



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Global Flow, Weesp, Netherlands, March 2025:

Leslie Kaminoff

Breath & Psoas Yoga Intensive

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

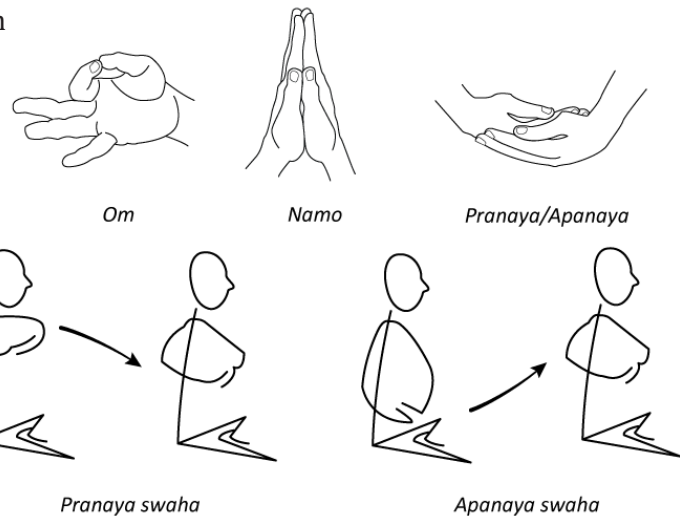
Om namo apana^{yá}

Apanaya nama om

Apanaya swahā

Om swahā

Haríh om



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

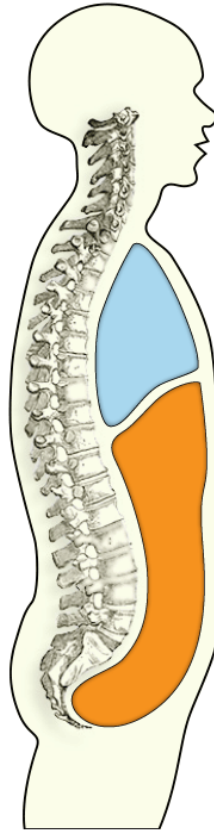
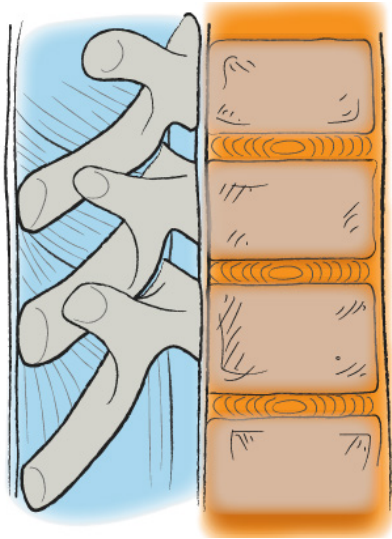
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- facebook.com/LeslieKaminoffYogaAnatomy
- x.com/lkaminoff
- workshop page:
yogaanatomy.org/weesp-25
- survey: <http://y-an.org/student>
- breathingproject.com

Print on-demand selections from
Lydia Mann's anatomy art collection
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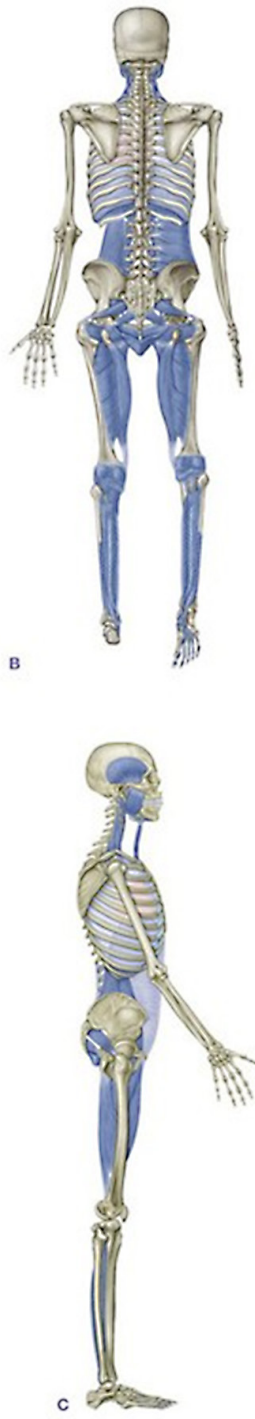
Finding the front of the spine

Roll down (releasing through the back line)

