

Practical 32

Bandha (Locks)

Bandh means controlling or tying. It refers to body locks in yoga. With these practicing in yoga, we try to keep our body organs in control. We are going to practice Uddiyan Bandha.

Aim

To perform the Uddiyan Bandha.

After completion of this practical you will be able to perform and demonstrate Uddiyan Bandha in appropriate manner.

Requirements

- Yoga Mat - 1
- Cylindrical Cushion (1-2 ft length and thickness 10-15 cm)- 1

Preparation of Yoga Classroom

- The room should be clean and well ventilated.

Preparation of practitioner

- Wear comfortable, light, cotton clothes.
- Remove accessories like spectacles, wrist watch, belt etc. before practice.

Uddiyan Bandha

Method

- Sit in any comfortable meditative position, like sukhasana, padamasana, sidhasana.
- Keep your spinal cord straight.
- Place both hands on the knees. Close the eyes and relax the whole body.
- Slowly and deeply inhale and exhale. Try to empty lungs completely.
- After exhaling completely straight the hands and raise the shoulder.
- Pull the abdominal muscles in and up into the abdominal cavity as far as possible.



- Remain in this position till the comfortability level.
- Then release the abdominal muscular tension and bend from elbows. Then inhale slowly and return to starting position. When breathing normalises repeat the process.

Precautions

- Consult the specialist on complaining of high blood pressure, heart disease.
- Physical stability is necessary for *Bandha*.
- Keep your eyes closed.
- Do not rush into doing it.
- Do it according to your capacity.
- Do not force in breathing while doing it.

Benefits

- From this physical, psychological and spiritual benefits are achieved.
- It converts biological energy into spiritual energy.
- It removes gastric depression.
- Uddiyan Bandh removes abdominal diseases.
- It makes meditation (*dhyan*) more effective.
- It controls endocrine system.
- It is helpful in awakening of our body chakras.

Effect and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects:

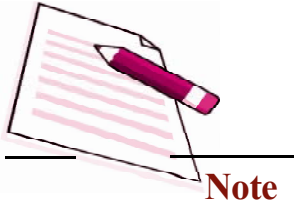
Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Increase in the level of energy								
Effect on breathing								
Increase in internal awareness								
Experience of spiritual consciousness								

✓ or × under physical effect and submit the record.



Note





Observation

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(Signature of the Instructor)

