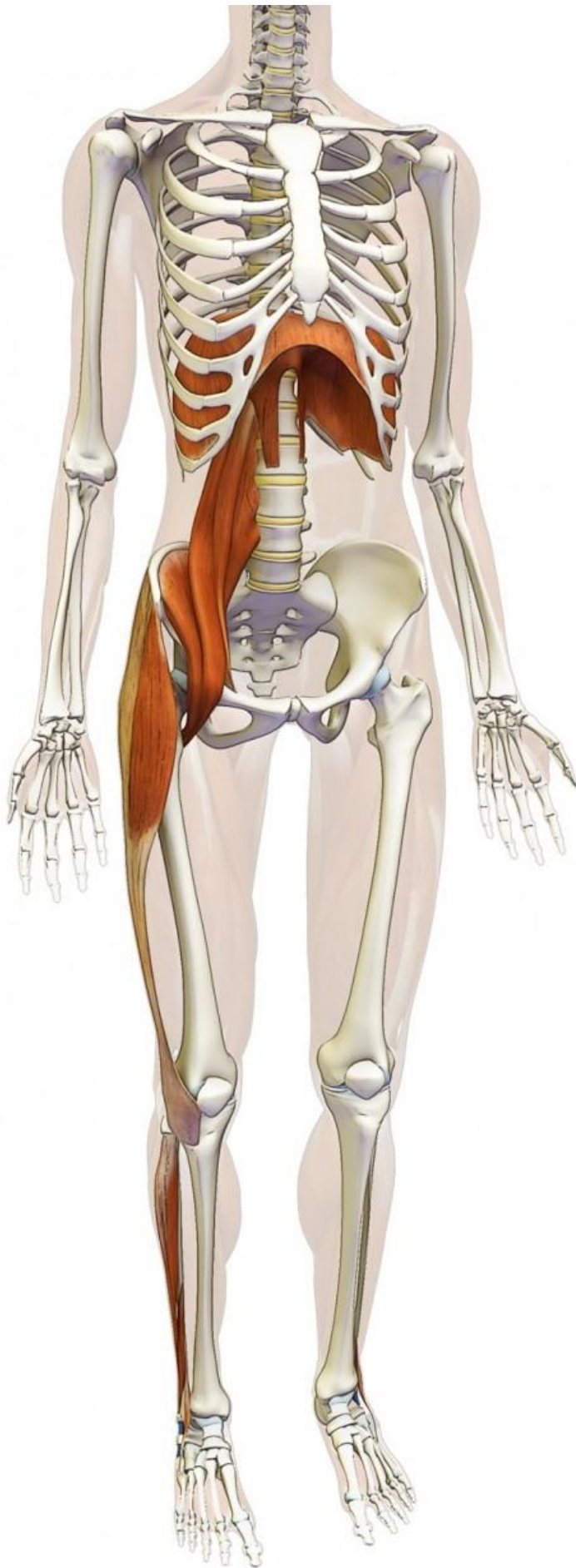
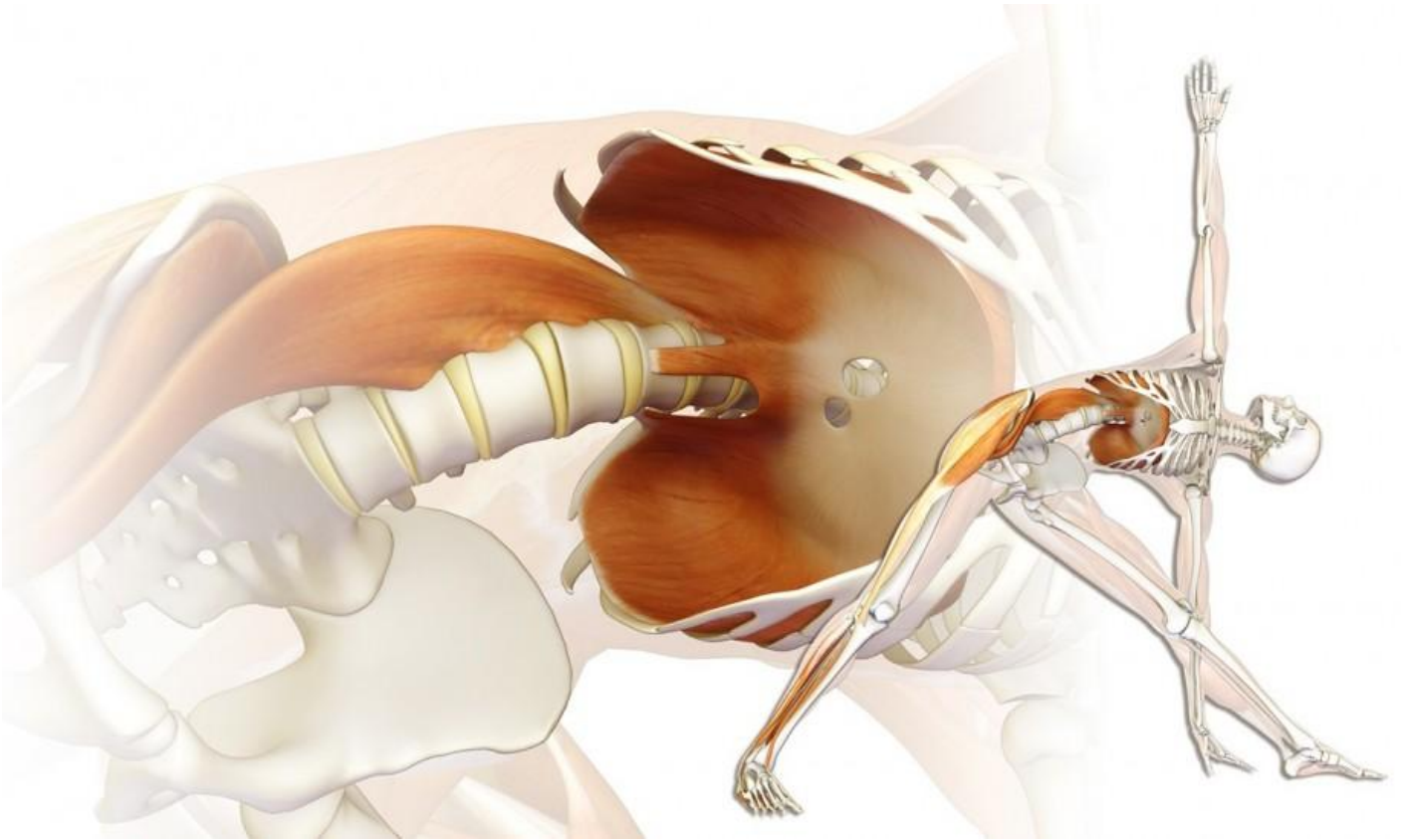
