



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Yogahub, Dublin, Ireland, March 2025:

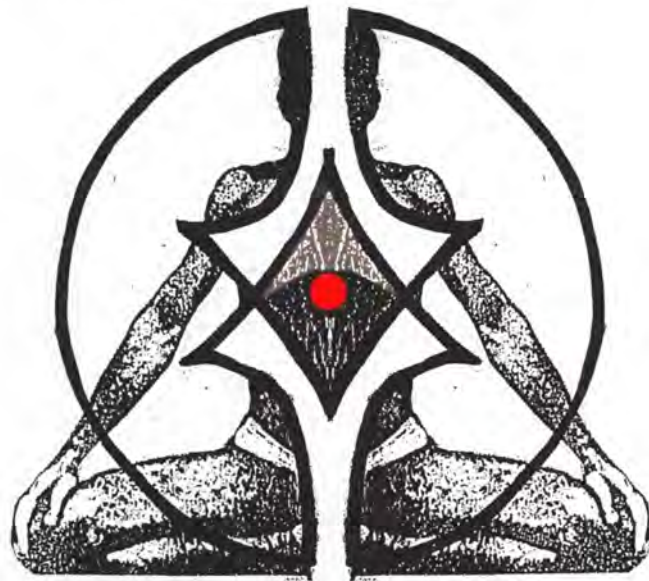
Leslie Kaminoff

Cueing Callouts: Reimagining Alignment and Movement in Asana

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

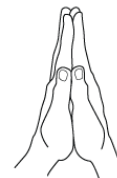
Apanaya swahā

Om swahā

Haríh om



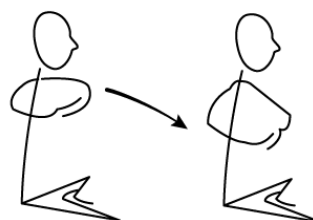
Om



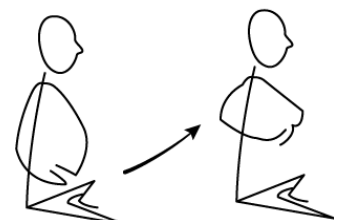
Namo



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

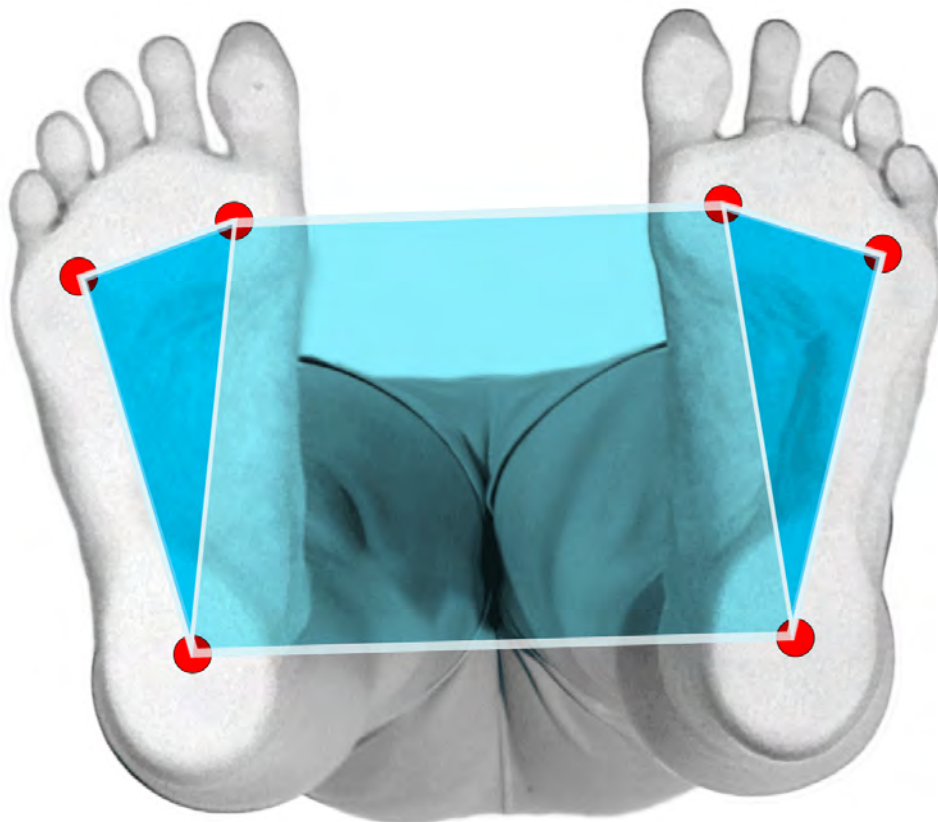
Principles:

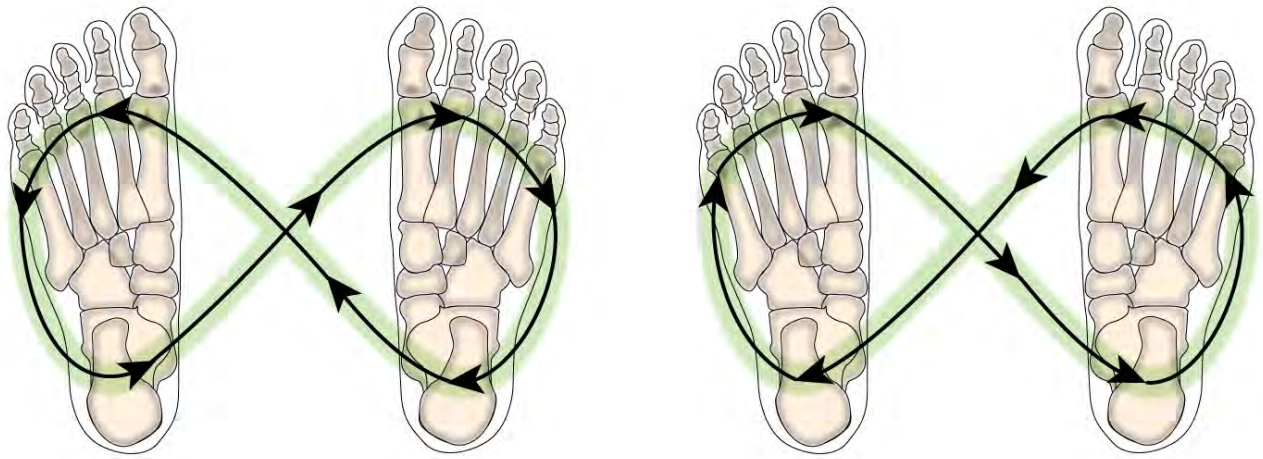
- ▶ **Asanas** don't have alignment – people do.
- ▶ **An Asana** only exists when an individual places their body into a shape.
- ▶ **Healthy movement** is well-distributed - a little bit of movement coming from a lot of places.*
- ▶ **Unhealthy movement** is too much movement coming from too few places 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 | ▶ Draw the shoulder blades down the back |
| ▶ Square the pelvis | ▶ Always place the bent knee over the ankle |
| ▶ Tuck the tail | ▶ “Open” the hips |
| ▶ Always lengthen the spine | ▶ Heart opening |
| | ▶ “Knit” the ribs together |

**These definitions were formulated by Amy Matthews as inspired by her work with Bonnie Bainbridge Cohen*





Pathways of weight

