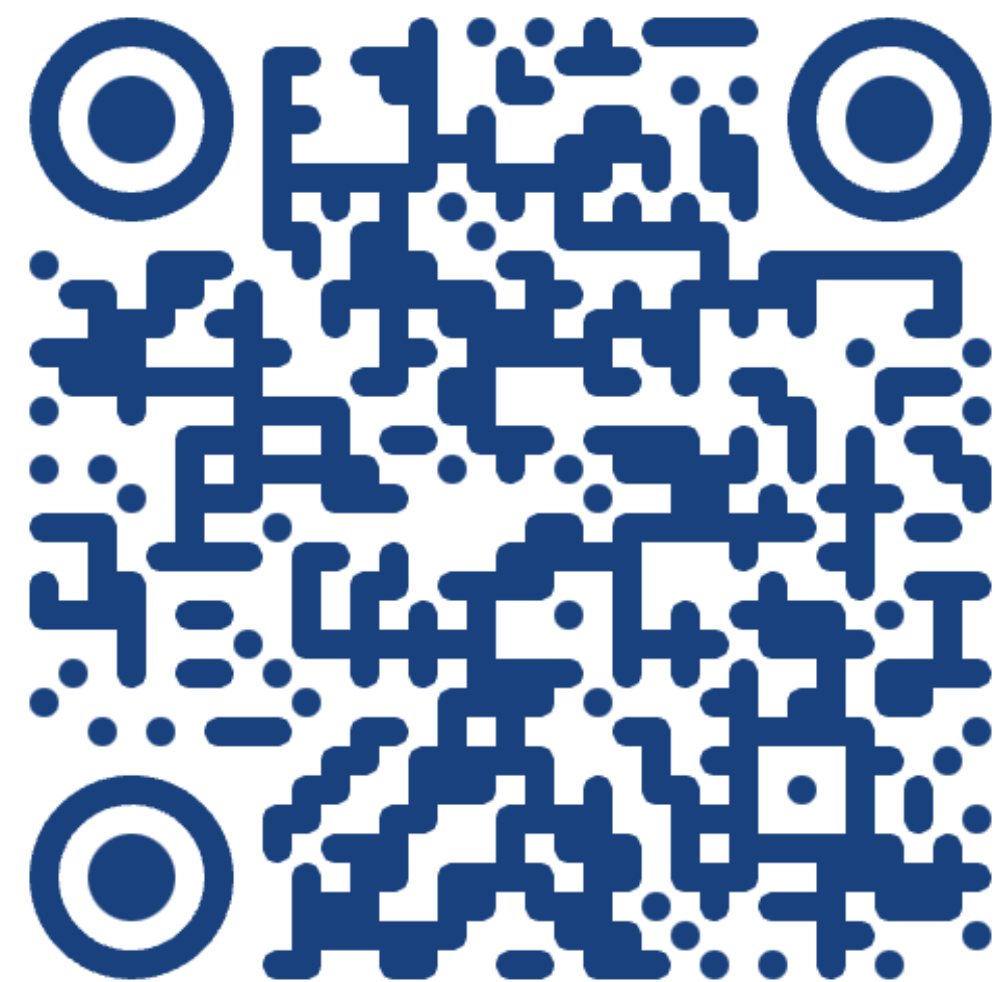




Embodying Asana, Prana and Kriya

with
Leslie Kaminoff

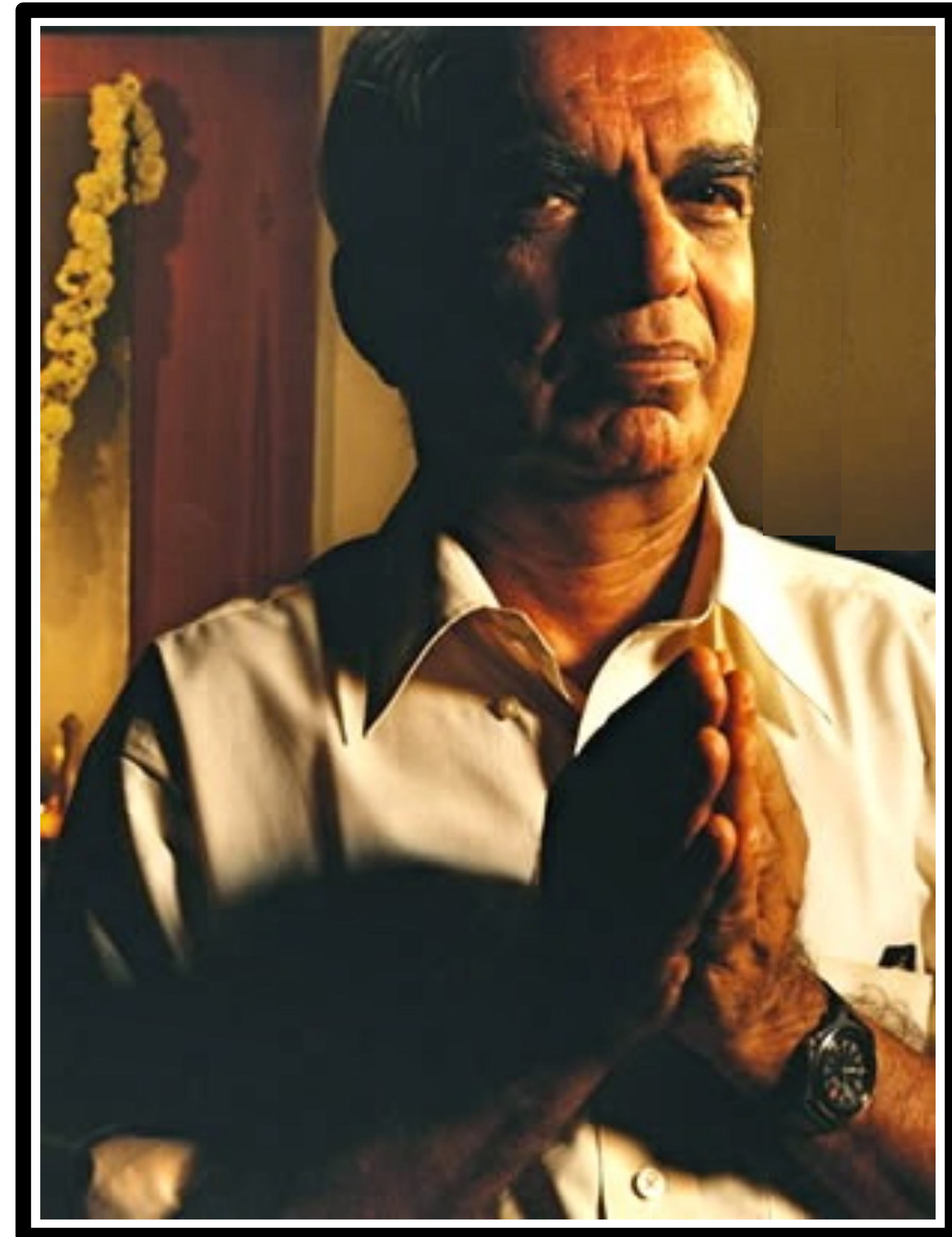
December 12, 2024
Mysuru Yoga Utsava



yogaanatomy.org/mysuru-24



Tirumalai Krishnamacharya
1888 – 1989

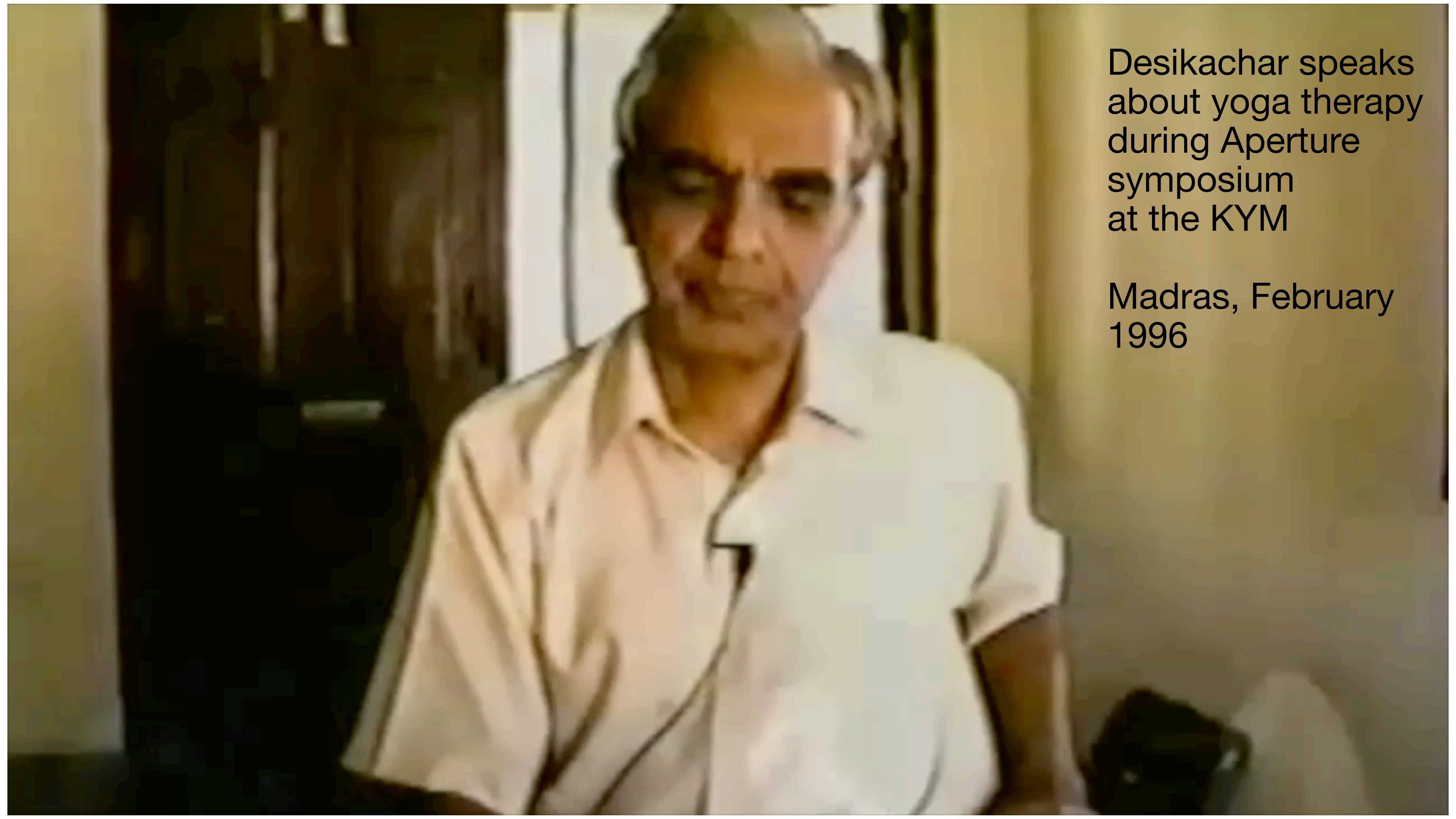


T.K.V. Desikachar
1938 – 2016

Desikachar
interviewed by
Leslie Kaminoff
at his home

Madras,
October 1992



A man with short, graying hair, wearing a white short-sleeved button-down shirt, is speaking into a microphone. He is looking slightly down and to the left. The background is a plain, light-colored wall with a dark door or panel on the left side.

Desikachar speaks
about yoga therapy
during Aperture
symposium
at the KYM

Madras, February
1996

According to Professor Krishnamacharya, each chapter of Patanjali's work constitutes a teaching in itself, an individual instruction given to an individual disciple. This idea reflects well the importance that the Professor gives to personalized yoga teaching.

The four yogin to whom respectively each of the chapters of the Yoga-Sutras is addressed are Kritanjali, Baddhanjali, Mastakanjali, and Purnanjali.

Kritanjali is the disciple already advanced (krita) in yoga who has already overcome many obstacles and knows the methods of yoga well. The samadhi-pada (first chapter) is intended for him in order that he will continue to clarify his ideas and bring order and coherence to his conduct... and perhaps arrive at the aim of yoga.

Baddhanjali is caught (baddha), dominated by the kleshas. With humility, he prays to the Lord to aid him to end his suffering. The yoga of action (kriya-yoga) as well as the four first limbs of ashtanga-yoga - attention to one's neighbor (yama) and to oneself (niyama), posture (asana) and breathing (pranayama) techniques - elements presented in the second chapter of the Yoga-Sutras, suit him better.

Mastakanjali possesses a well balanced and oriented mind which he uses with a view to attaining certain powers. He has arrived at the summit (mastaka) of mastery of the mind. Patanjali chose to teach him the third chapter so as to aid him to become situated still more clearly in the right path, and particularly to put him on guard against the real danger of acquiring superior faculties (siddhi)

As for Purnanjali, he has accomplished his work (purna signifies complete, satisfied, accomplished). His detachment is total. Patanjali discloses to him the precious teaching of the fourth chapter which develops the different aspects of the realization of the state of yoga (kaivalya) while indicating the role and responsibility of a true guide.

from "Teachings" by Claude Marechal

The practice of Yoga must reduce both physical and mental impurities. It must develop our capacity for self-examination and help us to understand that, in the final analysis, we are not the masters of everything we do.

T. K. V. Desikachar

The Heart of Yoga: Developing a Personal Practice

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"

