Straighten the knees.

This movement will automatically draw the abdomen upward and inward towards the spine to form uddiyana bandha.

Hold this position for a comfortable length of time.

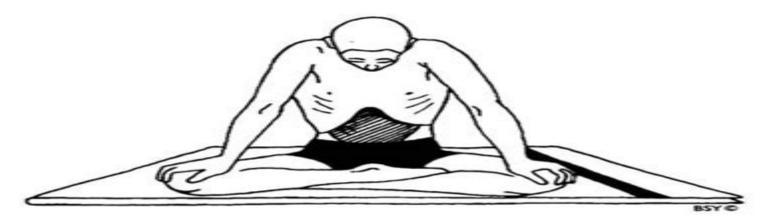
Do not strain.

Release the abdominal lock and relax the chest.

Raise the head and torso to the upright position.

Exhale slightly to release the lock on the lungs and finally inhale slowly through the nose.

Remain in the standing position until the breath returns to normal before beginning the next round.



### Uddiyana Bandha (abdominal contraction)

Sit in siddha/siddha yoni asana or padmasana with the spine erect and the knees in contact with the floor.

Place the palms of the hands flat on the knees.

Close the eyes and relax the whole body.

Inhale deeply through the nostrils.

Exhale fully.

Hold the breath outside.

Lean forward and press down on the knees with the palms of the hands. Straighten the elbows and raise the shoulders, allowing further extension of the spinal cord.

Practise jalandhara bandha, pressing the chin against the chest.

# **Asana Pranayama Mudra Bandha**

Satyananda Paramahansa

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