

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

Swami Satyananda Saraswati



Asana Pranayama Mudra Bandha:

Asana Pranayama mudra Bandha Swami Satyananda Saraswati,1977 Asana Pranayama Mudra Bandha Swami Satyananda Saraswati,1998 Asana Pranayama Mudra Bandha Swami Satyananda Saraswati,2002-10 This comprehensive text provides clear illustration Step by step details of chakraawareness It guides the fractional or teacher from the simplest to the most advanced practices of the health yoga system A therapeutic index is included for use by doctors and yoga therapist incorporating resent inspiration from research into yoga This edition successfully brings the exposition of yoga practiced to the standard of a university text **ASANA, PRANAYAMA, MUDRA, BANDHA** Swami Satyananda,1994-07-01 **Asana, Pranayama, Mudra, Bandha** Satyananda Paramahansa,1988 **Asana Pranayama Mudra Bandha** Swami Satyananda Saraswati,2002-05-01 Asana, pranayama, Mudra, bandha Satyānanda (Svāmī.),1997 *Dynamics of Yoga* Swami Satyananda Saraswati,Yogashakti,1966 **Asana, Pranayama, Mudra, Bandha** Satyananda Saraswati (swami ; 1923-2009),1985 Asana, pranayama, mudra, bandha Satjananda Sarasvati (svami.),2004 *Asana Pranayama Mudra Bandha* Satyananda Swami Saraswati,1980 *Asana, Pranayama, Mudra, Bandha* Swami Satyananda Saraswati,1969 **Asana, Pranayama, Mudra, Bandha** Swami Satyananda Saraswati,1977 Asana Pranayama Mudra Bandha Satyānanda (Svāmī),1989 **Asana, Pranayama, Mudra, Bandha** Swami Satyananda Saraswati,1983

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