



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

Yogahub, Dublin, Ireland, March 2025:

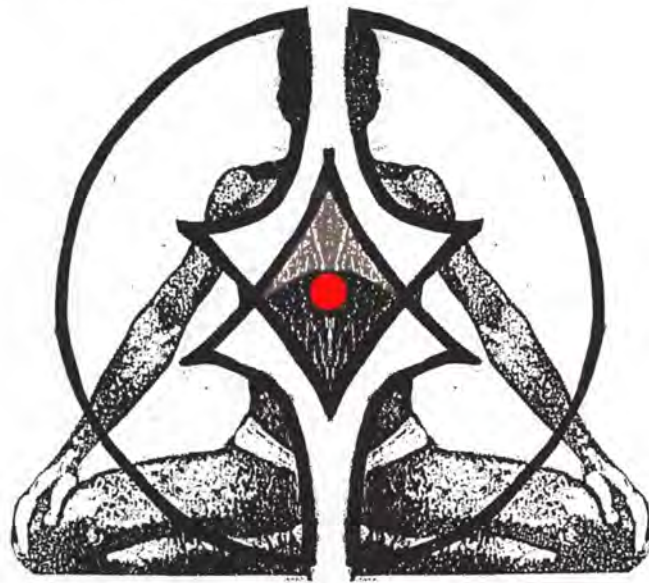
# Leslie Kaminoff

## Core Practice Immersion: The Central Pillar of Breath-Centered Yoga

*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 AND APANA NYASA

Om namo prana<sup>yá</sup>

Pranaya nama om

Pranaya swahā

Om namo apana<sup>yá</sup>

Apanaya nama om

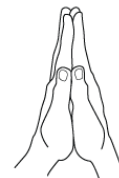
Apanaya swahā

Om swahā

Haríh om



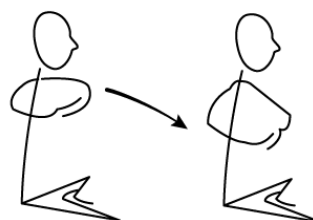
Om



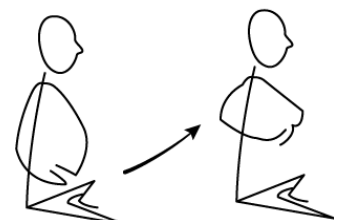
Namah



Pranaya/Apanaya



Pranaya swaha



Apanaya swaha

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

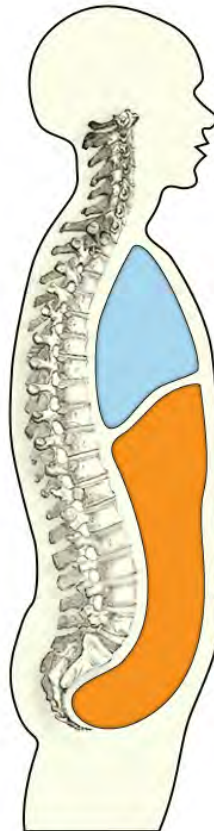
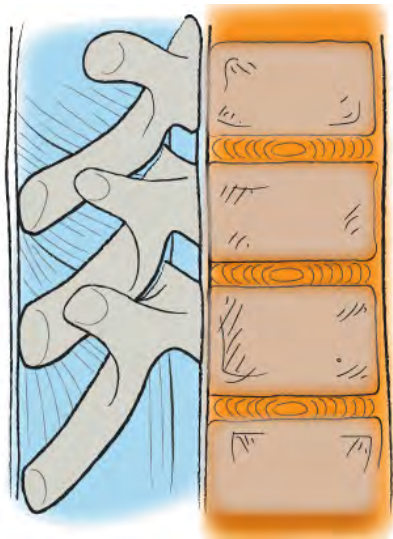
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- workshop page: [yogaanatomy.org/yogahub-25](https://yogaanatomy.org/yogahub-25)
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Print on-demand selections from Lydia Mann's anatomy art collection available at [bit.ly/anatomy-art](https://bit.ly/anatomy-art)

## Finding the front of the spine

Roll down (releasing through the back line)

