



YogaAnatomy.org

Leslie Kaminoff's
esutra blog, teaching
and touring schedules

Pure Yoga 2025:

Leslie Kaminoff

The Core of All Yoga: Free Breathing, Healthy Spines

Foundational Feet: Alignment From the Ground Up

Balance in Non-Linear Asana Flow: Escaping the Tyranny of the Rectangle

Camel and Wheel Workshop: A Better Backbend Through Breathing

"Stretching the West:" A Forward Folding Workshop

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"

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

- leslie@yogaanatomy.org
- facebook.com/
LeslieKaminoffYogaAnatomy
- twitter.com/lkaminoff
- workshop page:
yogaanatomy.org/pure-yoga-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 pranaya

Pranaya nama om

Pranaya swahā

Om namo apanaya

Apanaya nama om

Apanaya swahā

Om swahā

Harīh om

PRANA AND APANA NYASA

Om namo pranaya

Pranaya nama om

Pranaya swahā

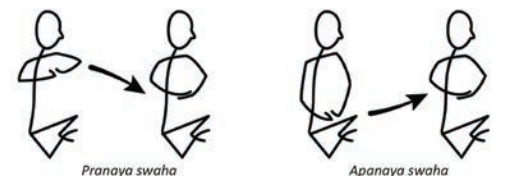
Om namo apanaya

Apanaya nama om

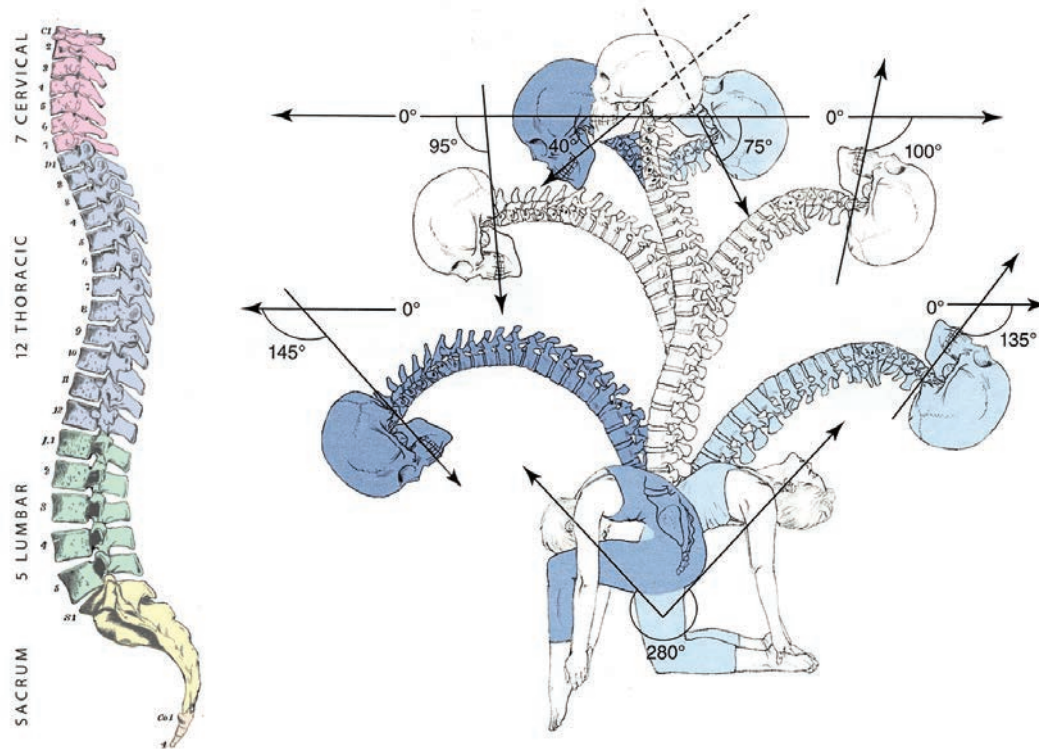
Apanaya swahā

Om swahā

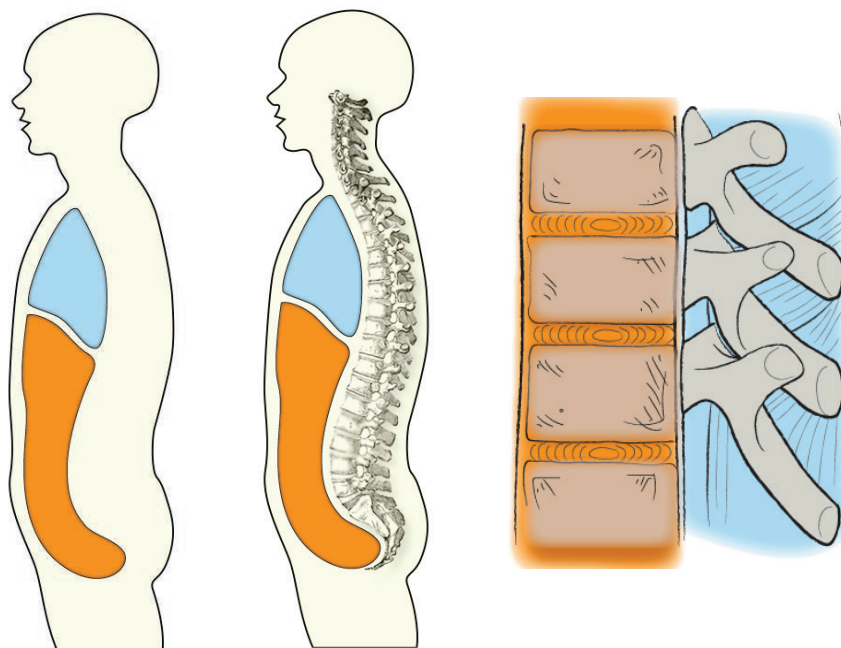
Harīh om

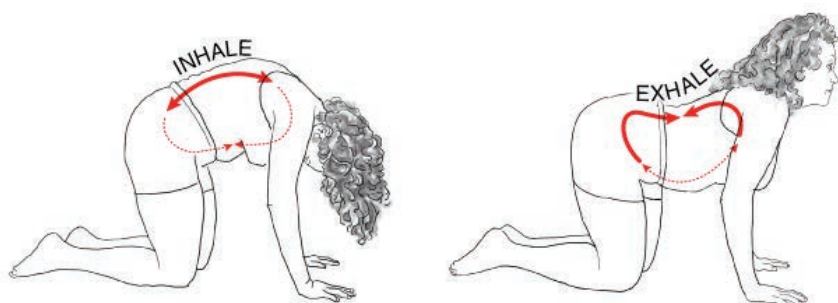
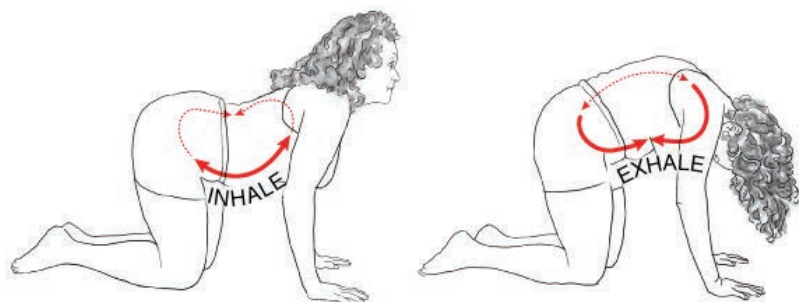


Friday Evening: The Core of All Yoga: Free Breathing, Healthy Spines

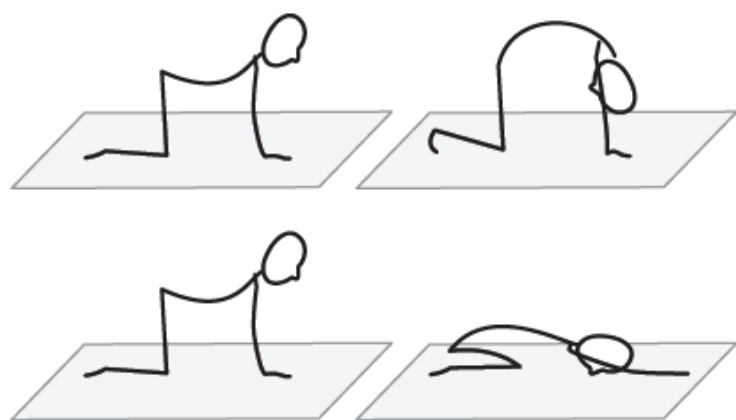


	FLEXION		EXTENSION		COMBINED	LATERAL FLEXION		AXIAL ROTATION	
		avg/vert		avg/vert			avg/vert		avg/vert
C1-C7	40°	5.7	75°	10.7	115°	35°	5.0	50°	7.1
T1-T12	45°	3.8	25°	2.0	70°	20°	1.7	35°	2.9
L1-L5	60°	12.0	35°	7.0	95°	20°	4.0	5°	1.0
TOTAL	145°		135°		280°	75°		90°	



