



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

Kripalu Center for Yoga & Health, March 7-9, 2025:

# Leslie Kaminoff

## Individualized, Breath-Centered Yoga: Principles and Practices

*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 pranayá

Pranaya nama om

Pranaya swahā

Om namo apanayá

Apanaya nama om

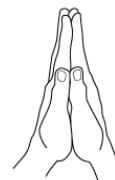
Apanaya swahā

Om swahā

Harīh om



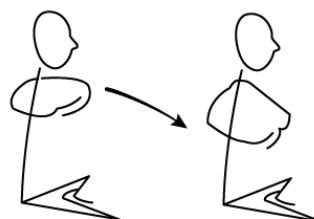
Om



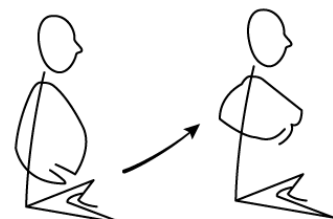
Namo



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/kripalu-25](http://yogaanatomy.org/kripalu-25)
- survey: <http://y-an.org/student>
- [breathingproject.com](http://breathingproject.com)

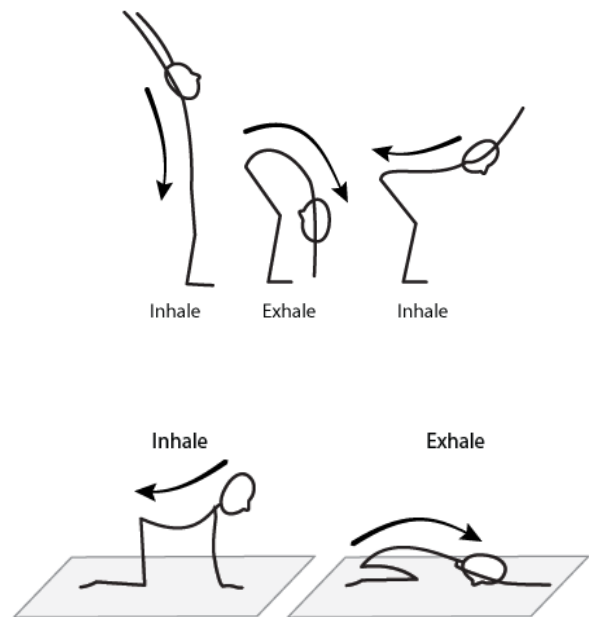
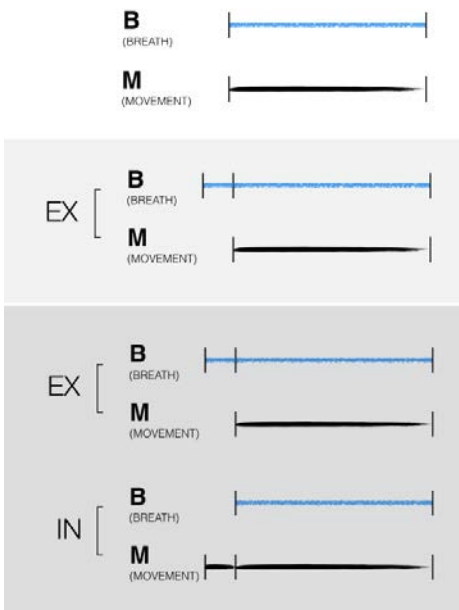
Print on-demand selections from Lydia Mann's anatomy art collection available at [bit.ly/anatomy-art](http://bit.ly/anatomy-art)

## Desikachar's linkage of breath and movement

**Part of Desikachar's methodological legacy – at the root of much of his teachings' therapeutic benefit – was derived from his unique way of linking breath and movement.**

### FOUNDATIONS, WITH VARIATIONS

- ▶ One breath per movement
- ▶ Synchronous initiation
  - VARIATION: Asynchronous initiation
- ▶ Continuous breath action
  - VARIATION: Discontinuous breath action (krama/steps)
- ▶ Inhale on spinal extension / exhale on spinal flexion
  - VARIATION: Exhale on spinal extension / inhale on spinal flexion
- ▶ Direction of breath flow linked to direction of spinal action
  - VARIATION: "Free breathing" unlinked from spinal action



- ▶ All these techniques structure breath to movement with a sequential, linear, 2-dimensional focus.
- ▶ Desikachar offered limited explanation from a Western anatomical, biomechanical perspective.

