



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

Soul of Yoga, April 22-24, 2025:

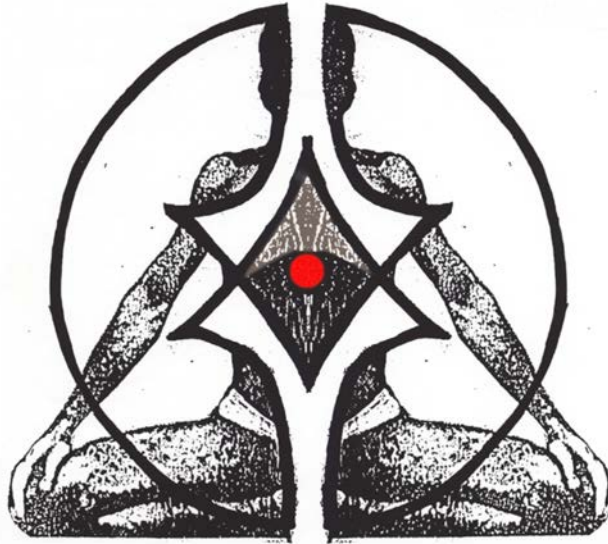
# Leslie Kaminoff

## Philosophical Physiology

*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

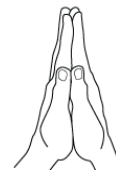
Apanaya swahā

Om swahā

Harīh om



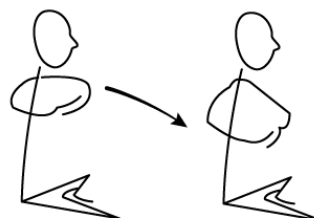
Om



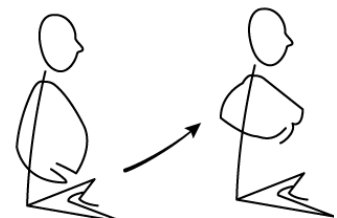
Namo



Pranaya/Apanaya



Pranaya swaha

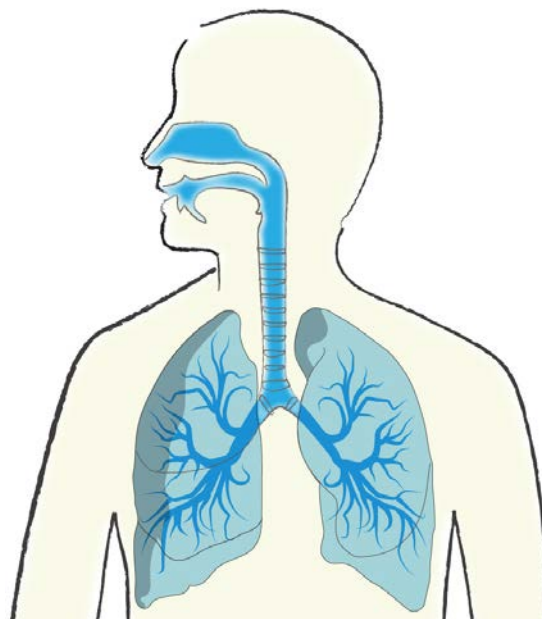
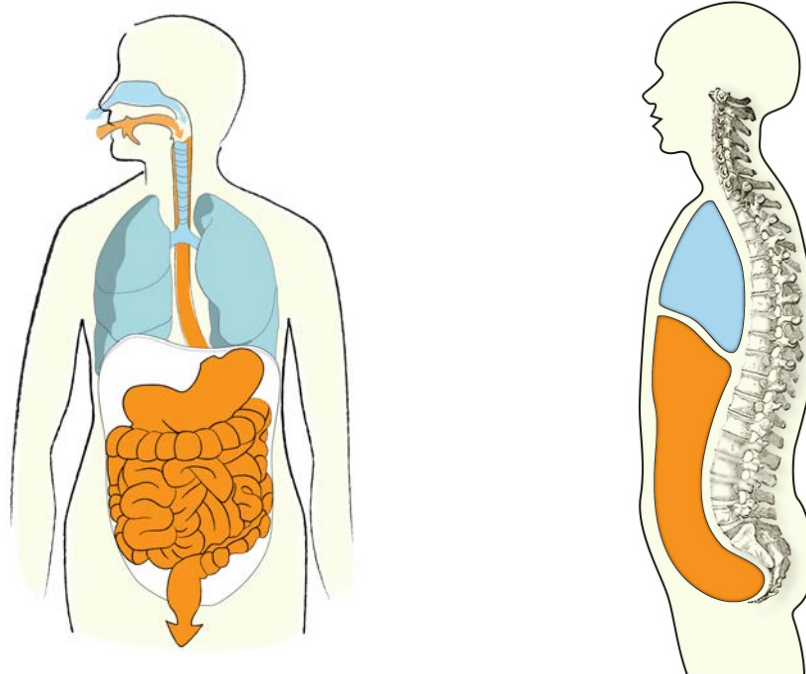
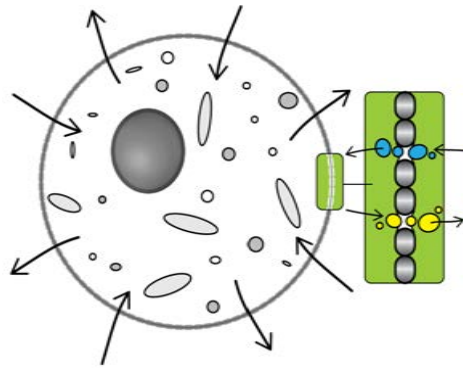


