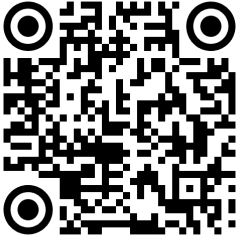




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workshop page:
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Print on-demand selections from Lydia Mann's anatomy art collection available at bit.ly/anatomy-art

BERKSHIRE YOGA FESTIVAL 2026, HANCOCK, MA

Leslie Kaminoff

Sunday June 14 – 8:00-9:30am

Morning Breath Practice

Prana apana samayogah pranayamah iti iritah.

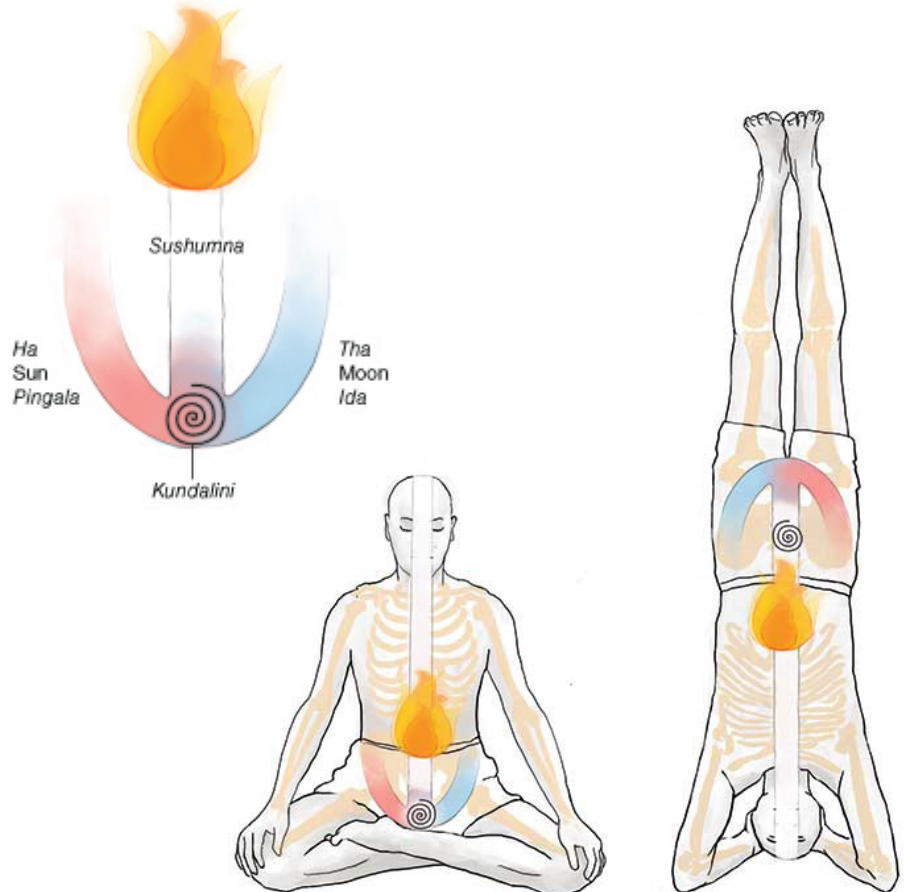
Pranayama is the balanced joining of the in-breath and the out-breath.

YOGA YAJNAVALKYA 6:2



Prana logo by Leslie Kaminoff based on the photo of T. Krishnamacharya from "The Heart of Yoga"

KUNDALINI BLOCKING THE ENTRANCE TO SUSHUMNA



Technique for breath release/bandhas

(MOVEMENT BEFORE BREATH)

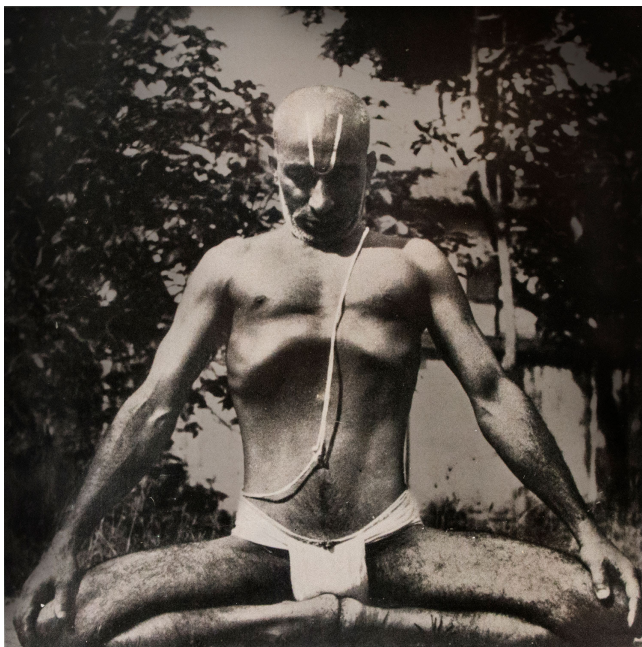
Dwipada Pitham exploration of all three bandhas. Breath sequence:

- 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



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