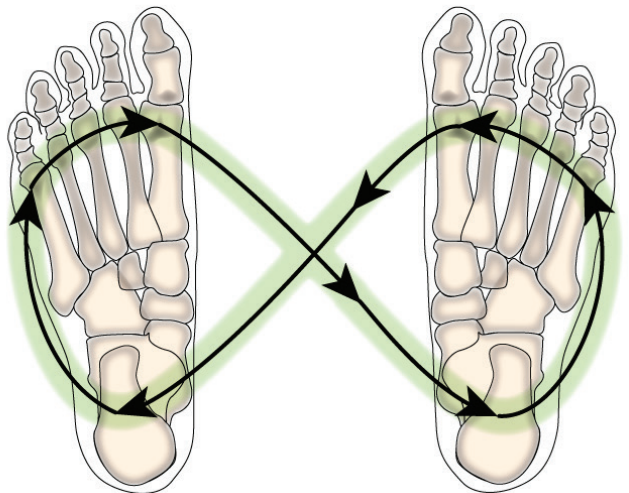
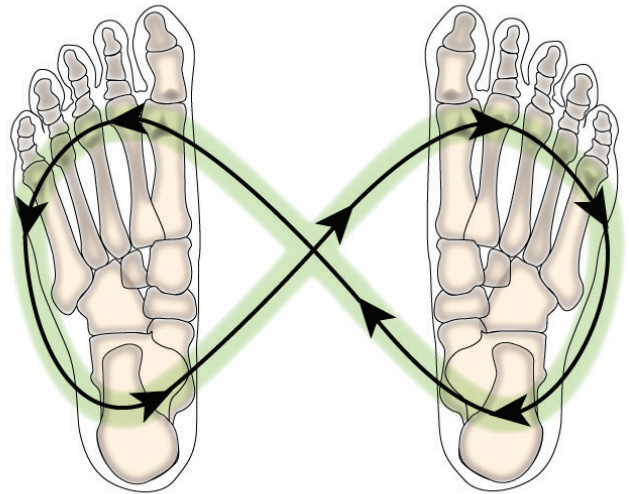
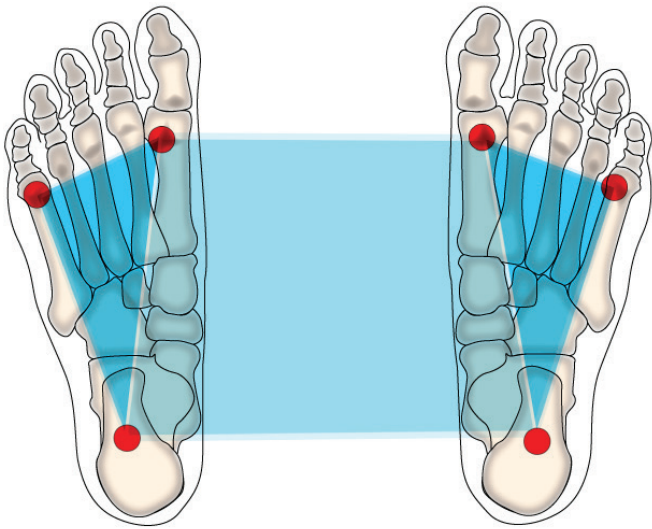


BREATH CUEING on spinal flexion and extension



Front-body focus: Inhale ← → Exhale
 Back-body focus: Exhale ← → Inhale

Saturday am: Foundational Feet: Alignment From the Ground Up



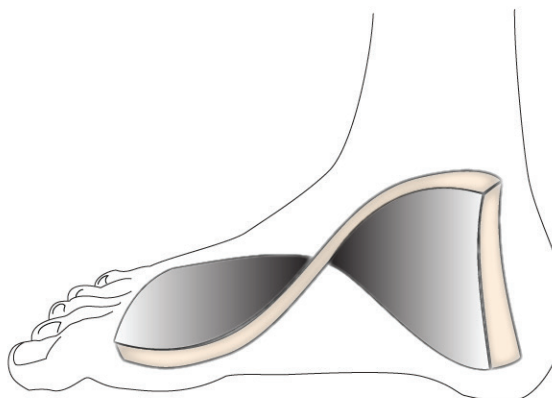


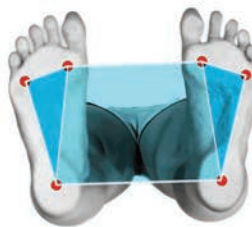
Illustration by Lydia Mann, after Eric Franklin