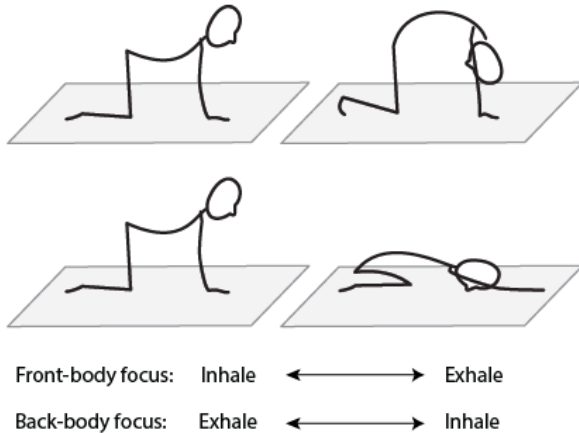
## Continuing Desikachar's legacy:

### Individualized anatomical, multidimensional, unstructured breath and movement

#### ANATOMICAL

Standard breath cueing of inhaling on extension and exhaling on flexion is based on an anatomical assumption that privileges the front body over the back body.

##### BREATH CUEING on spinal flexion and extension



#### MULTIDIMENSIONAL

Desikachar's foundational breath cueing divides the in-breath (prana) from the out-breath (apana) and locates them in the chest and abdominal regions respectively. Additionally, the direction of flow of the inhale is oriented into the body from the head region downwards, while the direction of flow of the exhale is oriented from the belly upwards towards the head. It is possible, however, for the breath to be everywhere, all at once, and moving simultaneously in all three dimensions.

#### SEESAW BREATH

- Control of focus      ► Initiation?
- Control of breath    ► 3-D
- Division?

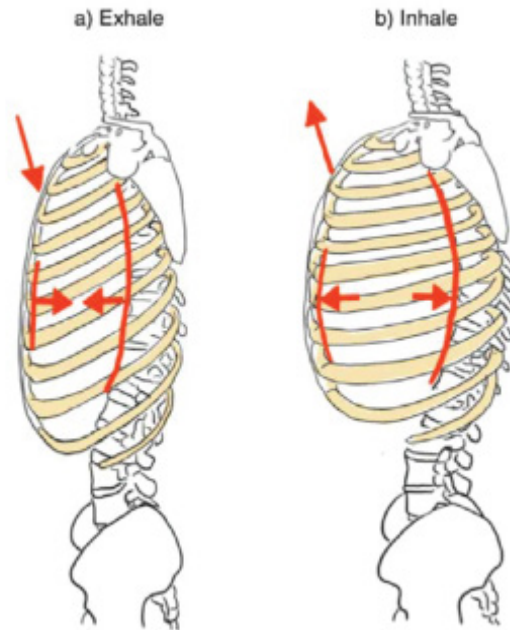
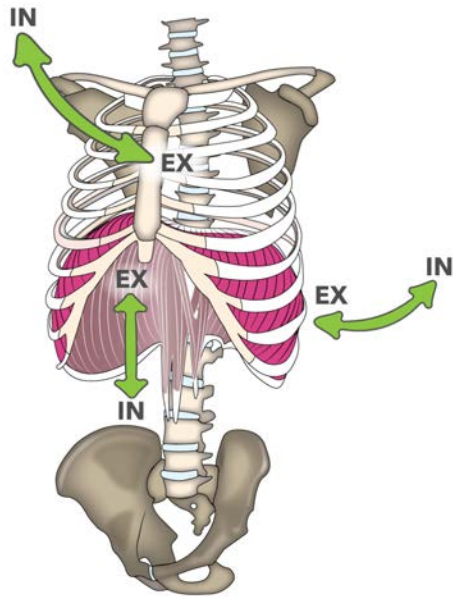