PRANA APANA NYASA

Om namo pranayá

Pranaya nama om

Pranaya swahä

Om namo apanayá

Apanaya nama om

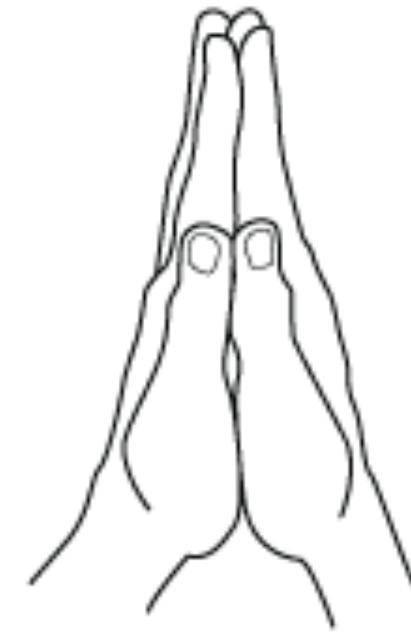
Apanaya swahä

Om swahä

Haríh om



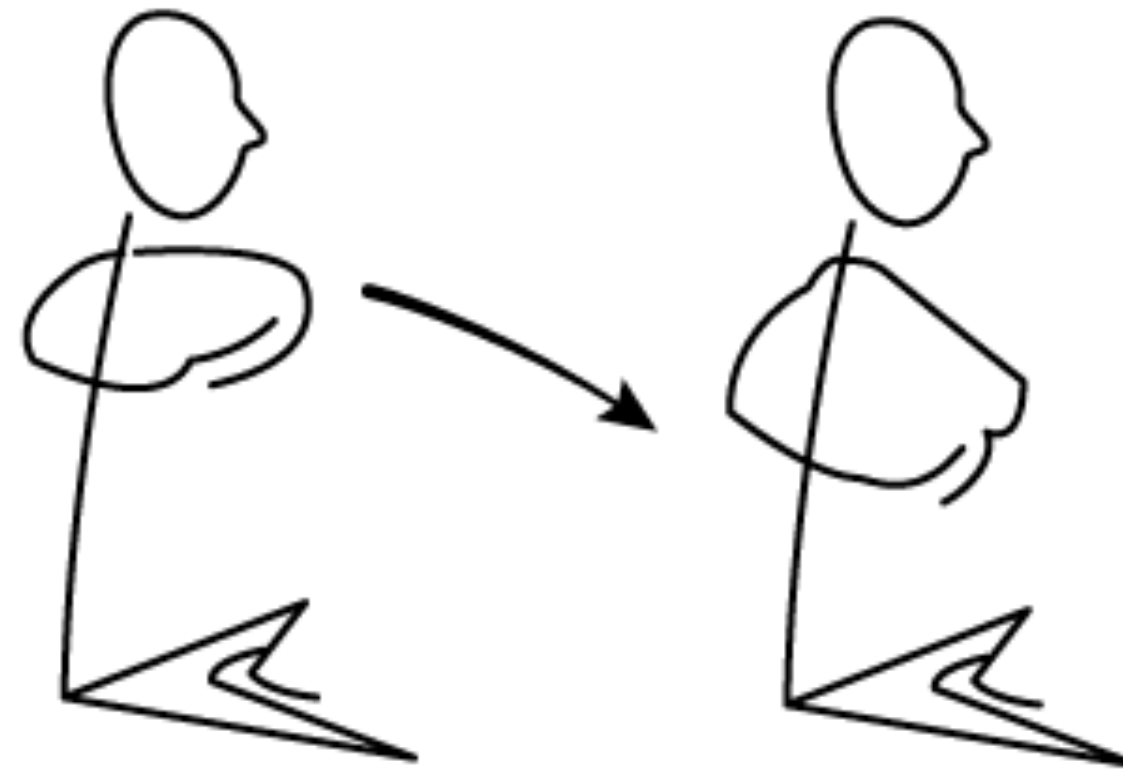
Om



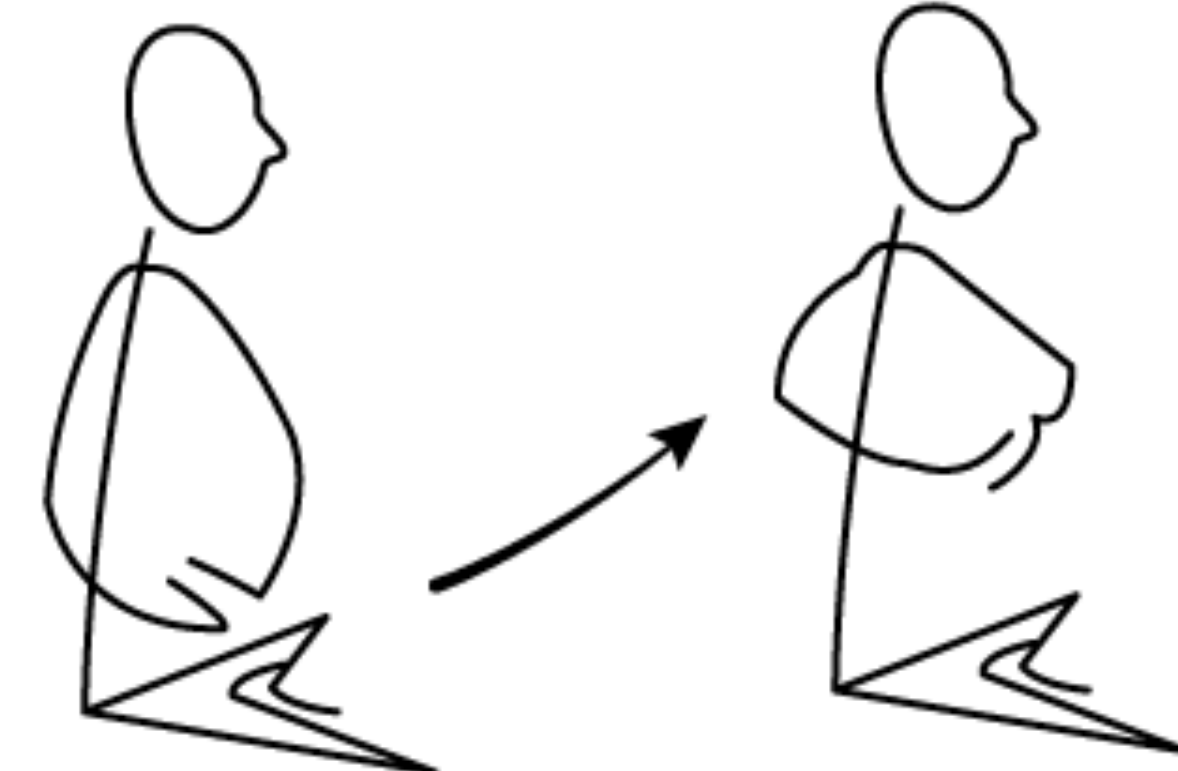
Namó



Pranaya/Apanaya



Pranaya swaha

