YogaAnatomy.org

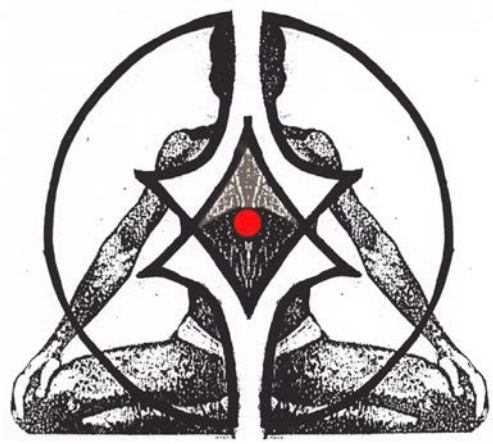
Leslie Kaminoff's esutra blog, teaching and touring schedules

SOUL OF YOGA, NOVEMBER 2026:

Leslie Kaminoff

Reconsidering Alignment

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"

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*

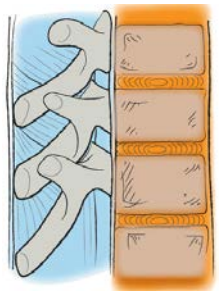
Still photos may be posted to social media if you tag lkaminoff (Facebook)/ leslie.kaminoff (Instagram).

- leslie@yogaanatomy.org
- Facebook: bit.ly/fb-yogaanatomy
- workshop page: yogaanatomy.org/soul-26

- survey: http://y-an.org/student
- LeslieKaminoff.yoga

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

WEIGHT-BEARING SUPPORT PASSES THROUGH THE FRONT OF THE SPINE



Sthira

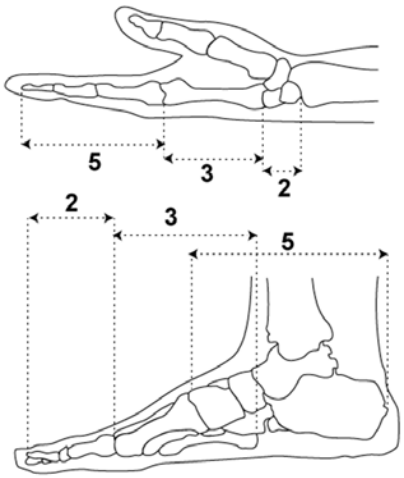
strength and stability without rigidity, alertness without tension

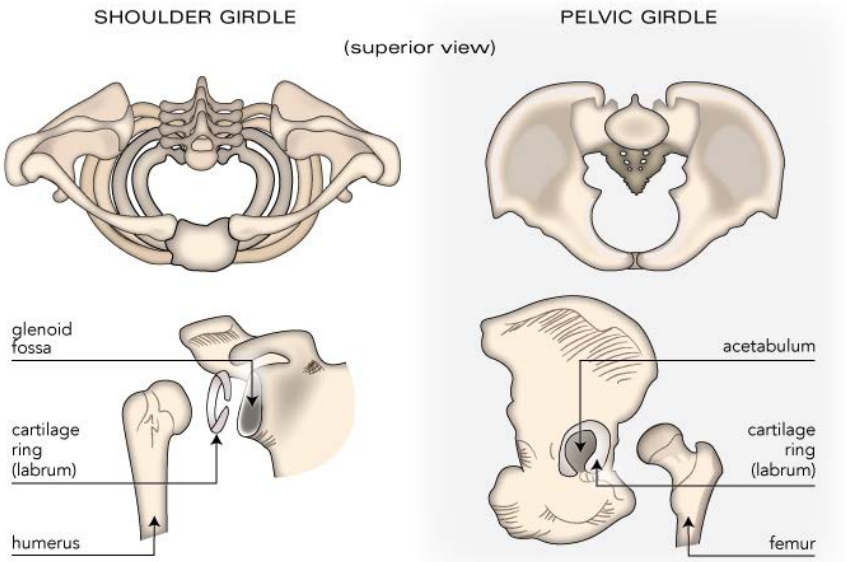
Sukha

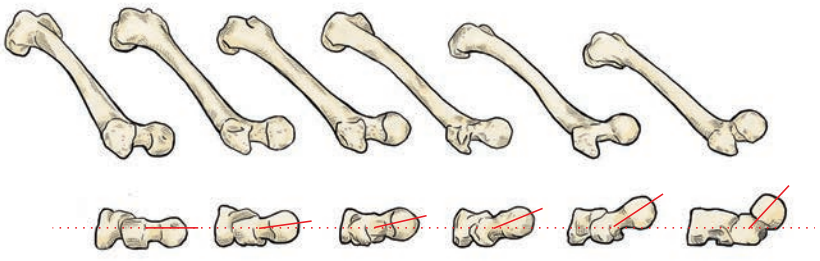
flexibility and mobility without instability, relaxation without dullness

