



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

BERKSHIRE YOGA FESTIVAL 2025, HANCOCK, MA:

Leslie Kaminoff

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"

SESSIONS

- ▶ Vertical Axis Integration:
Anatomy and Breath Practices
of the Shushumna-Nadi
- ▶ Cueing Callouts: Reimagining
Alignment and Movement in
Asana
- ▶ The Warrior Series – A Hands-
Free Wake-Up Vinyasa

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

- leslie@yogaanatomy.org
- facebook.com/
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- workshop page:
yogaanatomy.org/byf-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

PRANA AND APANA NYASA

Om namo pranayá

Pranaya nama om

Pranaya swahā

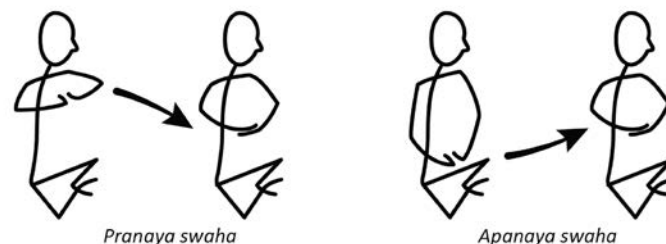
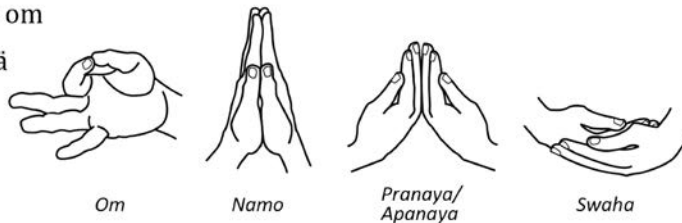
Om namo apanayá

Apanaya nama om

Apanaya swahā

Om swahā

Harīh om



Pranaya swaha

Apanaya swaha

Vertical Axis Integration: Anatomy and Breath Practices of the Sushumna-Nadi



“As the text indicates, the inhaled breath must be brought to meet with the exhaled breath. Krishnamacharya stipulates how to correctly use the thoracic, dorsal and diaphragm musculature in the work of inhalation in order to feel it as a movement descending towards the epigastric region. Likewise for exhalation, the Professor explains how to employ the abdominals with a view to instigating the sensation of an ascending movement towards the epigastric region.

Beginning from these principles, all the technology of pranayama is designed, ordered, justified, and acquires its coherence. In this perfect edifice, the bandhas naturally find their place in serving the union of the prana and apana vayus. The famous notion of kundali is similarly clarified. The coiled serpent sleeping at the entrance to the path of liberation (middle path or sushumna nadi) symbolizes the inertia of the mind troubled by ignorance (avidya).”