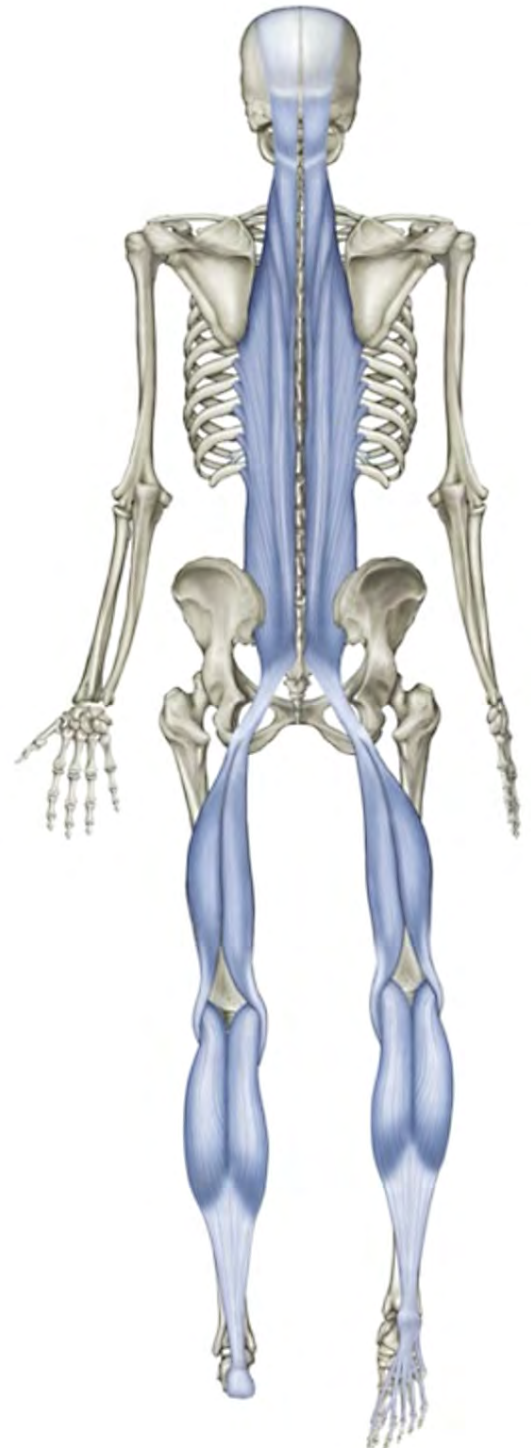
Roll up (supporting through the front line)



## Deep Front Line

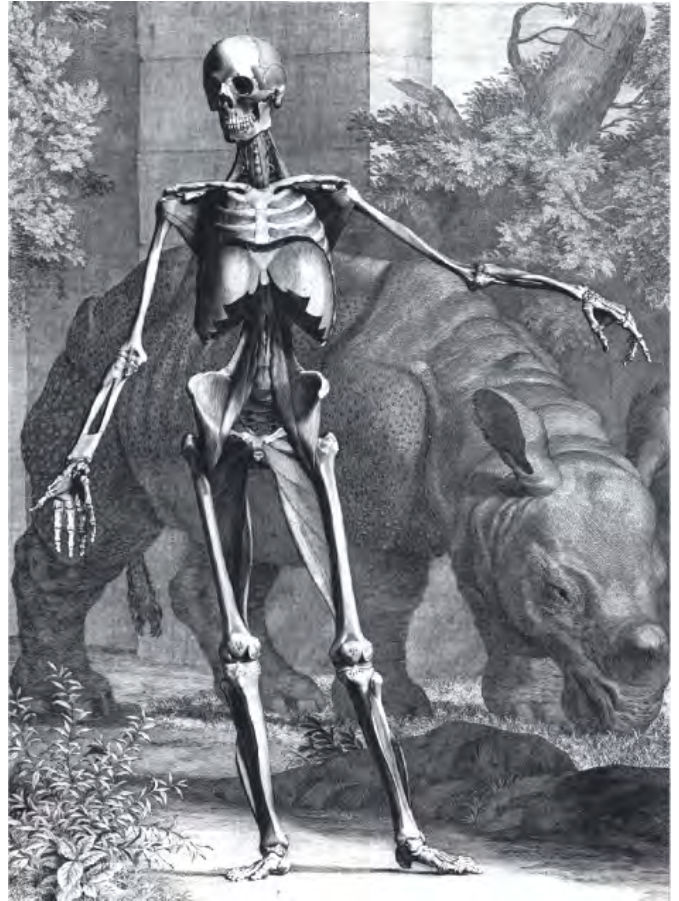
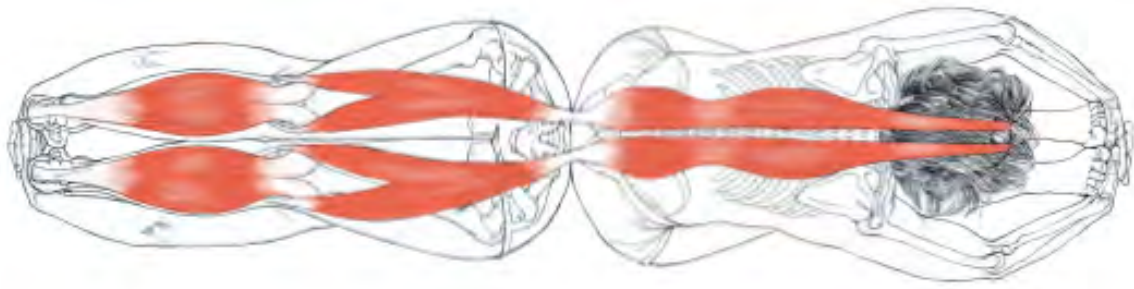


