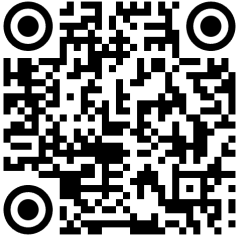




LeslieKaminoff.yoga

ALL MY TRAINING  
MATERIALS ONLINE

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

leslie@yogaanatomy.org

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instagram.com/leslie.kaminoff

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workshop page:  
yogaanatomy.org/byf-26



survey: <https://y-an.org/student>

Print on-demand selections from Lydia Mann's anatomy art collection available at [bit.ly/anatomy-art](http://bit.ly/anatomy-art)

BERKSHIRE YOGA FESTIVAL 2026, HANCOCK, MA

# Leslie Kaminoff

Friday June 12 -12:00-1:30pm

Demystifying the Bandhas

*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 swahä

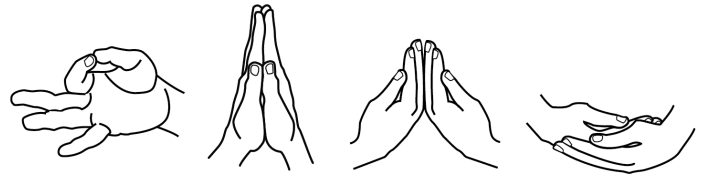
Om namo apanayá

Apanaya nama om

Apanaya swahä

Om swahä

Haríh om

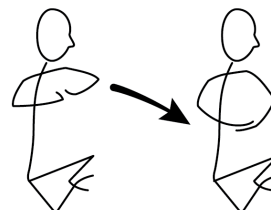


Om

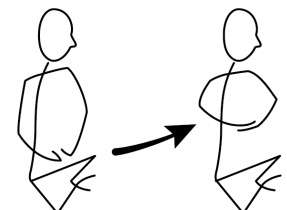
Nama

Pranaya/  
Apanaya

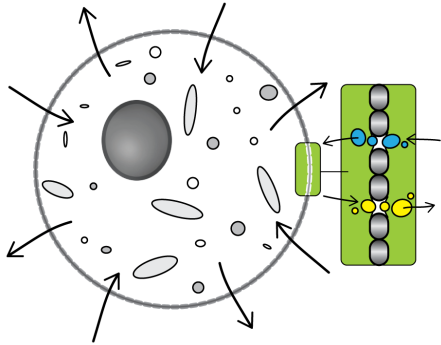
Swaha



Pranaya swaha



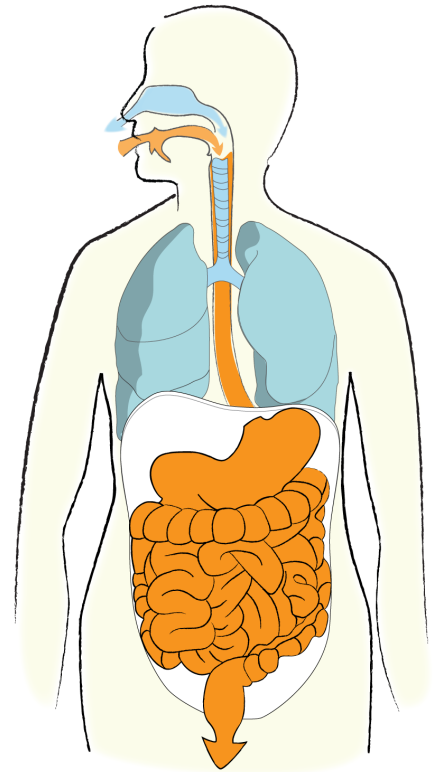
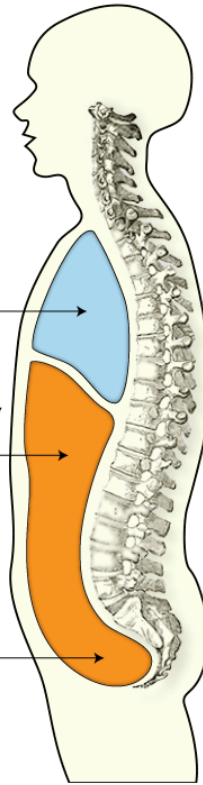
Apanaya swaha



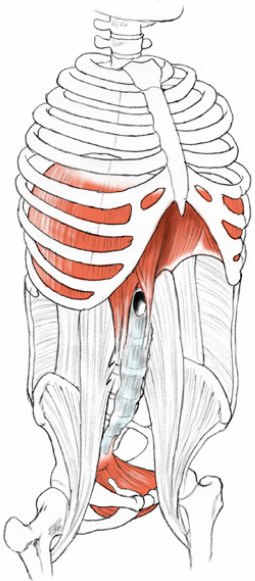
Thoracic cavity  
Lowest pressure

Abdominal cavity  
Mid pressure

Pelvic cavity  
Highest pressure



Credit: Sharon Ellis



Credit: Sharon Ellis