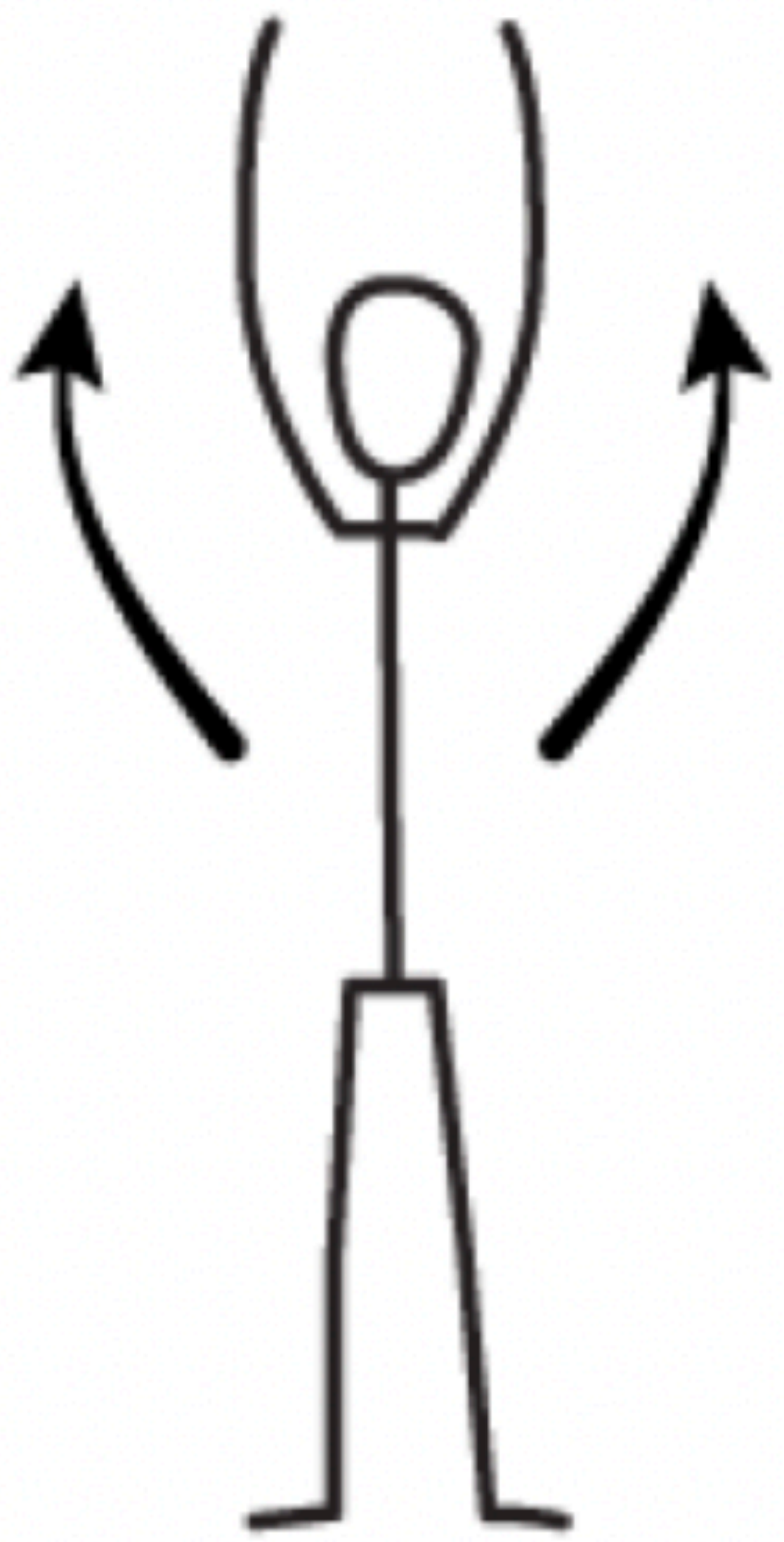
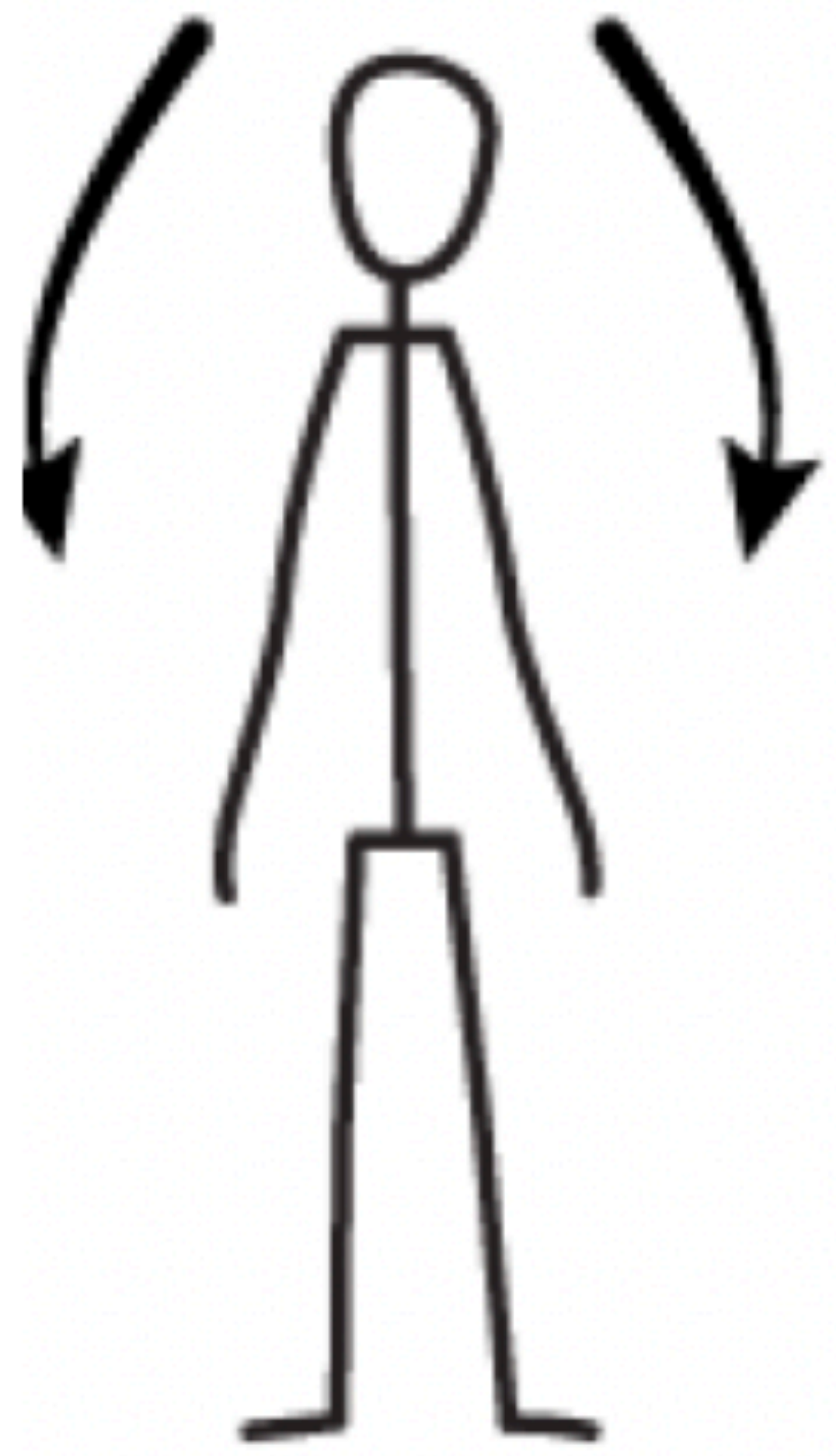


Apanaya swaha

Try this.

Try that.

What do you notice?