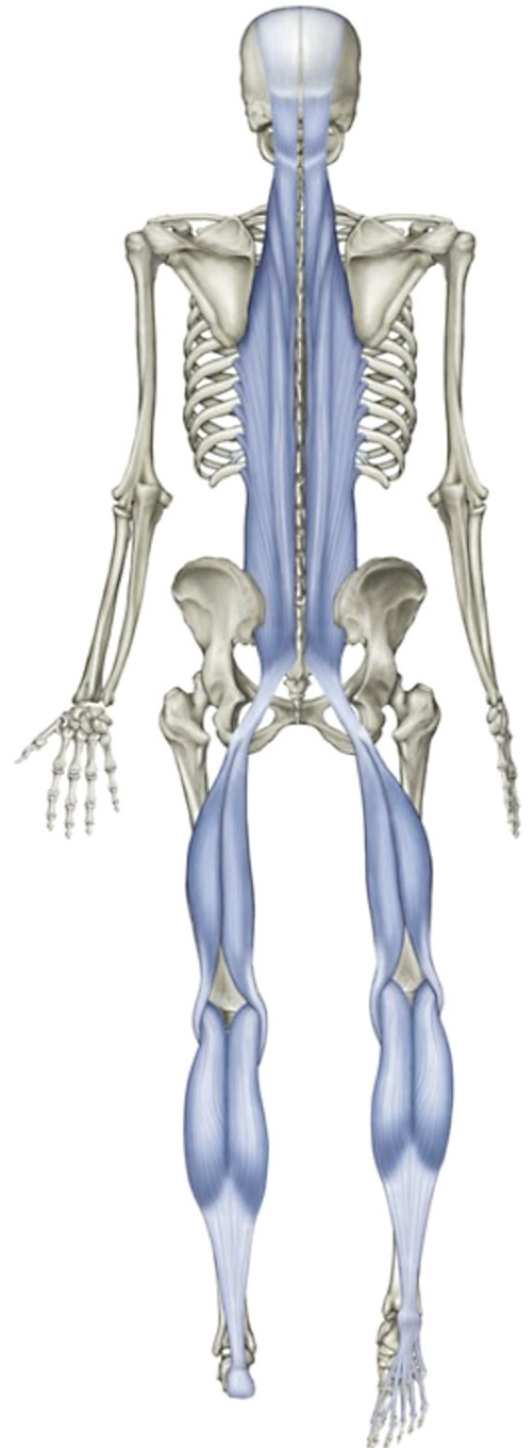
Roll up (supporting through the front line)