#### UNSTRUCTURED

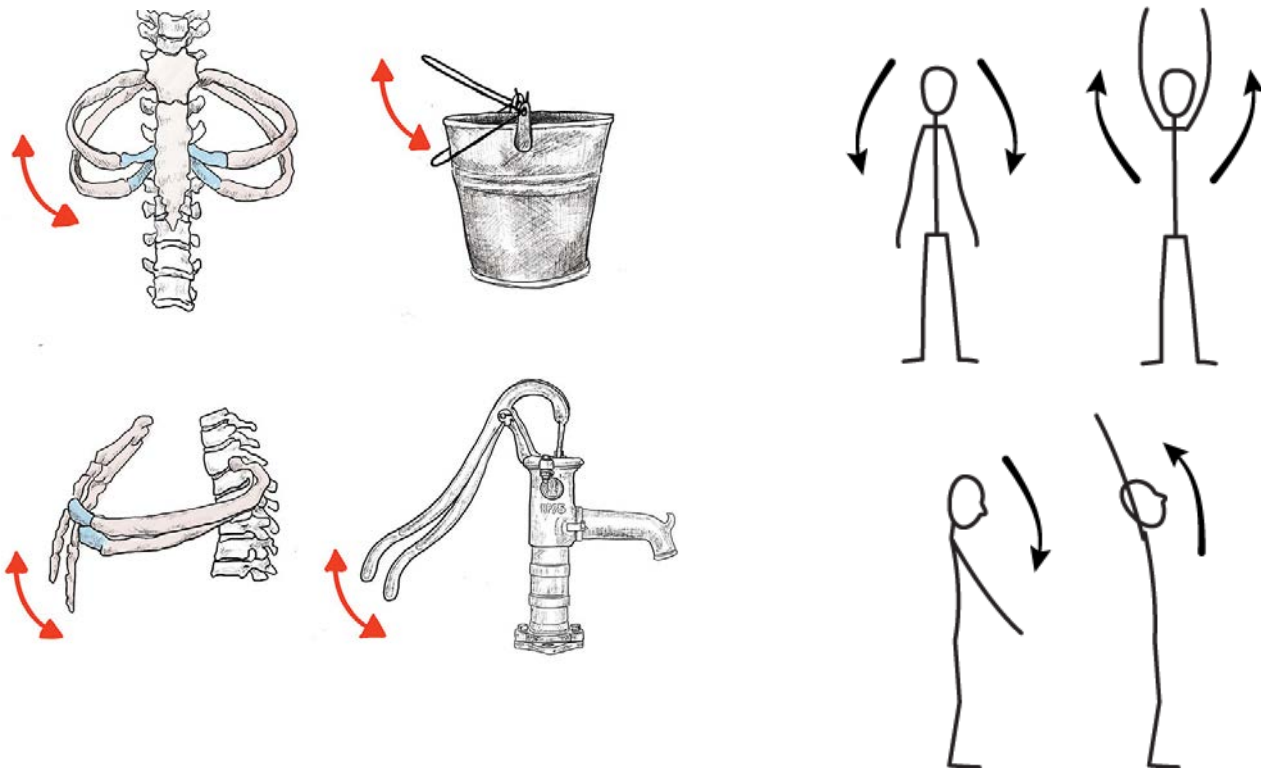
Structured breathing links breath and movement in a variety of ways. It is also possible to unlink breath from movement by making the movement length exceed breath capacity or vice versa.