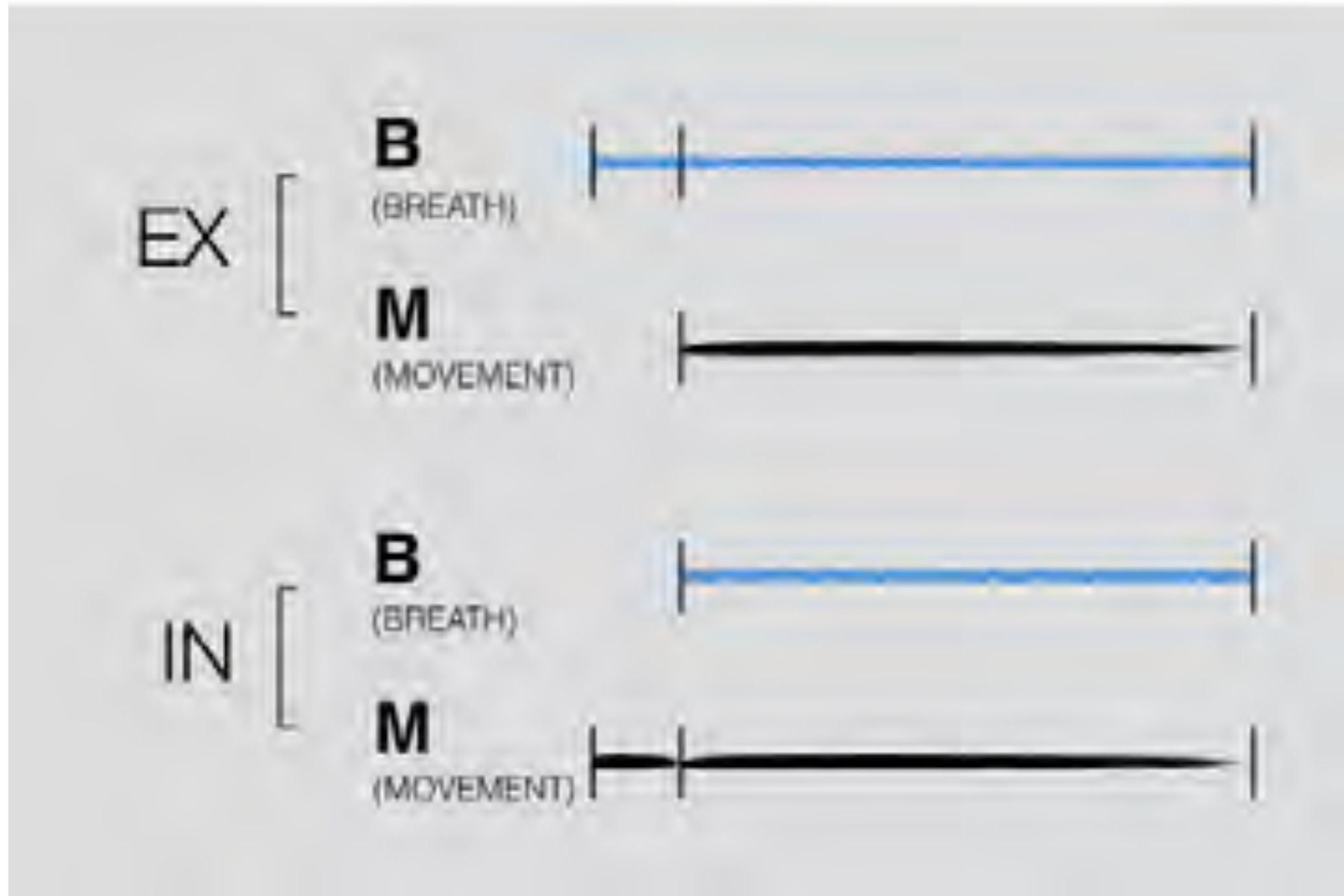
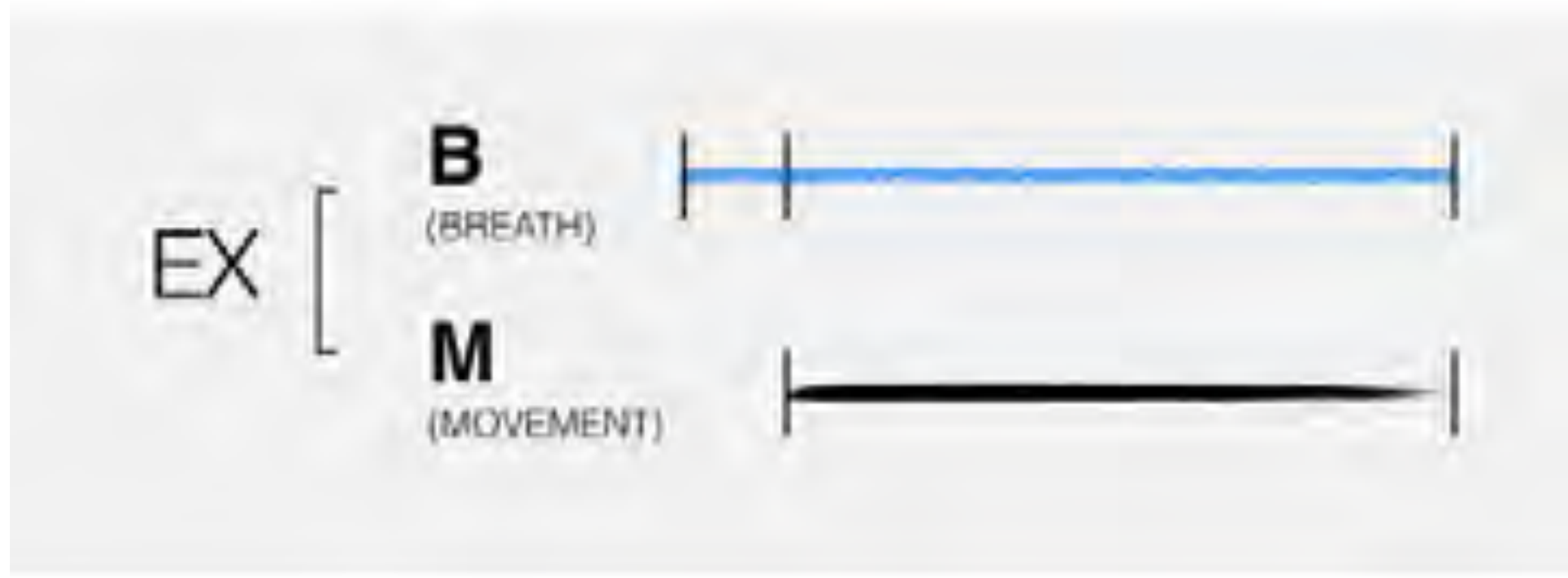