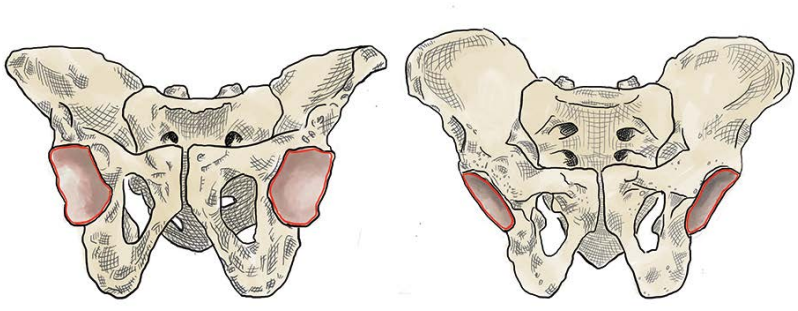
UPPER AND LOWER BODY COMPARISONS

The pelvic half is part of the leg; the clavicle and scapula are part of the arm.



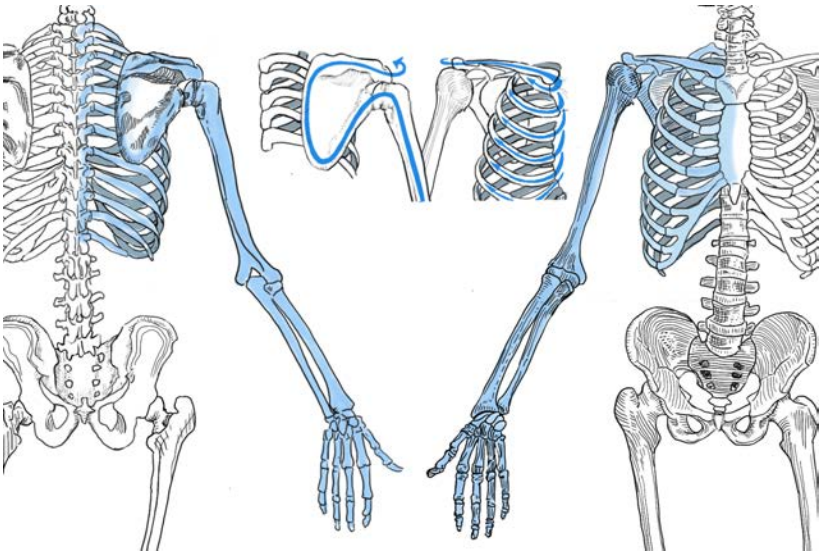


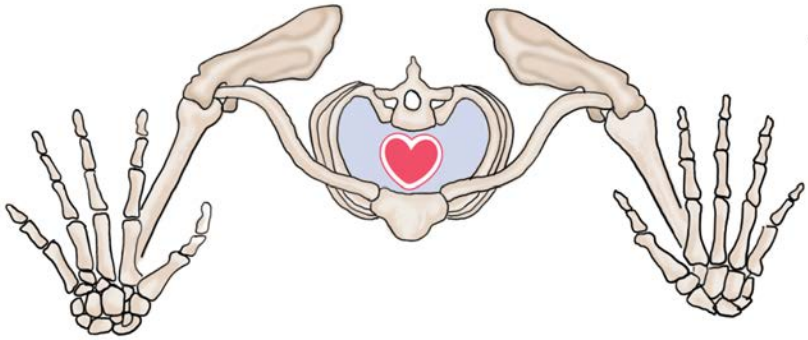




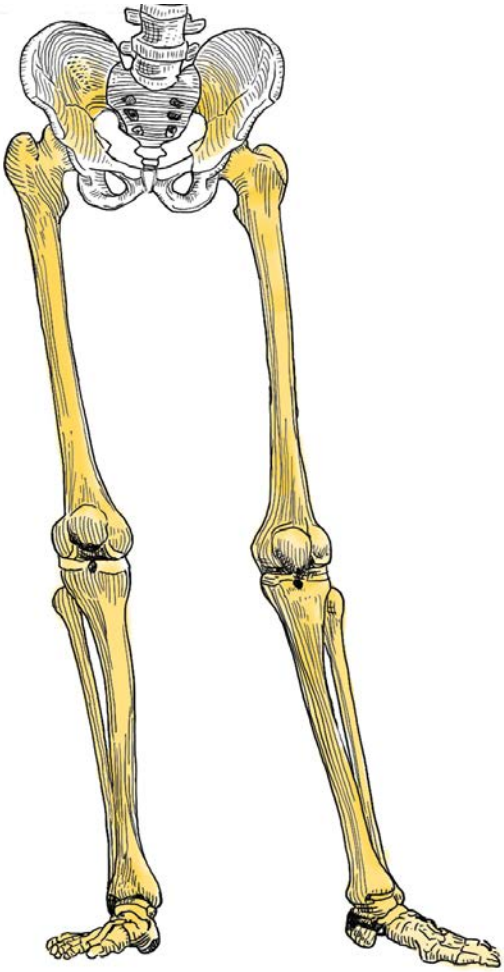
Unless otherwise noted ©Leslie Kaminoff. Illustrations ©Lydia Mann.

