



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Yogahub, Dublin, Ireland, March 2025:

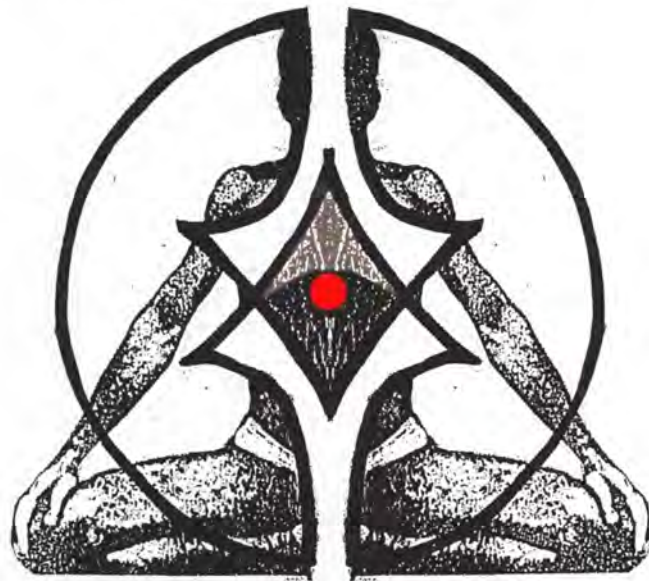
Leslie Kaminoff

The Warrior Series: A Hands-Free Wake-Up Vinyasa

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

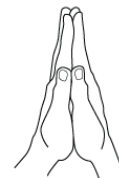
Apanaya swahā

Om swahā

Haríh om



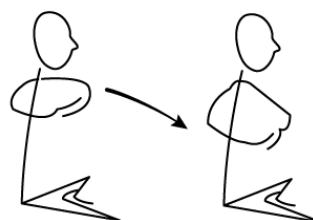
Om



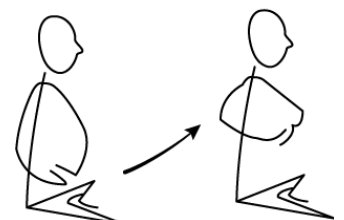
