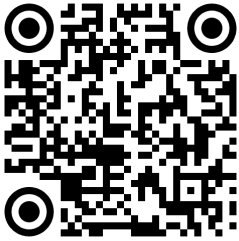




LeslieKaminoff.yoga

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

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LeslieKaminoffYogaAnatomy

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x.com/lkaminoff

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 with Lauri Nemetz

Sunday June 14 – 12:00pm

Practice Beneath the Skin

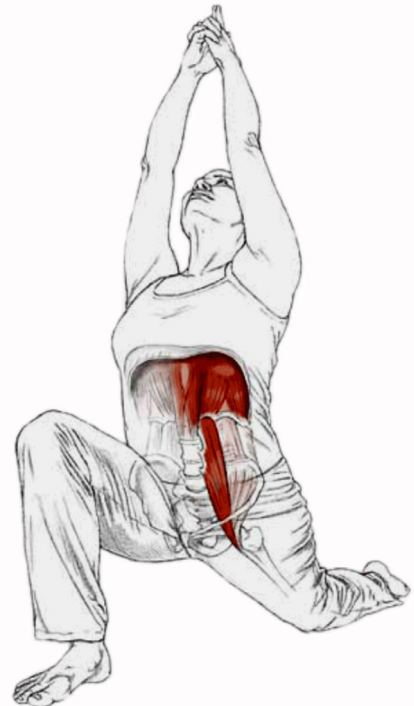
Prana apana samayogah pranayamah iti iritah.

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

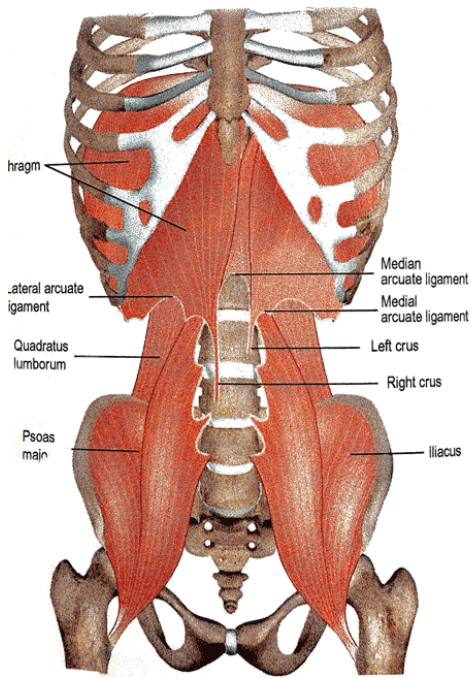
YOGA YAJNAVALKYA 6:2



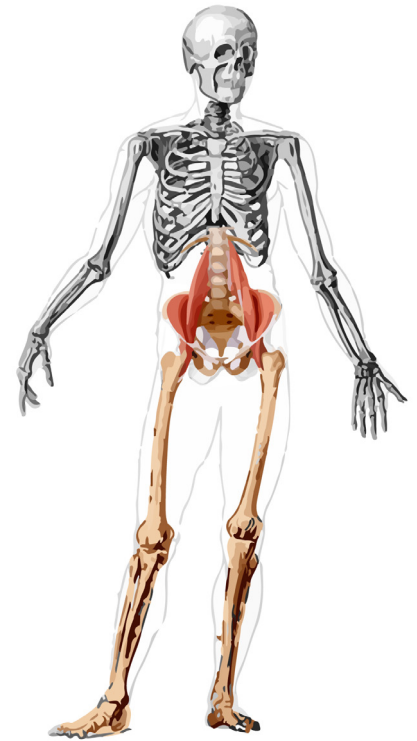
Prana logo by Leslie Kaminoff based on the photo of T. Krishnamacharya from "The Heart of Yoga"



Credit: The Myofascial System in Form and Movement by Lauri Nemetz



Credit: Gil Hedley.com



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