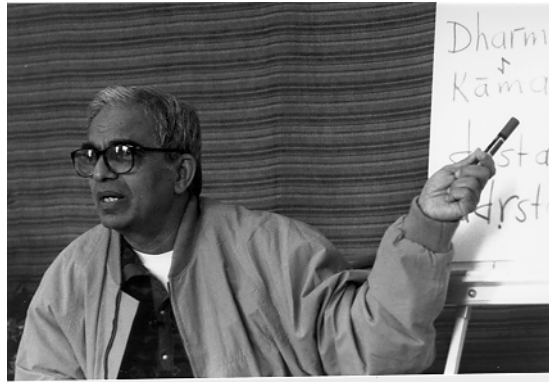


# Religiousness in Yoga - Chapter by Chapter Study Guide



## Chapter 14 Practice:

### The Concept, Preparation and Techniques of Bandha

- Pages 195-205

- 1. Definition of Bandha P195**
  - Review of Prāṇāyāma as a process
  - Bandha is a means to intensify this process
- 2. Definition and location of each Bandha P195-197**
  - Bandha means "to bind or to lock"
  - We will consider just three Bandha
  - Site of Jālandhara Bandha
  - Site of Uḍḍīyana Bandha
  - Site of Mūla Bandha
  - Jālandhara Bandha defined
  - Uḍḍīyana Bandha defined
  - Mūla Bandha defined
  - Jālandhara Bandha maintained thru four parts of breath
  - Uḍḍīyana Bandha maintained only thru Bahya Kumbhaka
  - Mūla Bandha maintained thru four parts of breath
- 3. Question on Role of Mūla Bandha P197**
  - Mūla Bandha is that part of Uḍḍīyana Bandha not released
- 4. Who is ready to do Bandha? P197**
  - Long holding of the breath a requirement

5. **Introducing Bandha in Āsana P197**
  - Taḍāka Mudrā
  - Adho Mukha Śvan Āsana
  - Mahā Mudrā
  - Śīrṣāsana
  - Use in Āsana prerequisite to use in Prāṇāyāma
6. **Teaching and technique of each P197-199**
  - Jālandhara Bandha prerequisite for others
  - Uḍḍīyana Bandha follows and is applied very slowly
  - Mūla Bandha applied after Uḍḍīyana Bandha established
7. **Application within Prāṇāyāma P199**
  - First establish a ratio in Prāṇāyāma without Bandha
8. **Vinyāsa Krama with Bandha P199**
  - Example of Prāṇāyāma ratio for Bandha
  - Progression of Bandha within Prāṇāyāma ratio
  - Application of Bandha needs to taper off
9. **Application of Bandha within Śīrṣāsana P200**
  - Follows same Vinyāsa Krama as for Prāṇāyāma
10. **Question on using long Bahya Kumbhaka in Śīrṣāsana P200**
  - Not natural so we must build up to it
11. **Question on Mūla Bandha in inverted postures P200**
  - Difference between gravity and conscious effort
12. **Some Āsana in which Bandha not possible P200**
  - Some Āsana in which Bandha not possible
13. **Anticipate a great reduction in breath with Bandha P200**
  - A ratio of 10.10.20.10 becomes 6.6.12.6

14. The best Āsana for Bandha P200
  - Inverted, lying flat, sitting with back straight
15. Some Āsana in which Bandha not possible P200
  - Backbending and twisting Āsana
16. Some Prāṇāyāma in which all Bandha not possible P202
  - Examples such as Kapālabhāti and Śīṭali
17. Question on Jālandhara Bandha in Kapālabhāti P202
  - Jālandhara Bandha only possible in Kapālabhāti and Bhastrikā
18. Question on Bandha as part of daily life P202-203
  - Practice them in one Āsana or one Prāṇāyāma
  - Don't do in all Āsana or all Prāṇāyāma
  - Example of doing in one Āsana
  - Several positions for using Bandha in Prāṇāyāma
19. Question on Agnisāra and risks P203-204
  - Agni Sāra not a Bandha but a Kriyā
  - Other example of Kriyā
  - Prāṇāyāma uses air and fire to clean the body
  - Any exercise with proper breathing cleanses
  - Those who don't breathe well in Āsana use other means
  - Caution around use of Bandha on Bahya Kumbhaka
  - Caution around overuse of Nauli
20. Question on back being straight for Bandha P204
  - Back never completely straight
21. Is it good to change position for Prāṇāyāma P204-205
  - We can change but usually same Āsana
  - Prāṇāyāma and Bandha not advised in Virāsana or Vajrāsana