Namo



Pranaya/Apanaya



Pranaya swaha



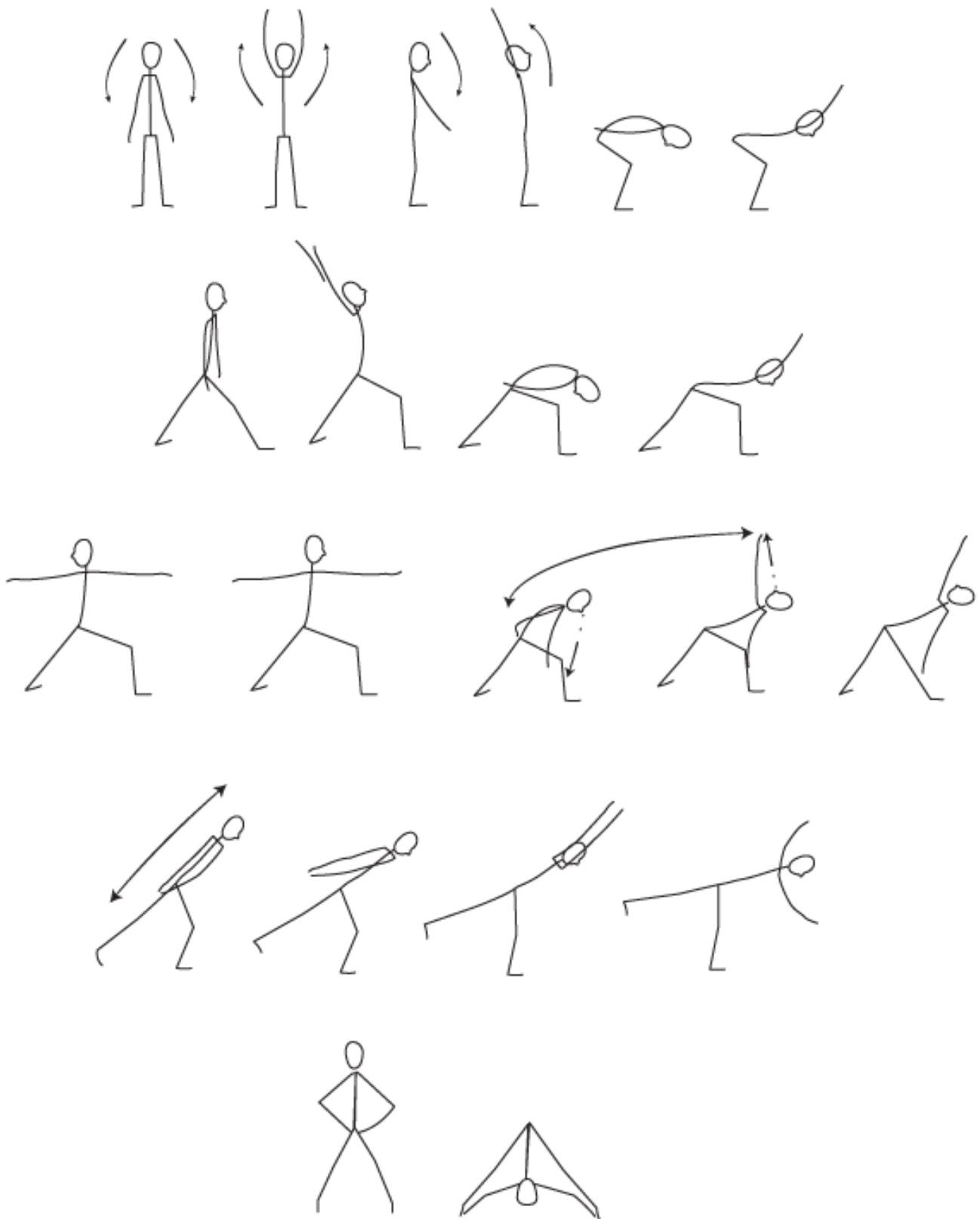
Apanaya swaha

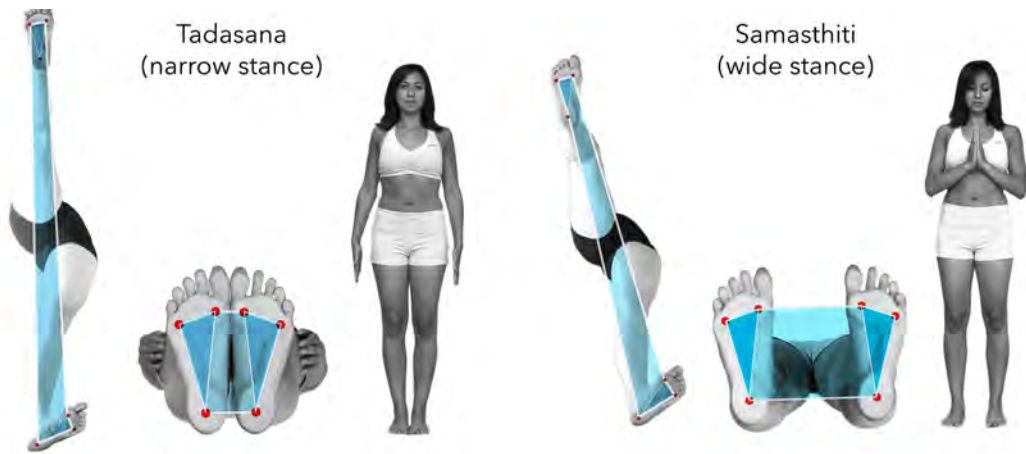
Still photos may be posted to social media if you tag lkaminoff (Facebook)/leslie.kaminoff (Instagram).

- leslie@yogaanatomy.org
- 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

The Warrior Series





LESLIE'S ORIGINAL STICK FIGURES FROM 1993