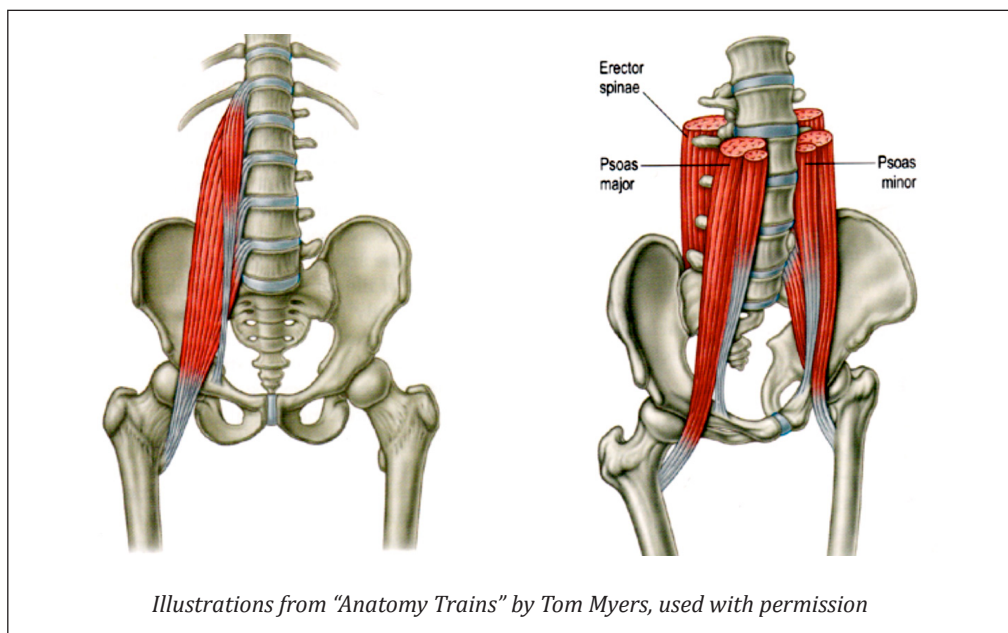
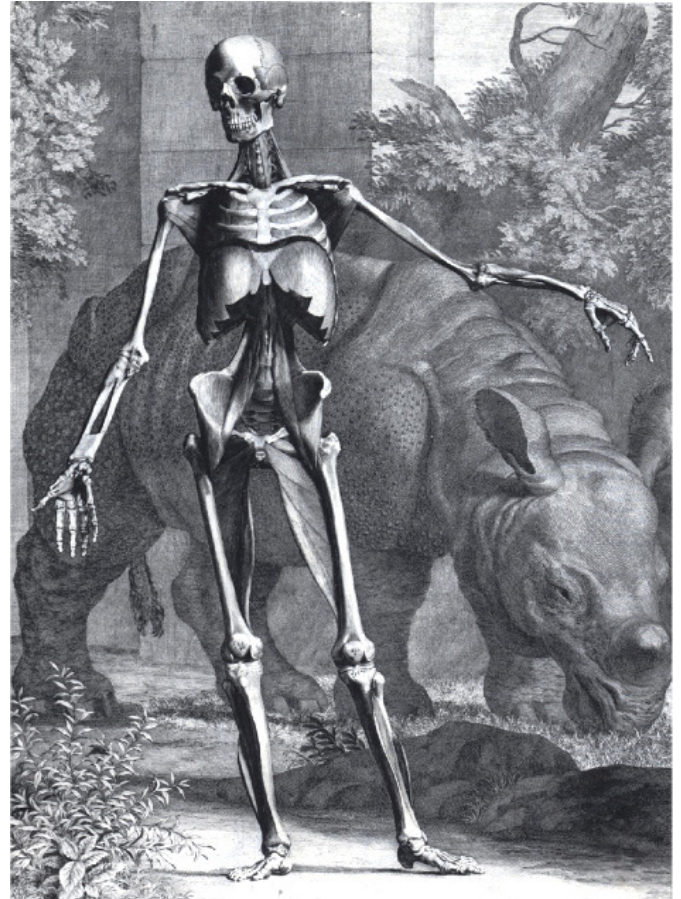
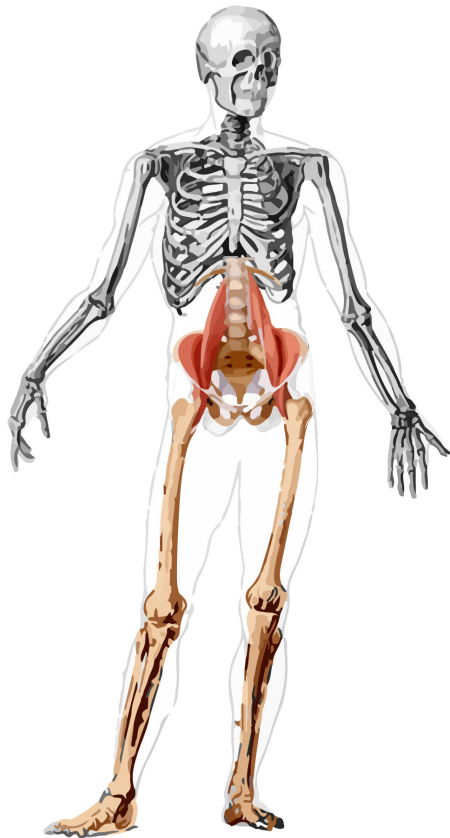
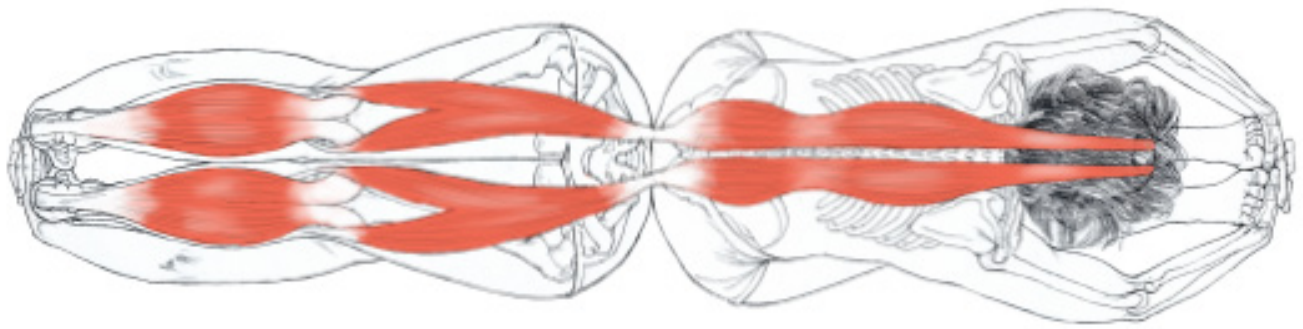
Deep Front Line