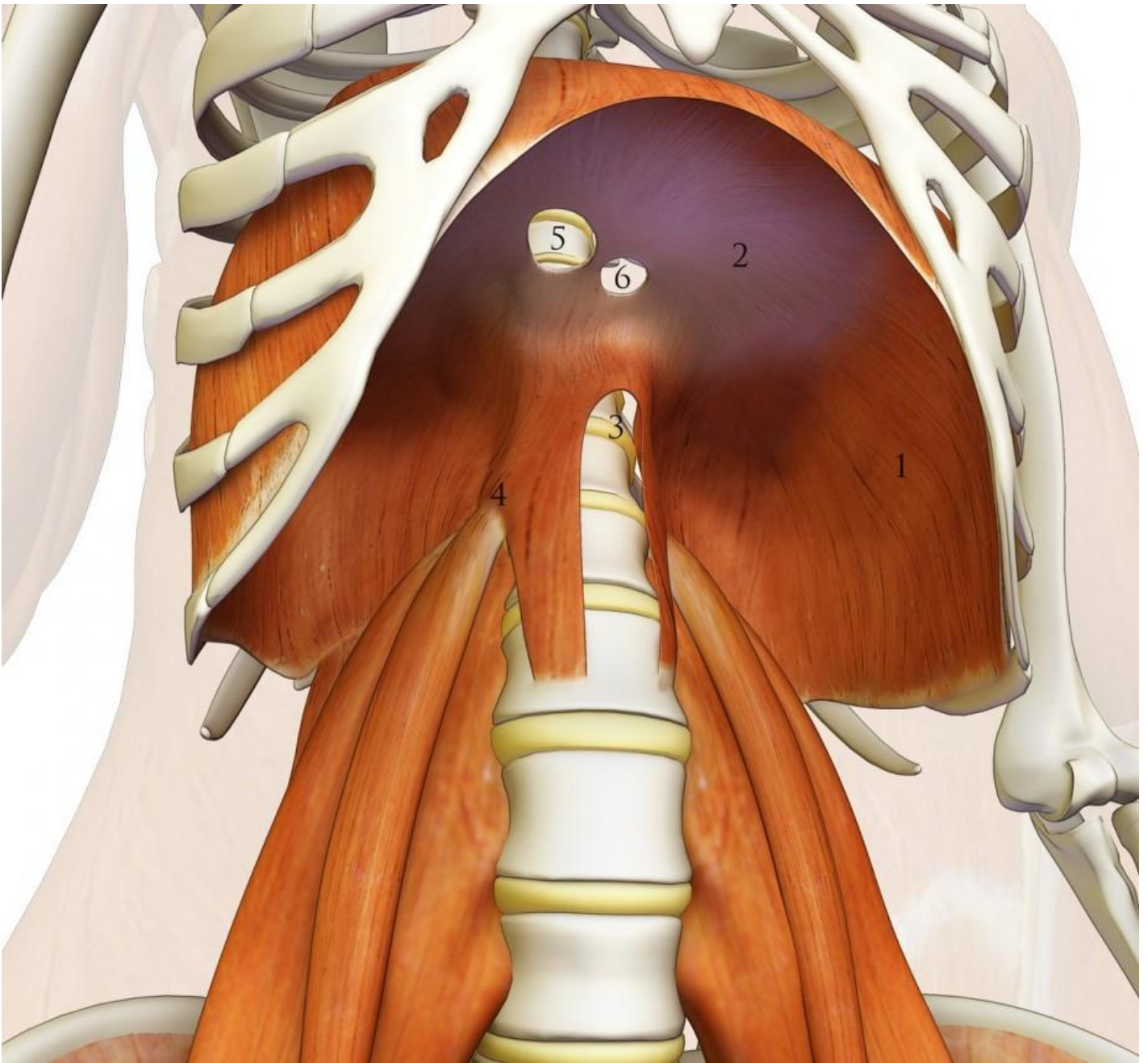