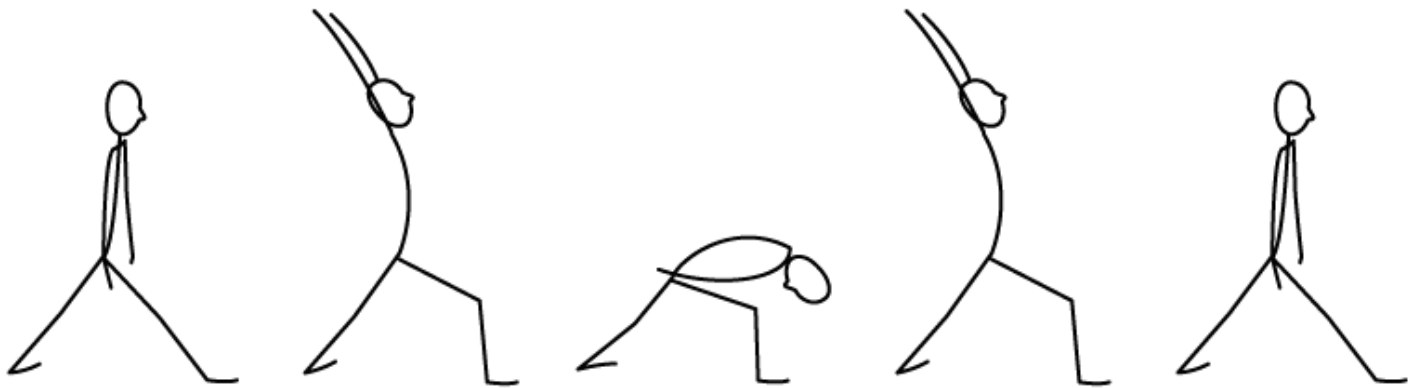
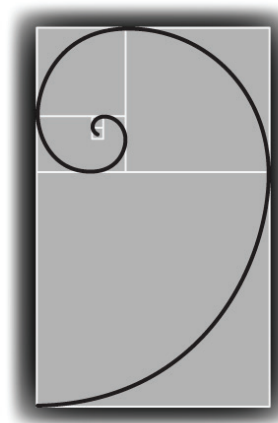
Tadasana
(narrow stance)



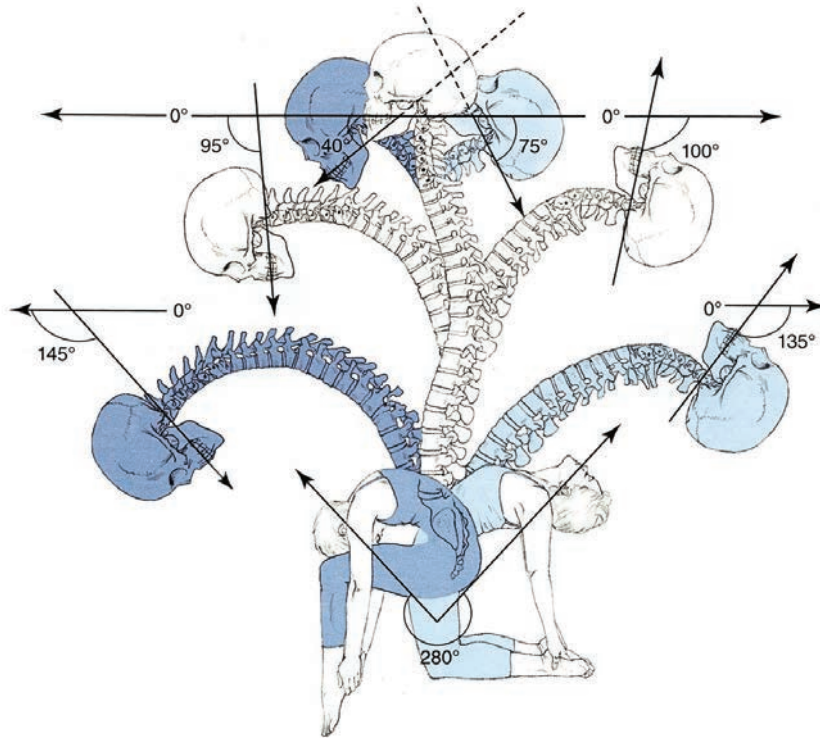
Samasthiti
(wide stance)