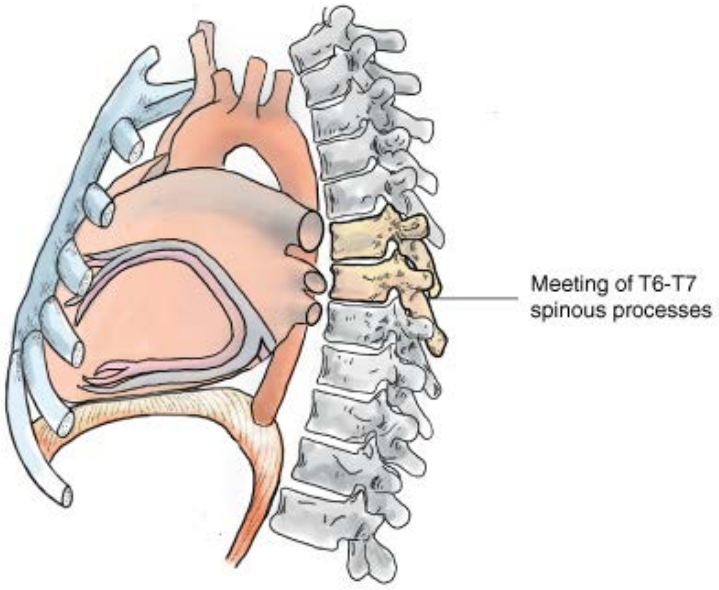
PATHWAY OF WEIGHT FROM ARM TO SPINE



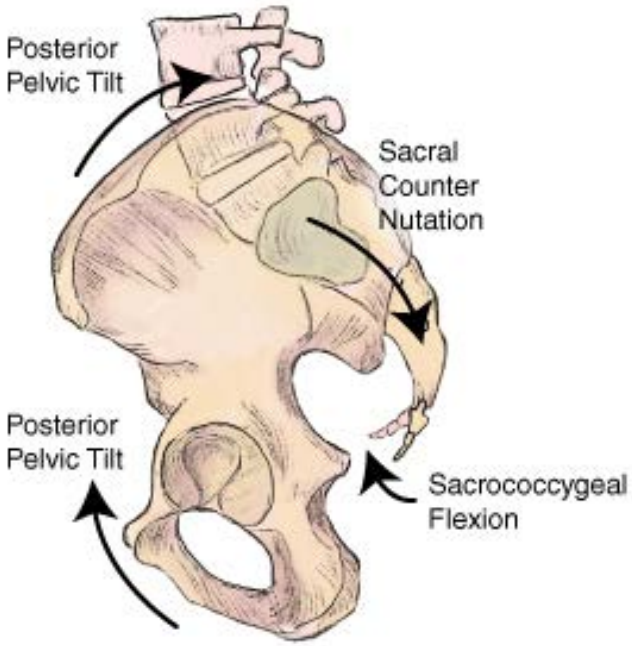


PATHWAY OF WEIGHT FROM LEG TO SPINE

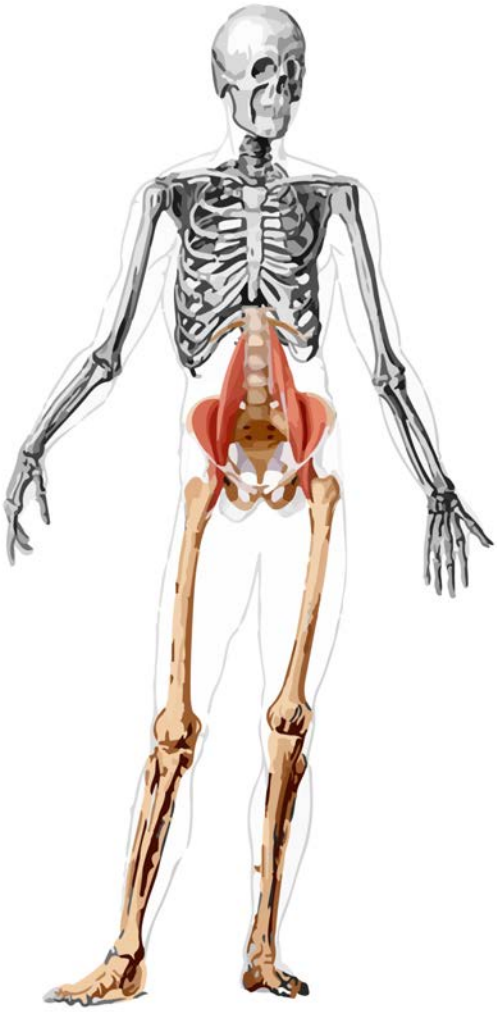


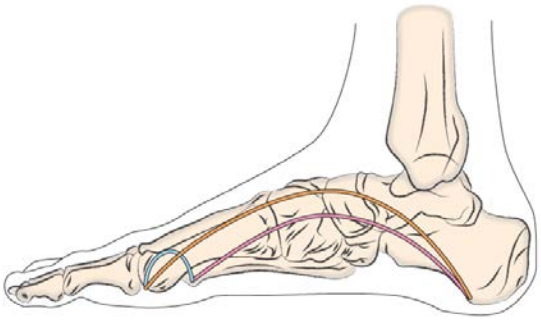


THREE WAYS TO "TUCK YOUR TAIL"

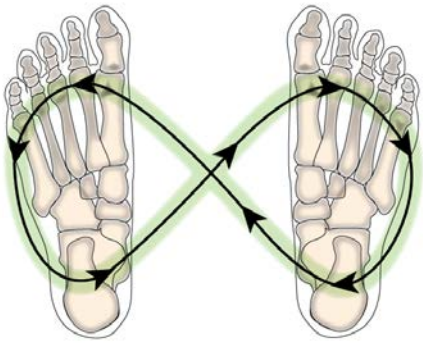


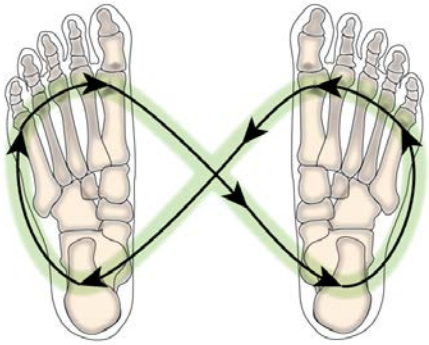
Unless otherwise noted ©Leslie Kaminoff. Illustrations ©Lydia Mann.













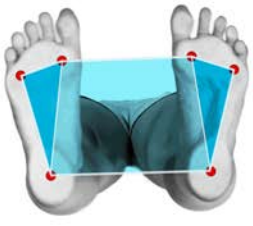
Tadasana
(narrow stance)







Samasthiti
(wide stance)





Unless otherwise noted ©Leslie Kaminoff. Illustrations ©Lydia Mann.