## Superficial Back Line

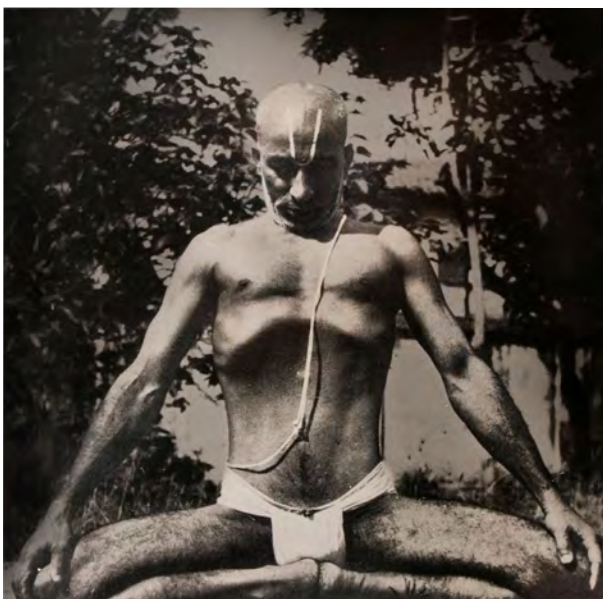


*Illustrations from "Anatomy Trains" by Tom Myers, used with permission*





KRISHNAMACHARYA IN MULABANDHASANA



## Technique for breath release/bandhas

(MOVEMENT BEFORE BREATH)

Dwipada Pitham exploration of all three bandhas. Breath sequence:

- Lift on exhale
- Stay lifted to inhale and notice sternum rising towards chin
- Exhale without letting sternum drop away from chin
- Roll down through spine on external retention (bhaya kumbhaka)
- "Thermometer" breath on final inhale



TOP VIEW

Above the arcuate line (b) the rectus abdominus (a) is the most superficial abdominal layer.

SIDE VIEW

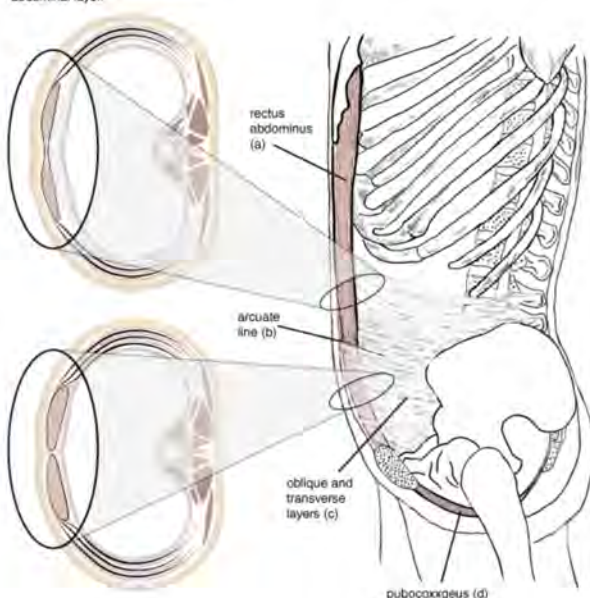


Figure 6.26 Below the arcuate line halfway between the umbilicus and pubis (b), rectus abdominus (a) ceases to be the most superficial abdominal layer as its sheath dives behind the oblique and transversus layers (c) to become the deepest layer, where at the pubic bone it is at the depth of the pubococcygeus (d)

## Kundalini, Shushumna, Agni