—from *“Teachings”* by Claude Marechal

KUNDALINI BLOCKING THE ENTRANCE TO SUSHUMNA

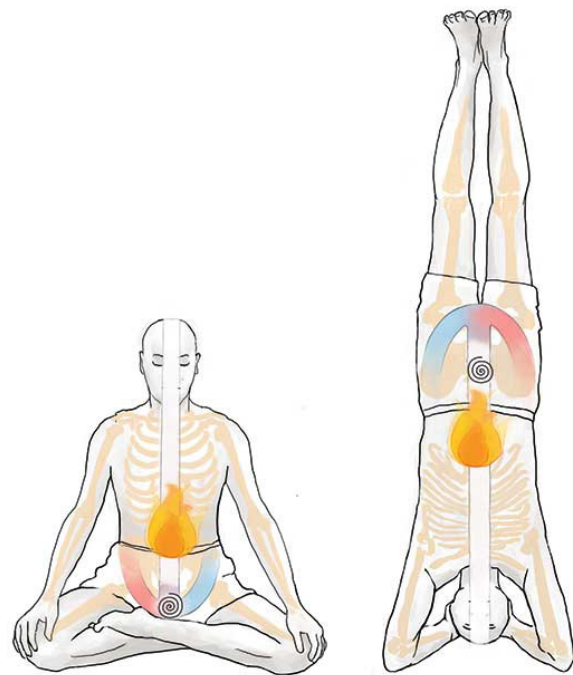
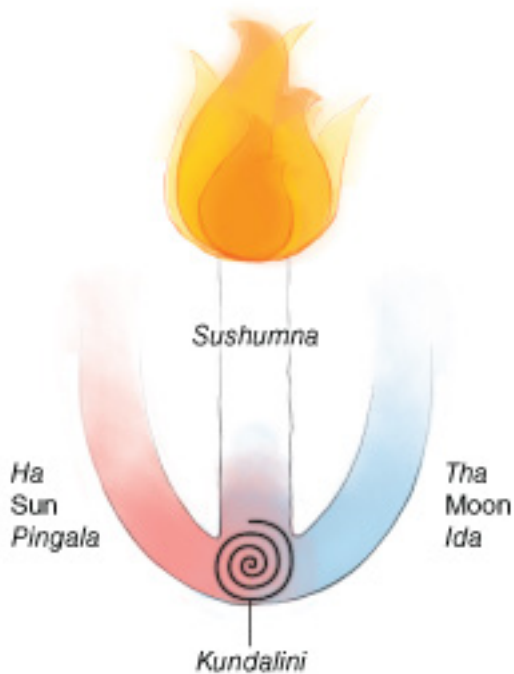
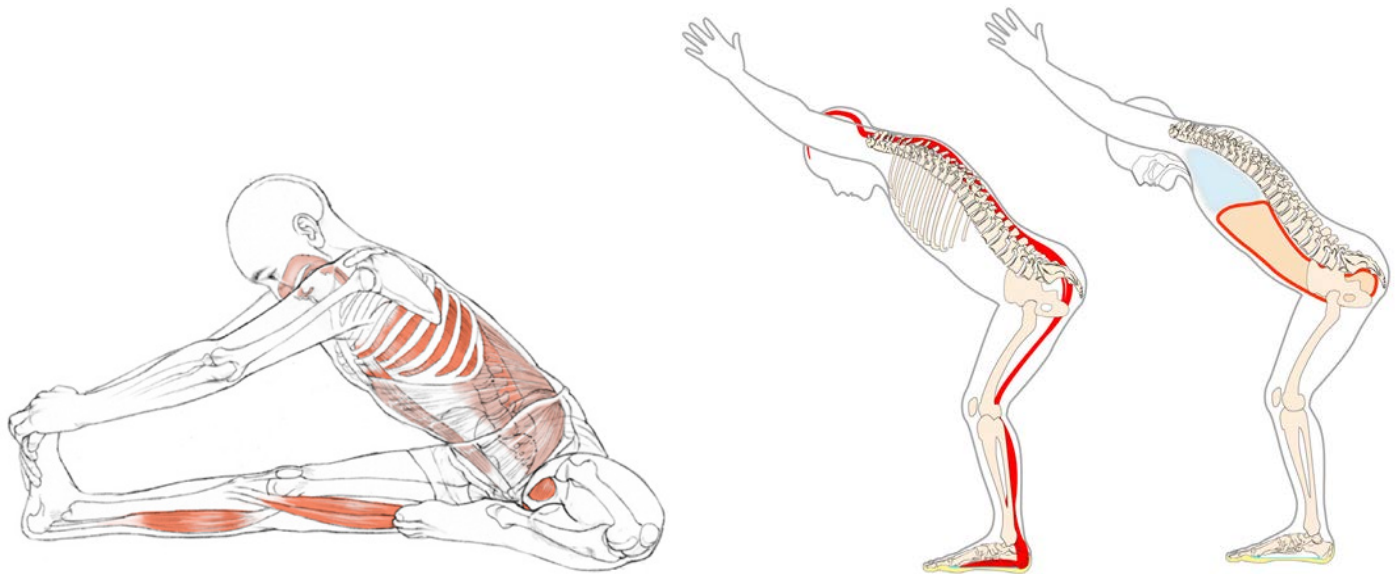


Illustration by Sharon Ellis

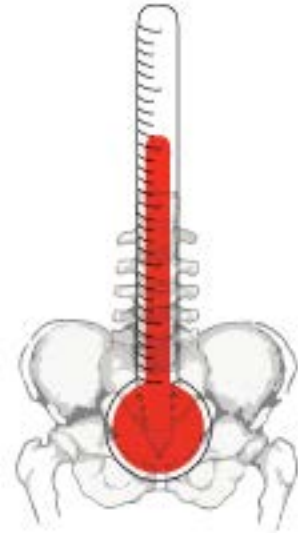


Technique for breath release/bandhas

(MOVEMENT BEFORE BREATH)

Dwipada Pitham exploration of all three bandhas. Breath sequence:

- Lift on exhale
- Stay lifted to inhale and notice sternum rising towards chin
- Exhale without letting sternum drop away from chin
- Roll down through spine on external retention (bhaya kumbhaka)
- “Thermometer” breath on final inhale