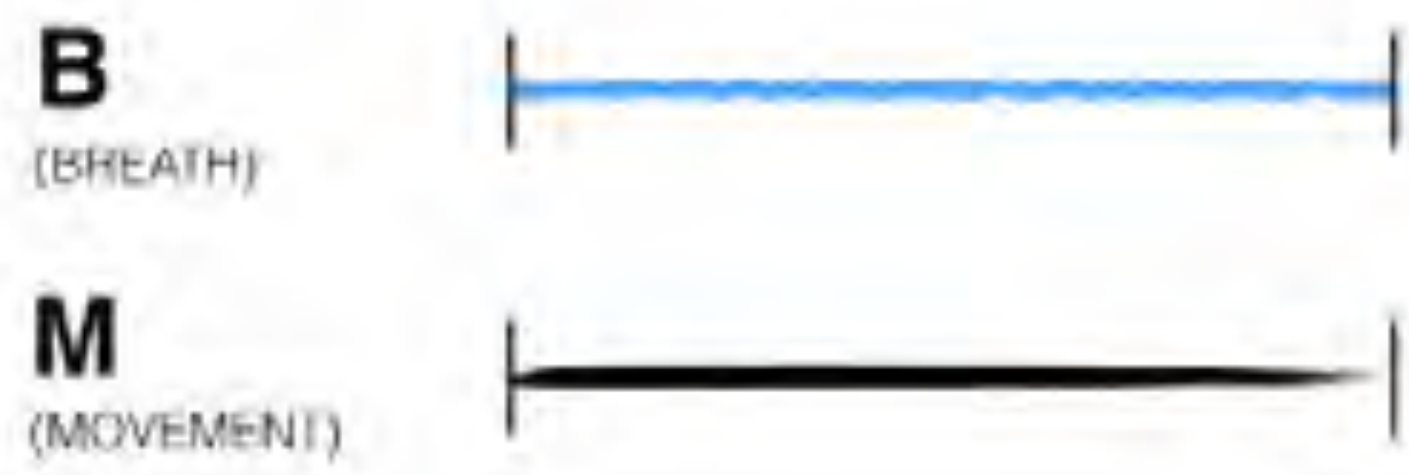
SIMULTANEOUS ACTION