Superficial Back Line



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



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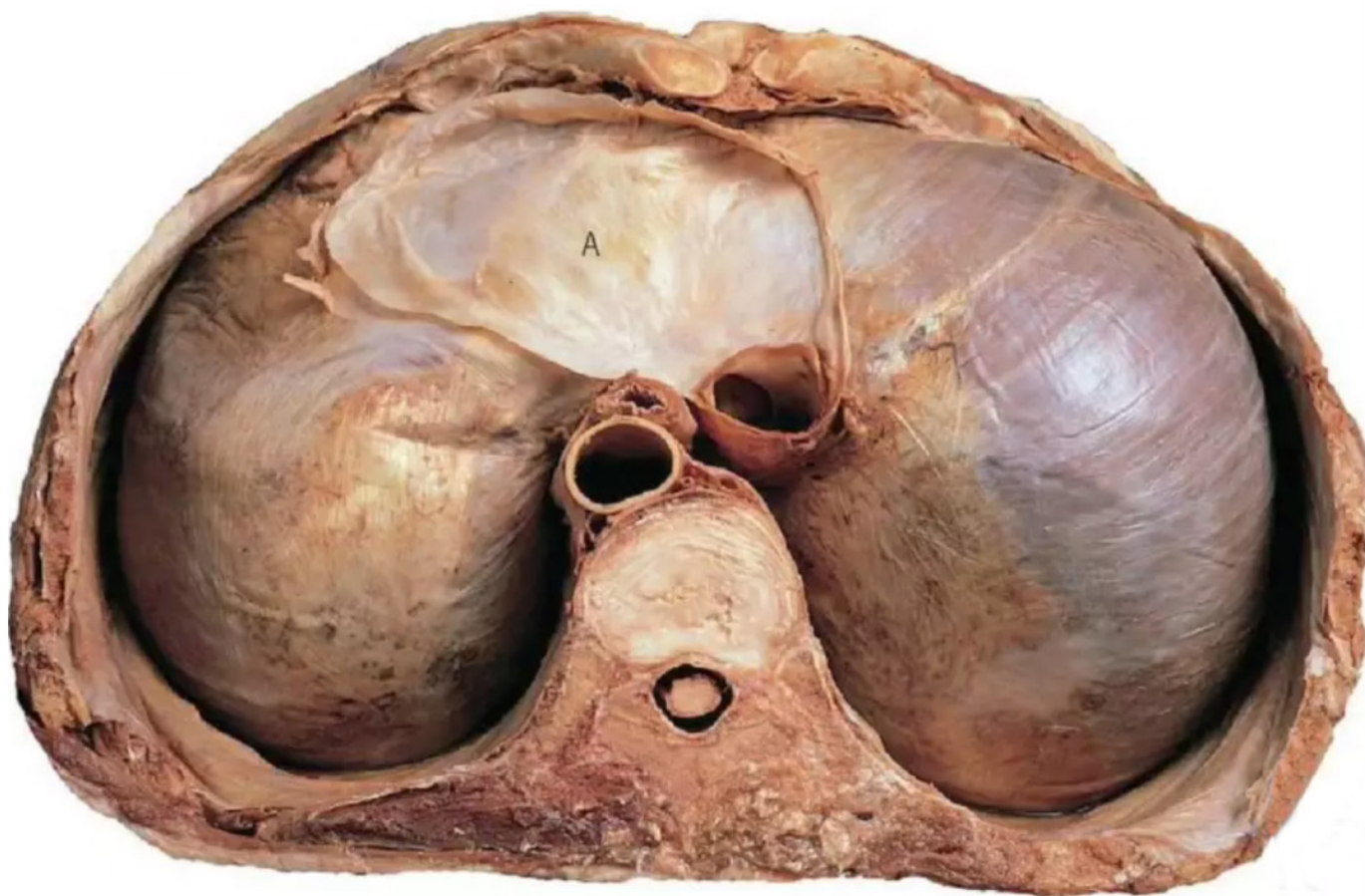


Fig. 9.29 Viewing the diaphragm from above, we see how the pericardium (A) is firmly attached to the central tendon. The ‘tubing’ of the esophagus and vena cava would also be associated with the track of the line. (Reproduced with kind permission from Abraham et al 1998.)

– from Tom Myers “Anatomy Trains”