Saturday pm: Balance in Non-Linear Asana Flow: Escaping the Tyranny of the Rectangle



Sunday am: Camel and Wheel Workshop: A Better Backbend Through Breathing

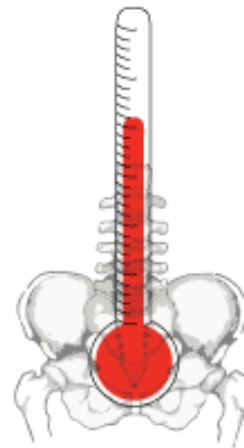


Technique for breath release/bandhas

(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



Sunday pm: "Stretching the West:" A Forward Folding Workshop

Image credits: used with permission of Tom Myers Anatomy Trains

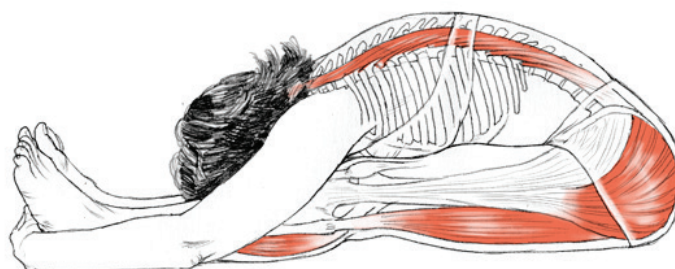
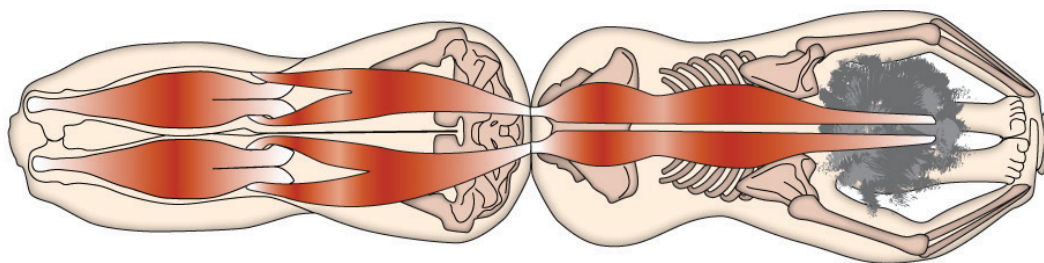
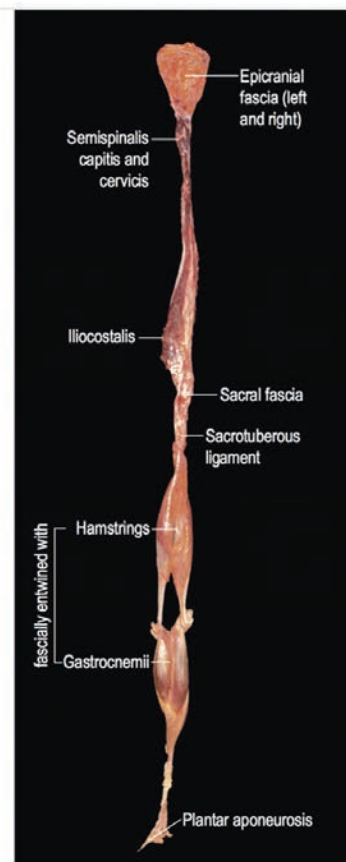
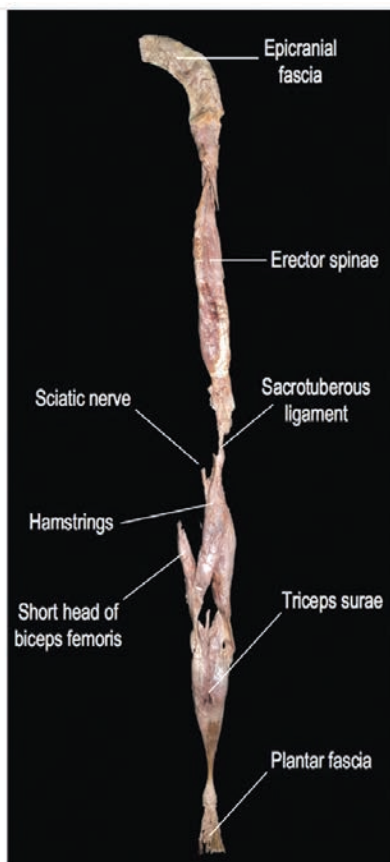


Image credit: Sharon Ellis