## Rib and diaphragm actions during breathing



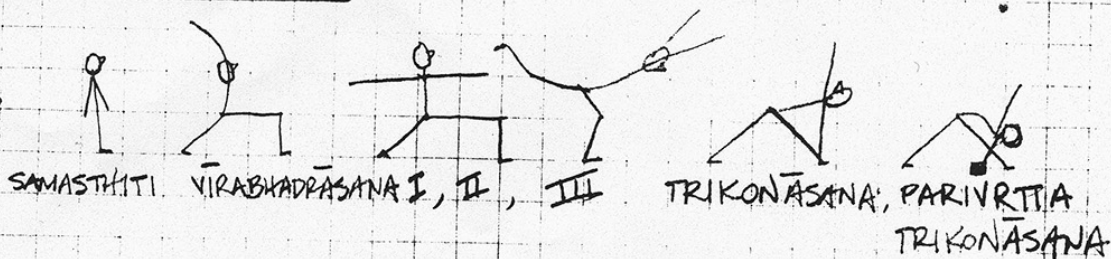
## Bucket and pump-handle action



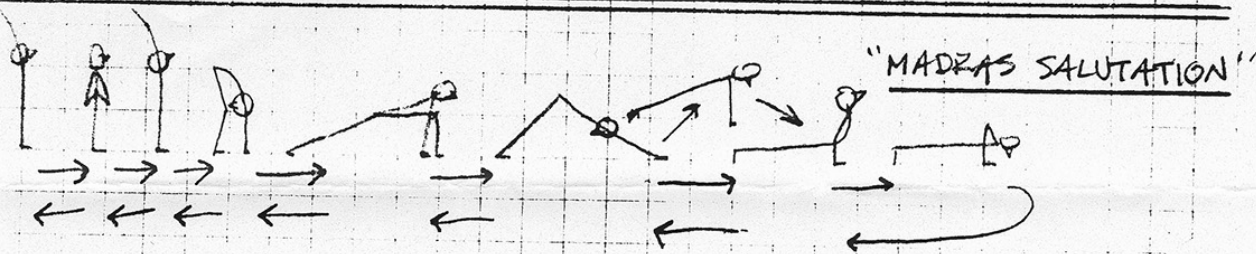
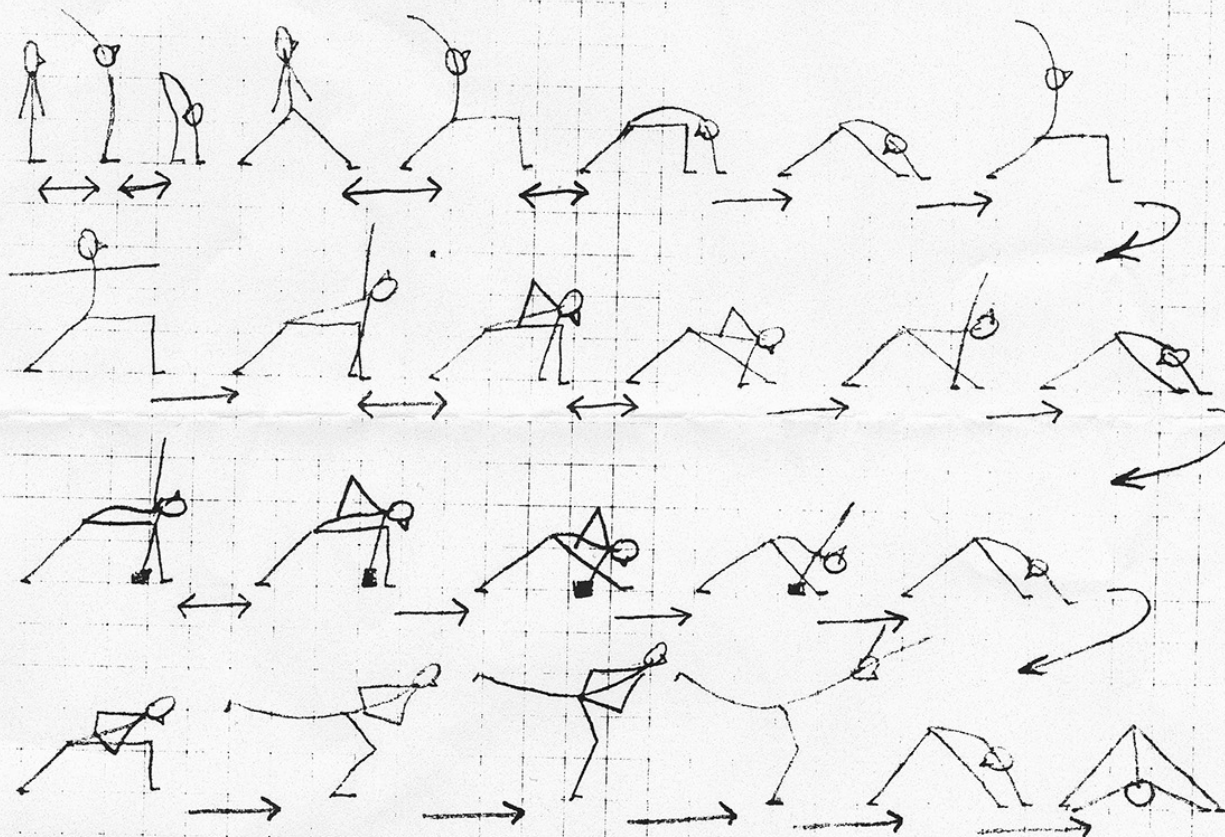
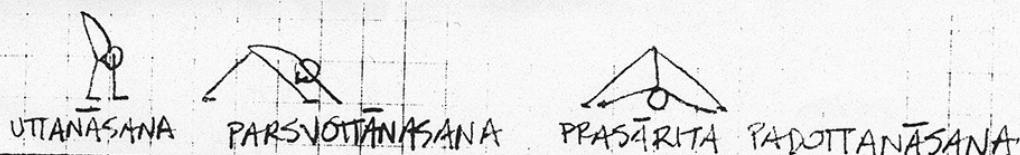