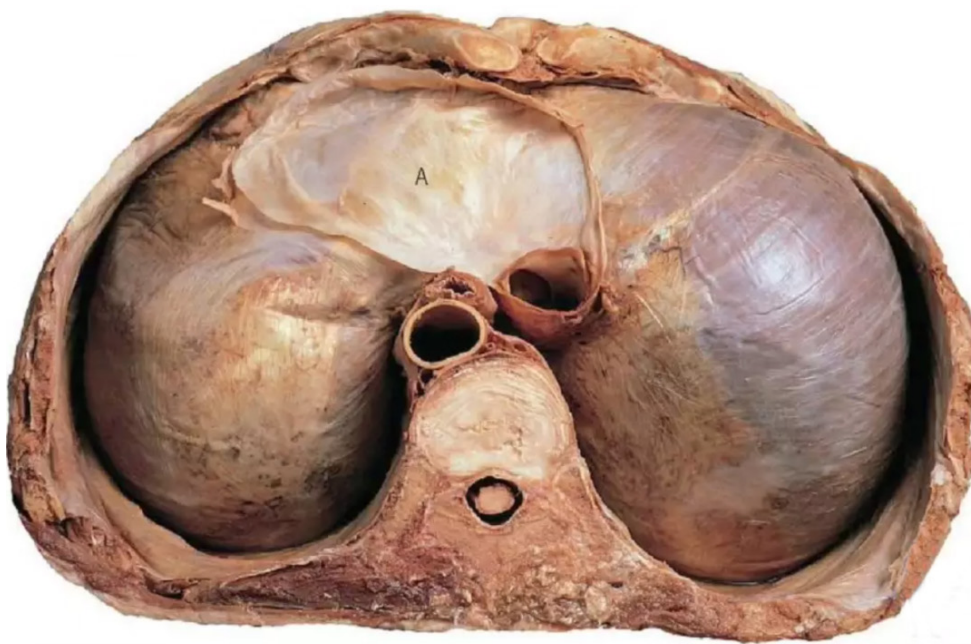
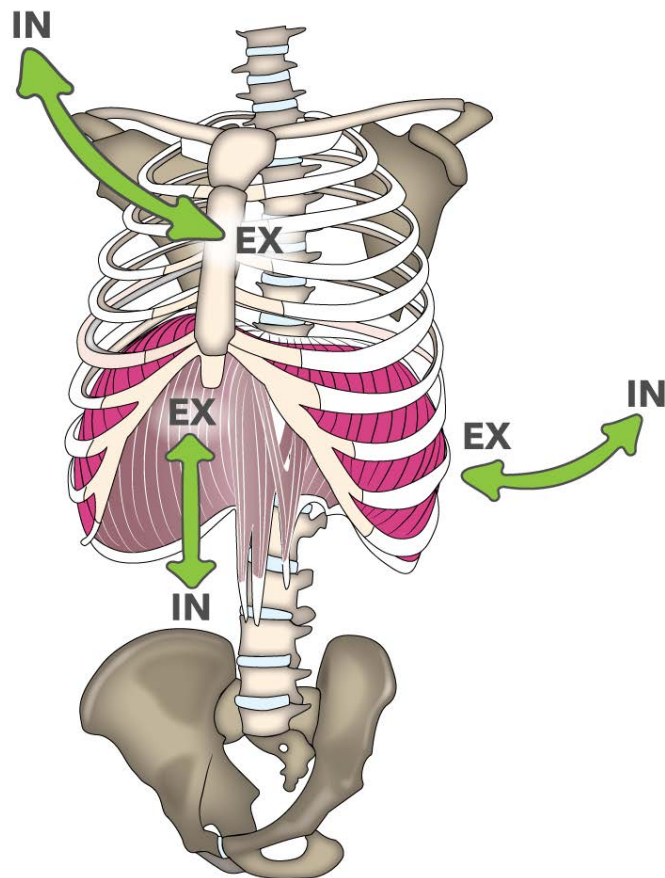
Apanaya swaha

