



YogaAnatomy.org

Leslie Kaminoff's  
esutra blog, teaching  
and touring schedules

SOUK Yoga, NYC:

# Leslie Kaminoff

Friday: Breath and Spine: A 3-Dimensional Perspective

*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"

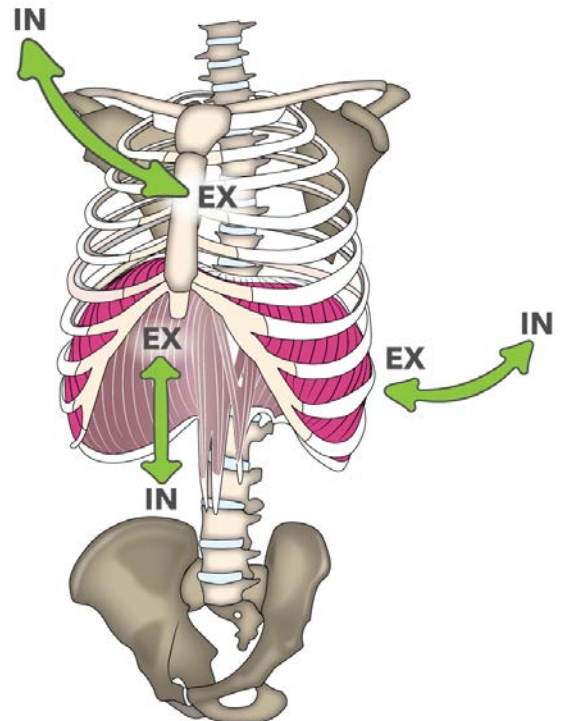
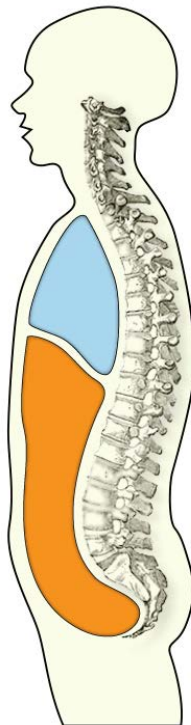
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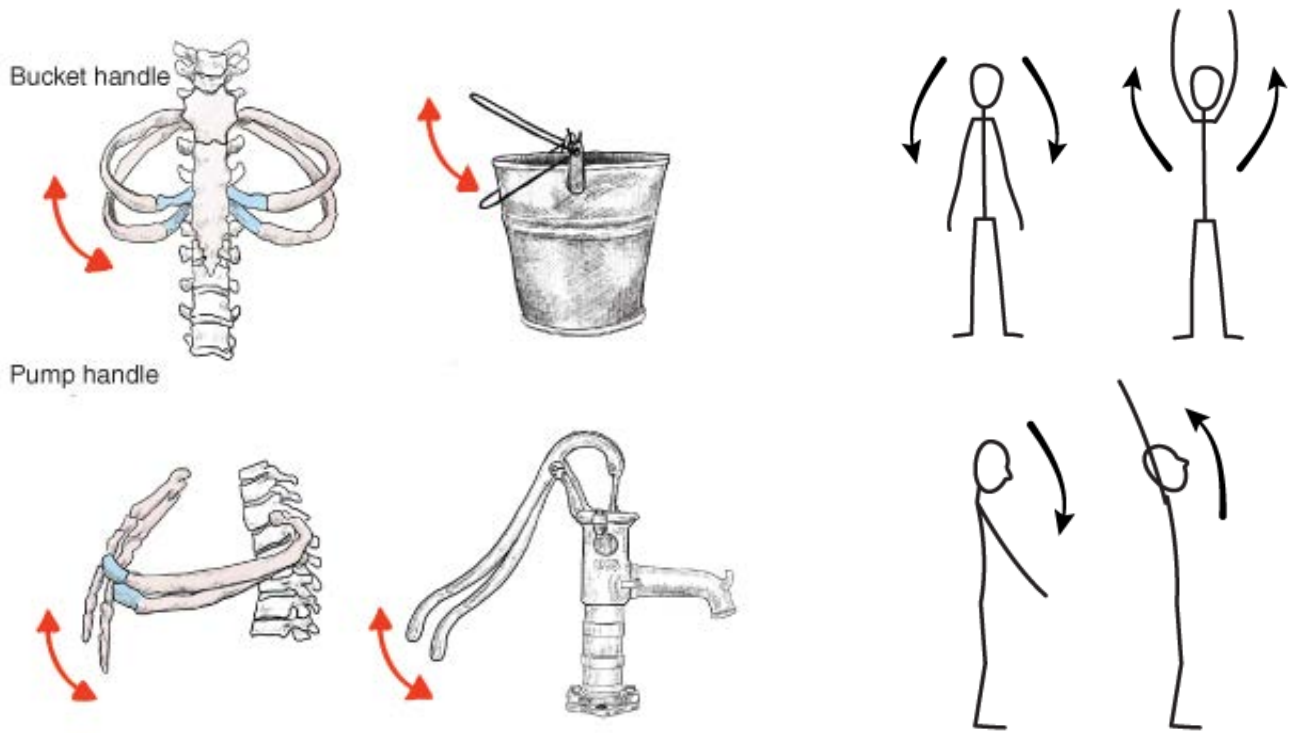
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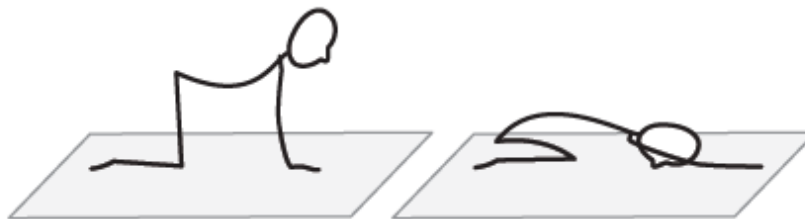
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**BREATH CUEING on spinal flexion and extension**



