



This is an example of a [Vinyāsa Krama](#) for the [Catur](#) or four [Bandha](#) when staying in [Mahāmudrā](#) as a [Hatha](#) Yoga technique for working with the important [Hatha](#) trilogy of [Prāna](#), [Apāna](#) and [Agni](#).

Here I am choosing not to focus on the [Pūrva Aṅga](#), the ascending or preparatory phase, nor on the [Uttara Aṅga](#), the descending or compensatory phase of the [Āsana](#) used in the [Vinyāsa Krama](#) for the whole practice.

It also does not include the building in of additional techniques such as [Prāṇāyāma](#), nor exploring the different roles [Prāṇāyāma](#) may have in relation to the whole practice, especially one that has incorporated additional techniques such as the [Catur Bandha](#).

Instead this extract is an example of the [Pradhāna Aṅga](#) or crown of this particular practice. It is centered around a stay in [Mahāmudrā](#) of around 10 minutes each side progressively incorporating and building in intensity, within the [Vinyāsa Krama](#) for [Mahāmudrā](#), with the additional techniques of the [Catur Bandha](#).

Each step of the [Vinyāsa](#) will intensify with the building in of an additional [Bandha](#) and also in one of the steps, the intensifying of the breath length and ratio. This example is as taught to me by Desikachar within my 121 lessons, at this particular juncture around the application or [Viniyoga](#) of the [Catur Bandha](#), all from the teachings of Krishnamacharya.

This particular practice example is obviously for an advanced [Āsana](#) student who is not only familiar with the concept of the [Catur Bandha](#), but has also the prerequisite of a working competence with combining all four [Bandha](#) into one [Āsana](#), whether it is used as a base for [Mudrā](#) practice or for [Prāṇāyāma](#) practice.

*Mūla Bandha is that part of Uḍḍiyāna Bandha that you do not release.*

This working competence with the [Catur Bandha](#) also implies a prior training and working competence in a variety of breathing ratios in [Āsana](#) and in [Prāṇāyāma](#), especially ratios which utilise the [Bāhya Kumbhaka](#).

Here there is a practice [Vinyāsa](#) with a crown stay of 12 breaths each side in [Mahāmudrā](#), with three steps of four breaths for each stage of the crown, with the same three steps are repeated when staying on the second side. The core ratios used are 2.1.3.1 and 2.1.3.2 with a [breath](#) length of between 42 and 48 seconds.

- 4 Breaths at 12.6.18.6 with [Jivhā](#) and [Jālandhara Bandha](#)
- 4 Breaths at 12.6.18.12 with [Jivhā](#), [Jālandhara](#) and [Uḍḍiyāna Bandha](#)
- 4 Breaths at 12.6.18.12 with [Jivhā](#), [Jālandhara](#), [Uḍḍiyāna](#) and [Mūla Bandha](#)