



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Yogahub, Dublin, Ireland, March 2025:

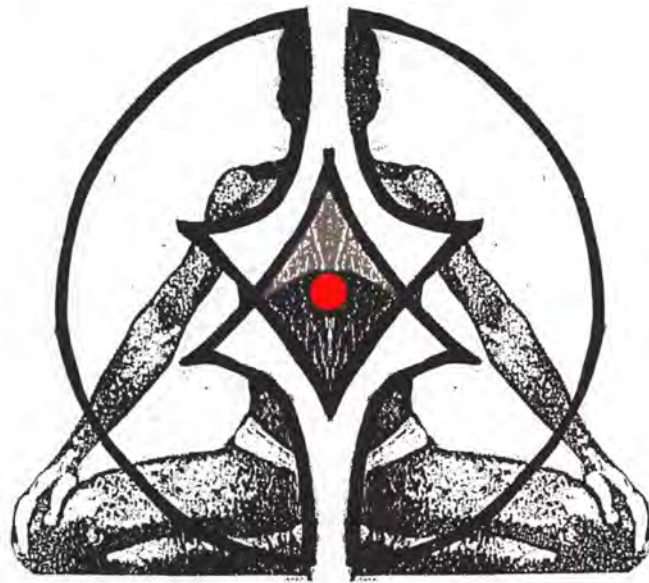
Leslie Kaminoff

The OM Workshop: The Yoga of Sound,
Breath, Resonance, and Vibration

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^{yá}

Pranaya nama om

Pranaya swahā

Om namo apana^{yá}

Apanaya nama om

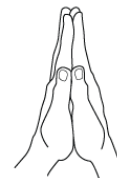
Apanaya swahā

Om swahā

Haríh om



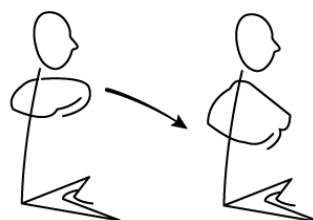
Om



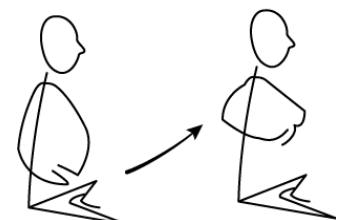
Namo



Pranaya/Apanaya



Pranaya swaha



Apanaya swaha

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

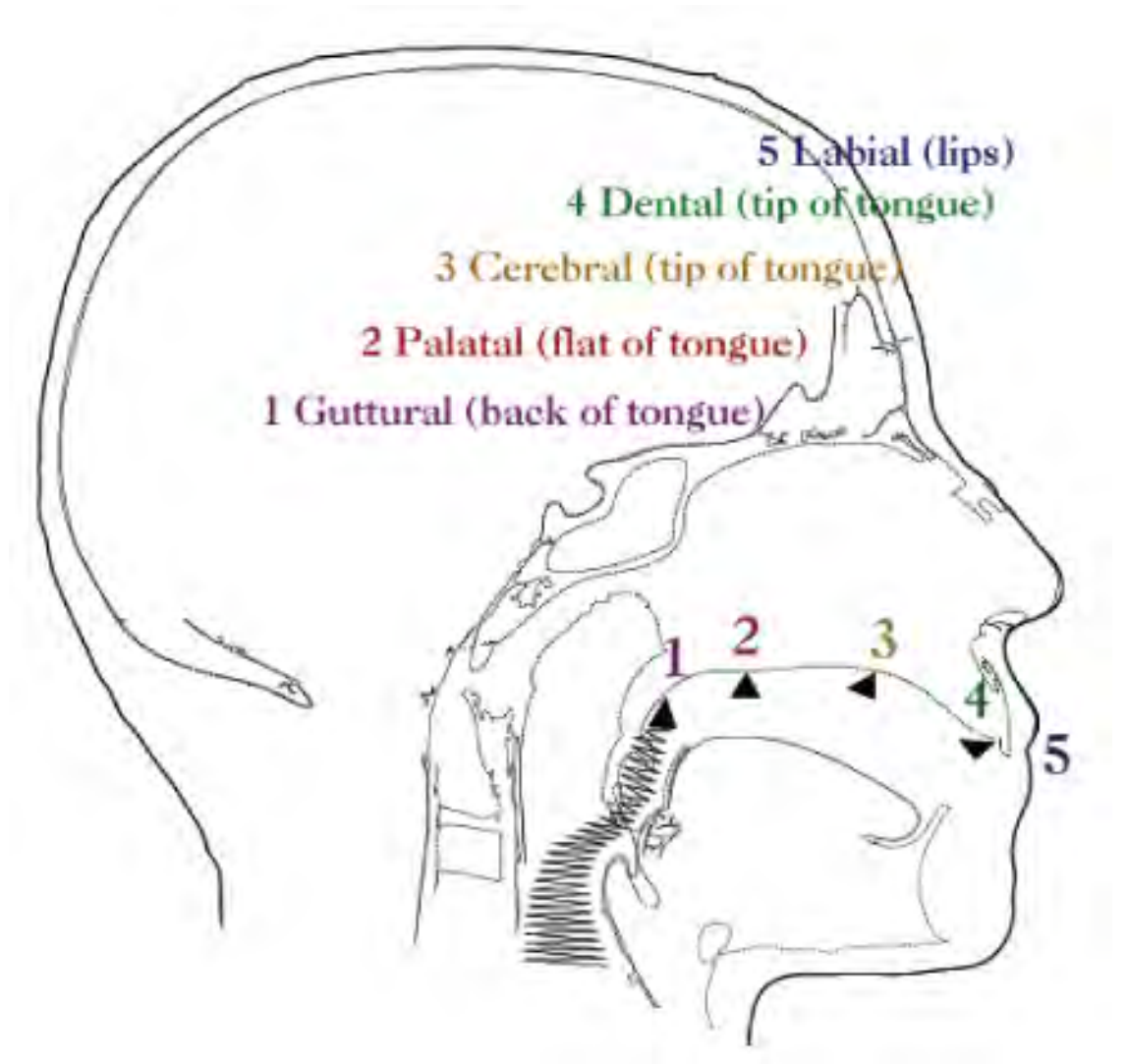
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- facebook.com/LeslieKaminoffYogaAnatomy
- x.com/lkaminoff
- workshop page: yogaanatomy.org/yogahub-25
- survey: <http://y-an.org/student>
- breathingproject.com

Print on-demand selections from
Lydia Mann's anatomy art collection
available at bit.ly/anatomy-art

Sanskrit Phonetics and the Creative Power of Sound

The five locations

- Labial
- Dental
- Cerebral
- Palatal
- Gutternal



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

ओं

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	अं अः am ← ah			
Consonants				
Guttural BACK OF TONGUE, BACK OF PALATE	unvoiced ka क		voiced ga ग	nasal ṇa ṇ
Palatal FLAT OF TONGUE, BACK OF PALATE	cha च		ja ज	ṇa ञ
Cerebral TIP OF TONGUE, MID-PALATE	ṭa ट		ḍa ड	ṇa ण
Dental TIP OF TONGUE, BACK OF TEETH	ta त		da द	na न
Labial LIPS	pa प		ba ब	ma 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>)