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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

BERKSHIRE YOGA FESTIVAL 2026, HANCOCK, MA

Leslie Kaminoff

Saturday June 13 -4:00-5:30pm

Yoga of the Foot

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"