B
(BREATH)



M
(MOVEMENT)





QUOTES from T.K.V. Desikachar:

- “Our yoga practice must always be a little more clever than our habits.”
- “The recognition of confusion is itself a form of clarity.”
- “If we take care of the exhale, the inhale takes care of itself.”
- “Yoga therapy is 90 percent waste removal.”
- “Yoga is relationship.”
- “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.”
- “Whenever you are in doubt, it is best to pause. Few things are so pressing that they cannot wait for a moment of breath.”
- “The quality of our breath expresses our inner feelings.”
- “However beautifully we carry out an asana, however flexible our body may be, if we do not achieve the integration of body, breath, and mind we cannot claim that what we are doing is yoga.”

QUOTES from Leslie, inspired by Desikachar:

- “A tiny bit of positive change to something we do a lot can add up to a tremendous amount of positive change over time. That is why put a lot of focus on standing, walking and breathing.”
- Asanas don’t have alignment, people have alignment.”
- “You can’t abstract *asana* outside of the person doing it. There is no such thing as an *asana* without the person who’s making the shape.”
- “Breathing is the shape change of the abdominal and thoracic cavities.
- “Your spine is the back of your cavities...your breath is the front of your spine.”
- Posture in how we stabilize ourselves in space – breath is how we mobilize the space in ourselves.”
- “If we resist the change that’s inevitable (*isvara pranidhana*), we miss the change that’s possible (*tapas*). The trick is in learning which is which (*swadhyaya*).”
- “There is a correct way to do breathing techniques, but there is no single correct way to be breathing.”