# "THE WARRIOR SERIES"

MAIN  
ĀSANAS

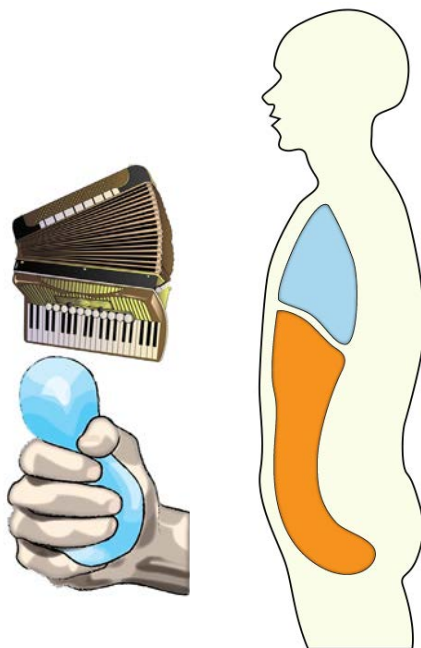
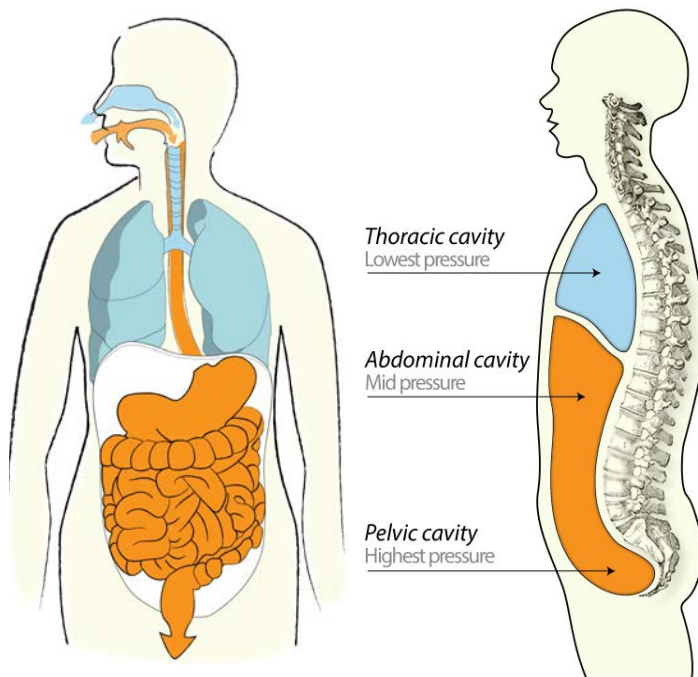


COUNTERPOSING  
ĀSANAS



## Prana and apana

- ▶ Air enters and exits at the top. Solid and liquid enter at the top, exit at the bottom.
- ▶ Breathing is the shape change of the abdominal and thoracic cavities
- ▶ The spine is the back of the cavities



## Kundalini, Shushumna, Agni