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

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- [twitter.com/lkaminoff](https://twitter.com/lkaminoff)
- workshop page:  
[yogaanatomy.org/soy-pp-25](http://yogaanatomy.org/soy-pp-25)
- survey: <http://y-an.org/student>
- [breathingproject.com](http://breathingproject.com)

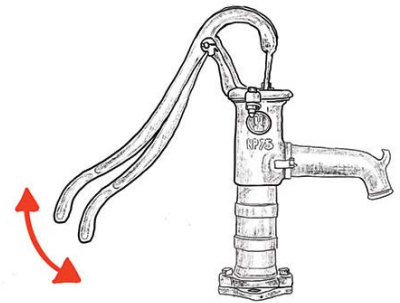
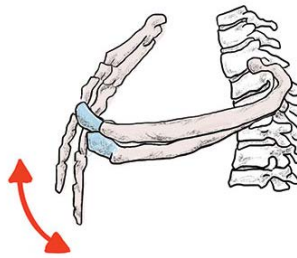
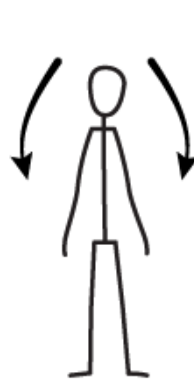
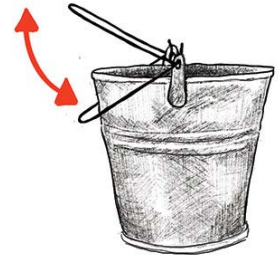
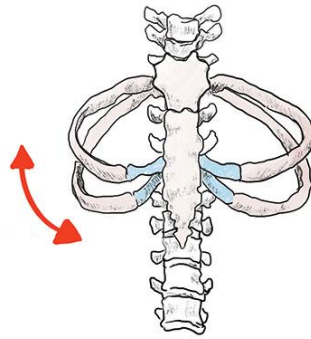
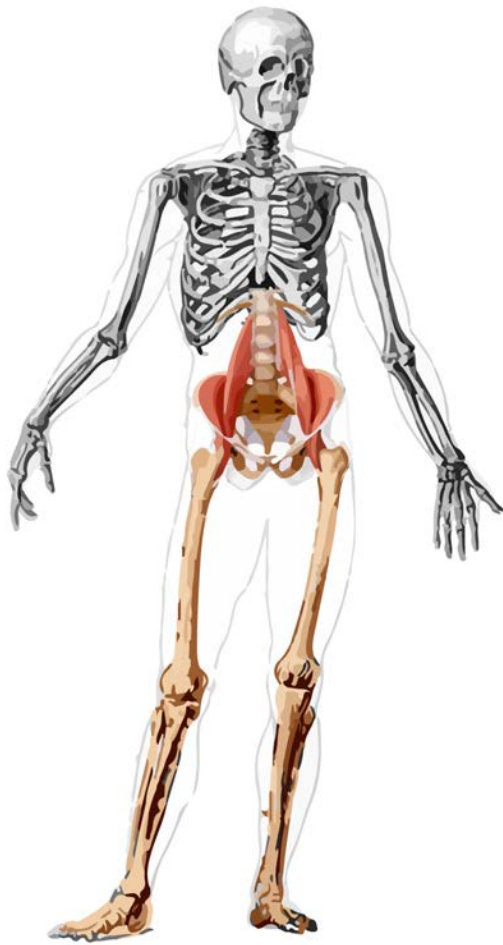
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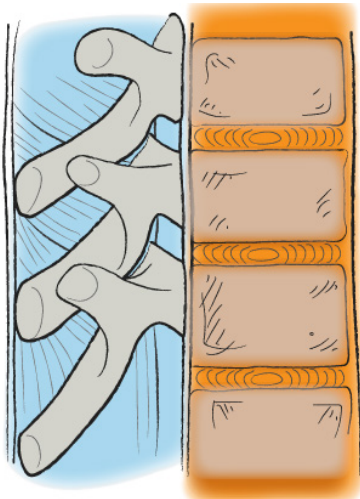
