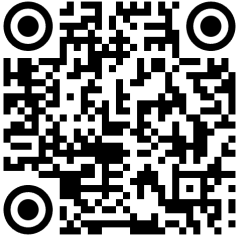




LeslieKaminoff.yoga

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

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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

Thursday June 11- 2:00-5:00pm

Immersion: Yoga Anatomy Asana Lab

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

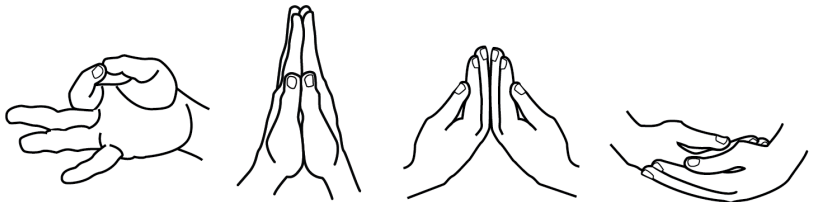
Om namo apanayá

Apanaya nama om

Apanaya swahä

Om swahä

Haríh om

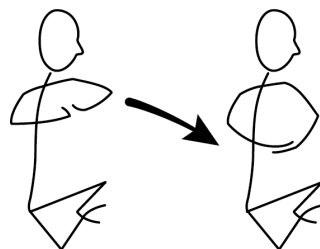


Om

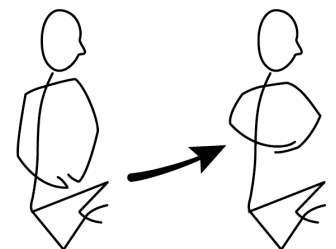
Namo

Pranaya/
Apanaya

Swaha



Pranaya swaha



Apanaya swaha

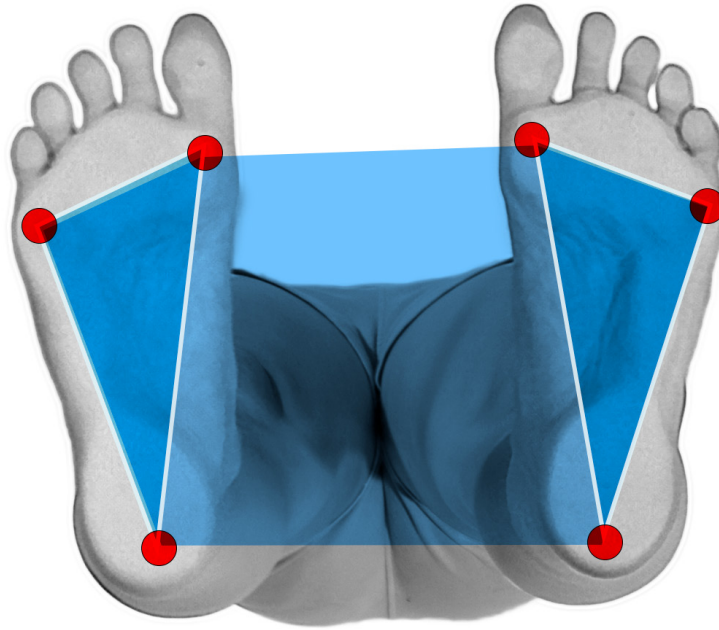
Principles:

- ▶ **Asanas** don't have alignment – people do.
- ▶ **An Asana** only exists when an individual places their body into a shape.
- ▶ **Healthy movement** is well-distributed - a little bit of movement coming from a lot of places.*
- ▶ **Unhealthy movement** is too much movement coming from too few places repeated too many times (repetitive stress).
- ▶ **Skeletal Alignment** is a clear pathway of weight passing through balanced joint space.*
- ▶ **Muscle Action** in asana is effective when it positions the bones to produce functional skeletal alignment.*

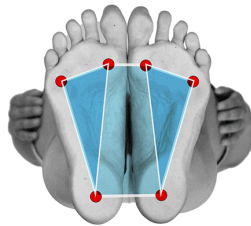
Alignment Cues to re-imagine:

- ▶ Stand with the feet parallel
- ▶ Square the pelvis
- ▶ Tuck the tail
- ▶ Always lengthen the spine
- ▶ Draw the shoulder blades down the back
- ▶ Always place the bent knee over the ankle
- ▶ “Open” the hips
- ▶ Heart opening
- ▶ “Knit” the ribs together

**These definitions were formulated by Amy Matthews as inspired by her work with Bonnie Bainbridge Cohen*



Tadasana
(narrow stance)



Samasthiti
(wide stance)