Connections between the diaphragm, psoas and lower extremity.

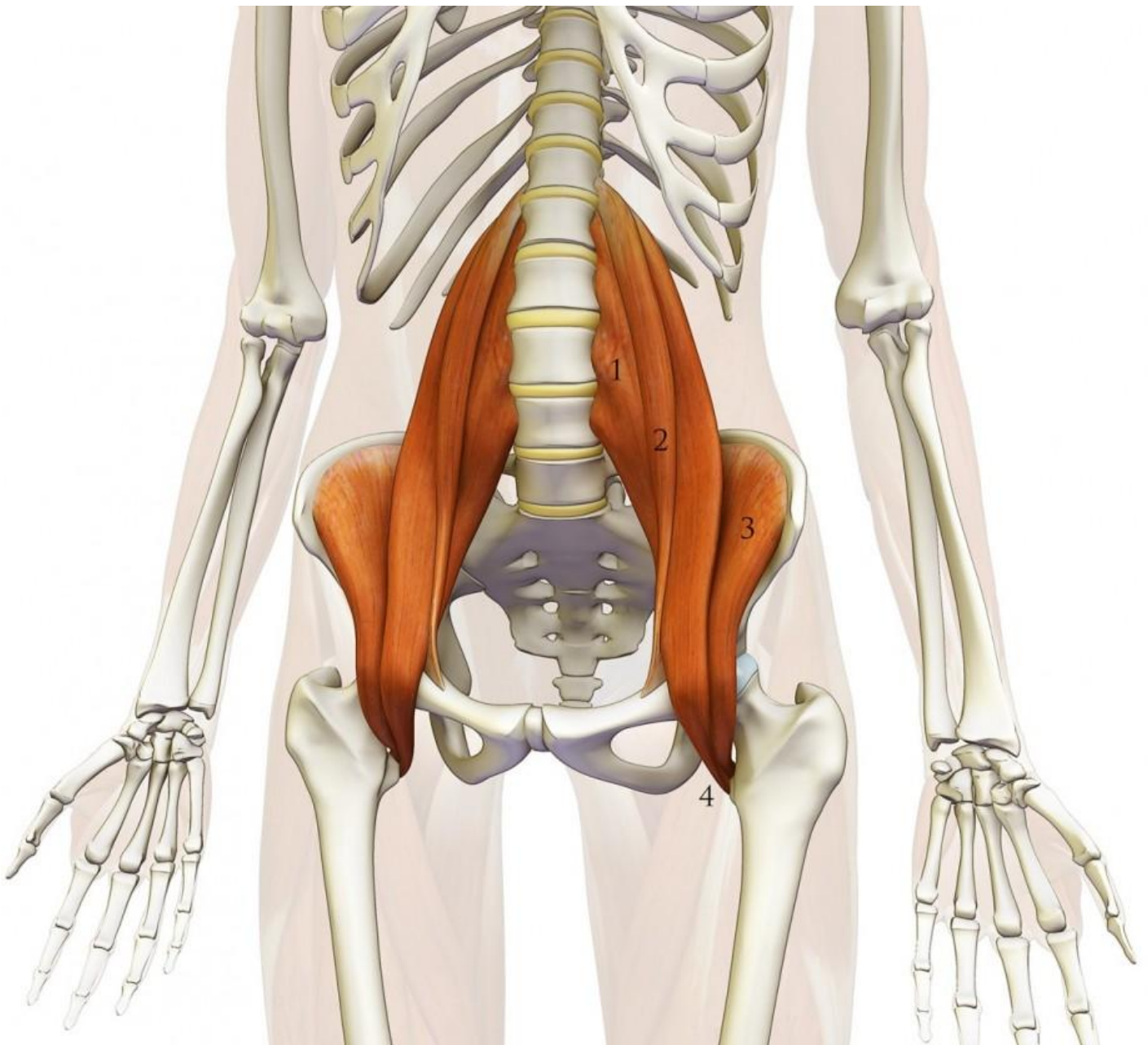


Connections between the diaphragm, psoas and lower extremity in Trikonasana.



The diaphragm-psoas connection.

- 1) diaphragm 2) diaphragm tendon 3) aortic aperture 4) psoas arcade
5) vena caval aperture 6) esophageal aperture



The psoas.

- 1) psoas major 2) psoas minor 3) iliacus
4) iliopsoas (at tendon attachment to the lesser trochanter)

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