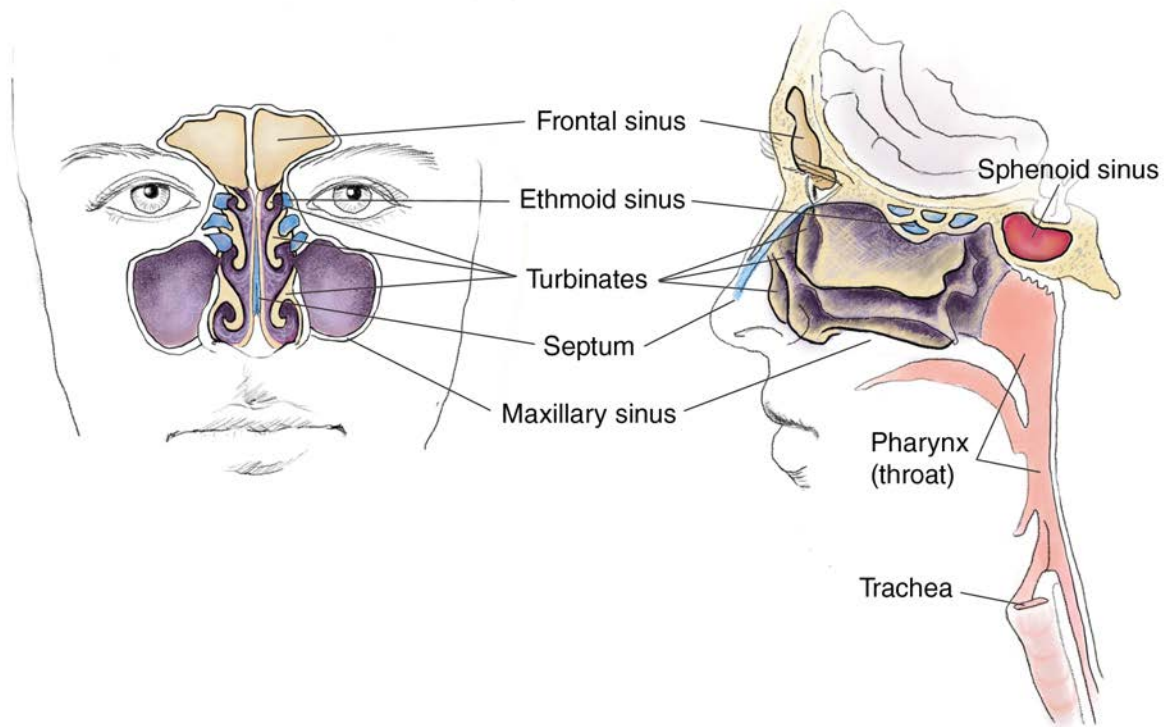


**Fig. 9.29** Viewing the diaphragm from above, we see how the pericardium (A) is firmly attached to the central tendon. The 'tubing' of the esophagus and vena cava would also be associated with the track of the line. (Reproduced with kind permission from Abraham et al 1998.)

– from Tom Myers "Anatomy Trains"







### TECHNIQUE FOR BREATH RELEASE / BANDHAS: "Thermometer Breath"

- Lift on exhale
- Stay lifted to inhale and feel sternum rise towards chin
- Exhale without letting sternum drop away from chin
- Roll down through spine on eternal retention (bhaya kumbhaka)
- "Thermometer" breath on final inhale