Cueing Callouts: Reimagining Alignment and Movement in Asana

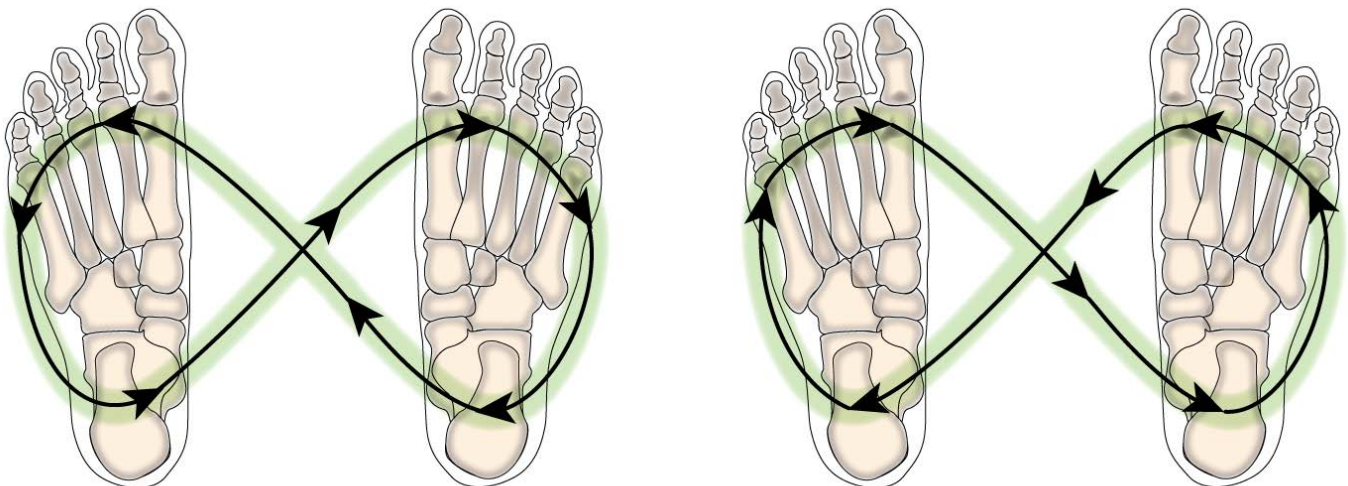
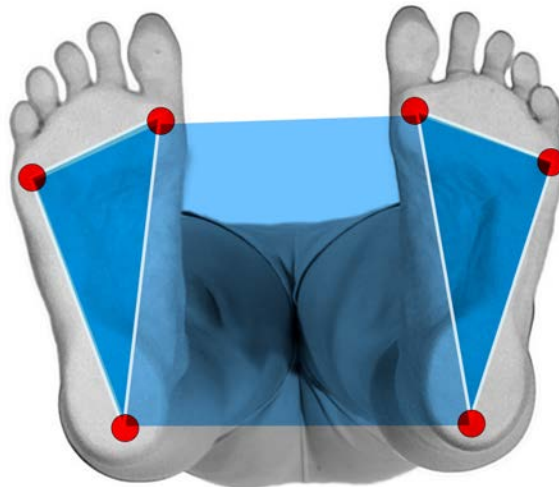
Principles:

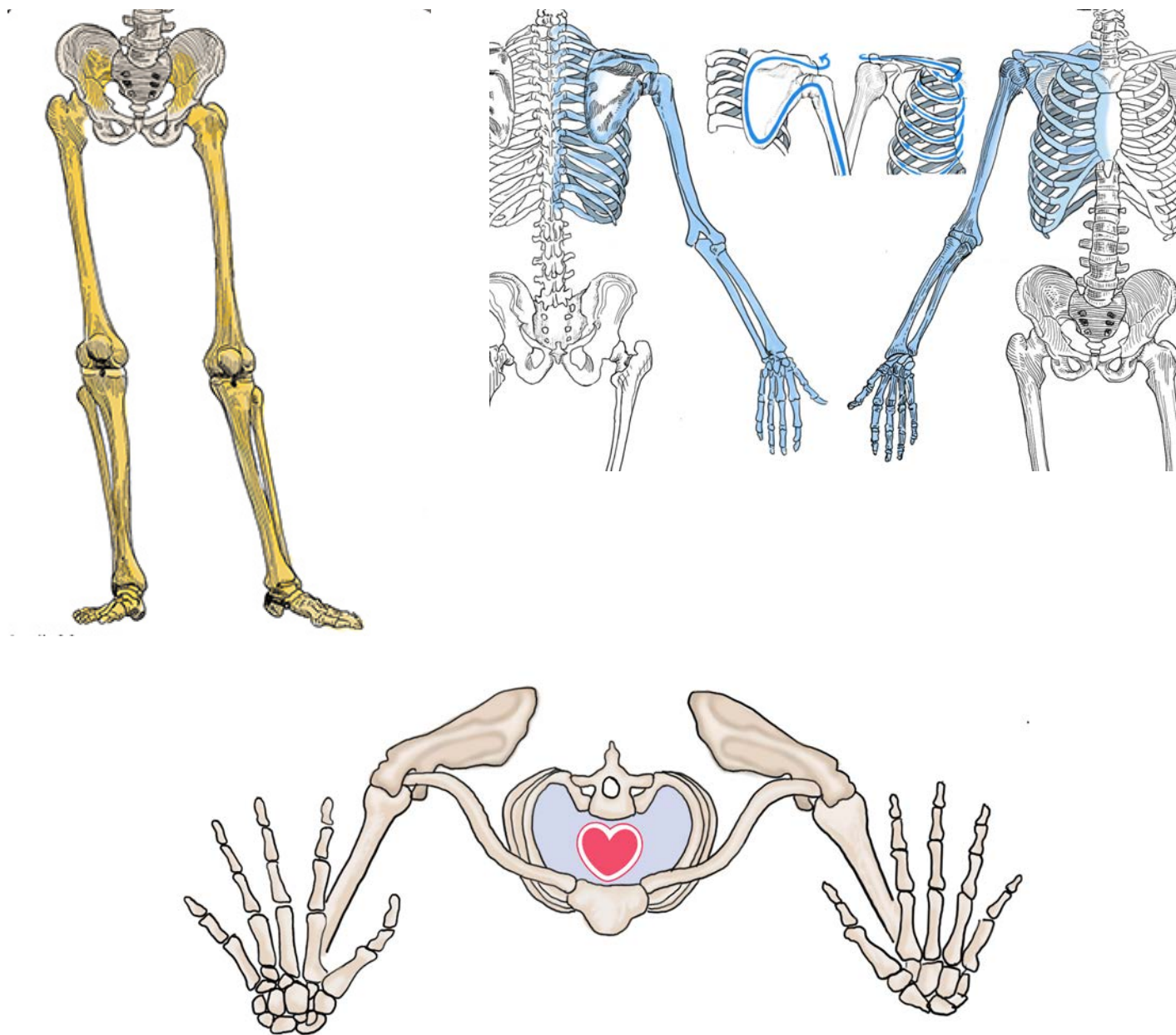
- ▶ **Asanas** don't have alignment – people do.
- ▶ **An Asana** only exists when an individual places their body into a shape.
- ▶ **Healthy movement** is well-distributed - a little bit of movement coming from a lot of places.*
- ▶ **Unhealthy movement** is too much movement coming from too few places 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:

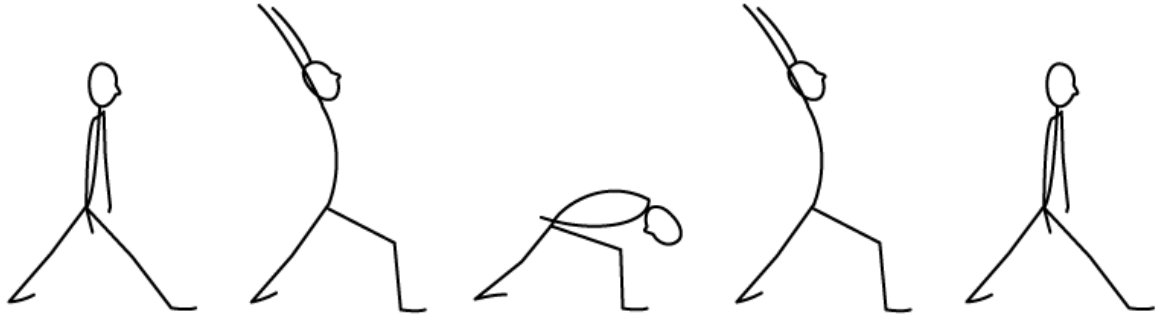
- ▶ Tuck your tail
- ▶ Square your hips
- ▶ Hinge from your hips
- ▶ Keep your spine elongated
- ▶ Open your heart with backbending
- ▶ Always enter a backbend on an inhale
- ▶ Always enter a forward bend on an exhale
- ▶ Never do spinal flexion if you have bone density issues

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





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



Tadasana
(narrow stance)



Samasthiti
(wide stance)

