

BANDHAS IN YOGA

THE THREE MAIN BANDHAS:

MULABANDA

Located at the perineum (between the anus and the genitals), it is engaged by drawing the pelvic floor upward into the body.

- If the body is viewed as a container with energy both entering and leaving, the amount of energy in the body can be increased by closing the bottom of the container through Mulabandha.
- Mulabandha strengthens the abdominal floor, providing support for the reproductive organs. It supports Yoga practice by providing a strong foundation.

UDDIYANABANDHA

Located in the abdomen, is engaged by drawing the abdominal wall back toward the spine and upward.

- In relation to the body as a container of energy, this bandha seals the sides of the container and controls the volume of energy within the container.
- Uddiyabandha provides powerful structural support for the abdomen, waist and low back. It prevents disc injuries in Yoga practice.

JALANDHARABANDHA

Located at the throat, is engaged by drawing the chin down toward the sternum to seal energy between the torso and the head.

- This bandha seals the top of the container of energy.
- In many poses, such as inversions, it prevents excessive energy from moving up into the head