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



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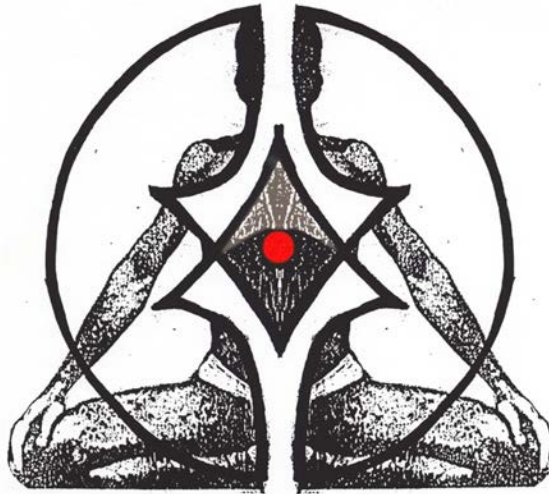
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Saturday: Twisting Poses, From the Inside Out

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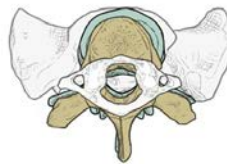
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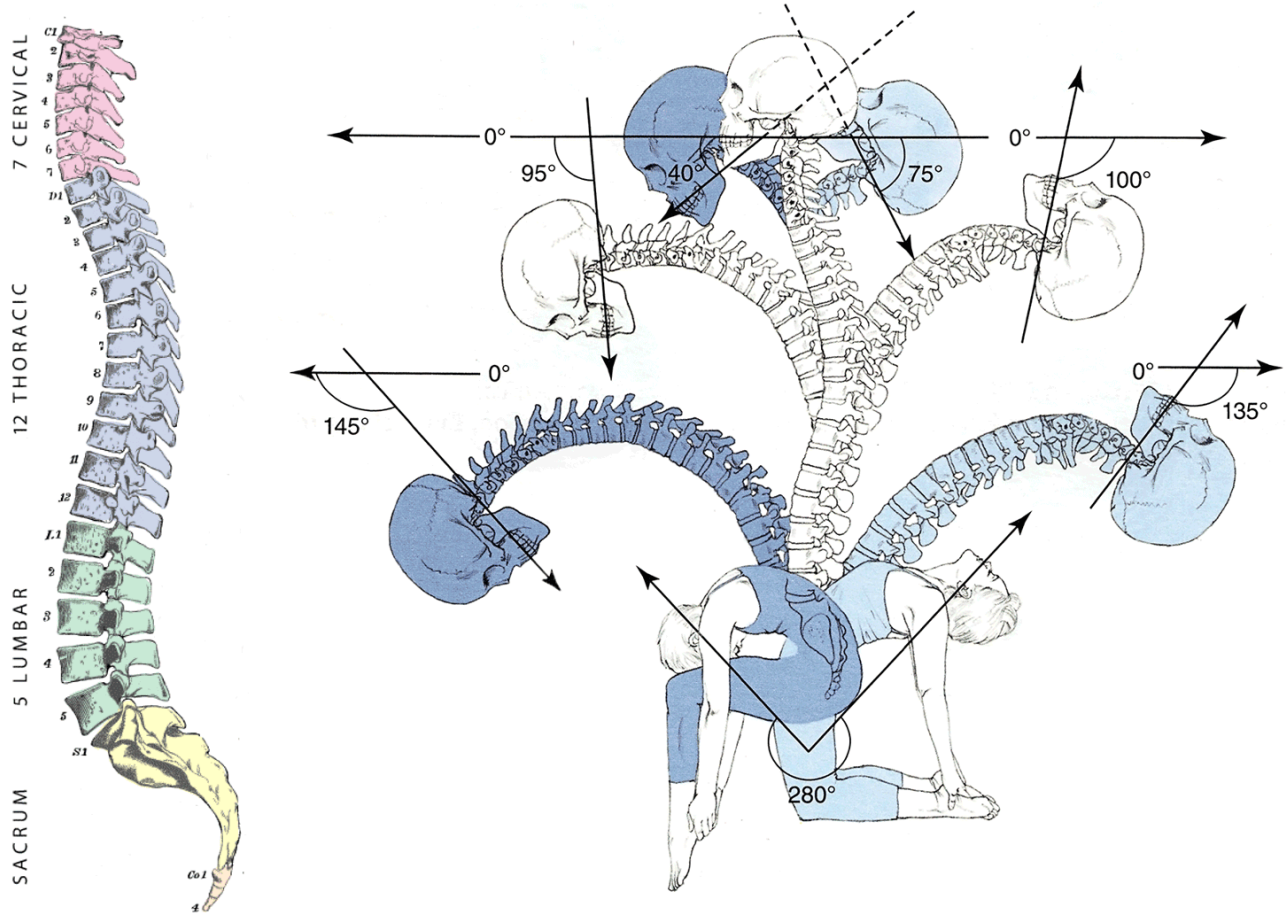
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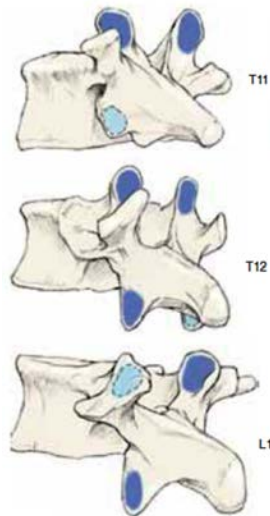
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	FLEXION		EXTENSION		COMBINED	LATERAL FLEXION		AXIAL ROTATION	
		avg/vert		avg/vert			avg/vert		avg/vert
C1-C7	40°	5.7	75°	10.7	115°	35°	5.0	50°	7.1
T1-T12	45°	3.8	25°	2.0	70°	20°	1.7	35°	2.9
L1-L5	60°	12.0	35°	7.0	95°	20°	4.0	5°	1.0
TOTAL	145°		135°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



Illustrations by Sharon Ellis



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Sunday: The Yoga of the Foot

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