



One primary prerequisite to initiation into a [Tri Bandha Sādhana](#) was an ability in [Prānāyāma](#) within a [Vinyāsa Krama](#) around [Nāḍī Śodhana](#) where the crown was 12 breaths at 12.12.12.12

Thus before being taught [Uddiyāna Bandha](#), an essential precursor to [Mūla Bandha](#), there needed to be competence in sustaining [Prānāyāma](#), within a [Vinyāsa Krama](#) leading to a crown ratio of 1.1.1.1. with the [Pūraka](#), [Antar Kumbhaka](#), [Recaka](#) and [Bāhya Kumbhaka](#) each set at 12 seconds in a crown of 12.12.12.12. for 12 breaths.

Thus a practice peak of almost 10 minutes sustaining the crown ratio within a [Prānāyāma](#) practice, with the entire practice itself totalling around 20 minutes, all performed with one technique, [Nāḍī Śodhana](#).

This technique alone is already in itself demanding to sustain with an inaudible softness, as if pouring oil slowly and smoothly amidst an almost undetectable deftness of finger movement on the nostrils.

A further example of how there needs to be an effortless skill at working with the [Kumbhaka](#) and how our fluency with all four components of the breath sets a practice direction and evolution in that, amongst other goals, it determines our readiness to incorporate the [Tri Bandha](#) into our [Sādhana](#).