

# BANDHAS - LOCKS

*A redirection of energy that helps us have control of prana.  
It temporarily reduces a flow to release a fresh one.*





# BANDHAS - THE ENERGY LOCKS

*bind/lock*

A bandha is a lock or bind, which is performed in order to redirect and regulate the flow of *prana* (life force energy) to certain parts of the body. Also referred to as an energetic lock, bandha was practised by yogis of the past to promote energy flow and maintain optimal health.

## Benefits

- Bandhas lock certain doorways so that *pranic* energy does not leak unnecessarily into the atmosphere.
- Usually some areas of our body are energy-rich and some are energy deprived. In energy-rich areas, prana gets stuck by muscular tension. Bandhas redirect this stuck energy to energy-deprived regions.
- Bandhas are great tools to get control over different koshas (layers) of the body.
- Keeps the spine healthy.
- Strengthens the autonomic nervous system.
- Yogis perform bandhas for Kundalini awakening.
- Calms the brain and strengthens our emotions.

## Contraindications

- Pregnancy.
- Blood pressure disorders.
- Abdomen illness or condition.
- Intestinal disorders or hernia.
- Heart disease.
- Anxiety or panic attacks.





# JALANDHARA BANDHA



Y.O.G.A  
with  
Kathryn Holloway

*Net/stream*

*Bring chin to chest*

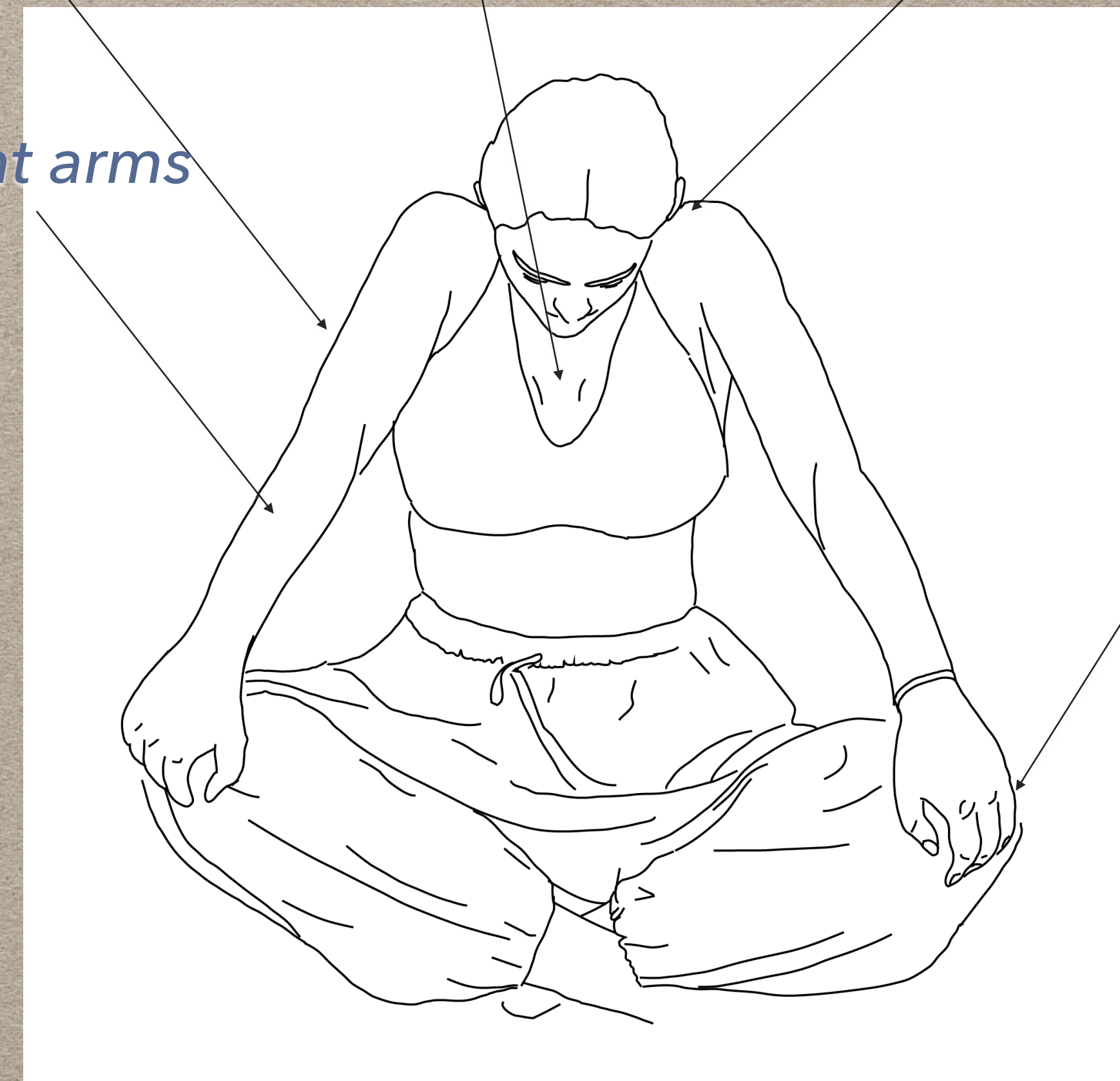
*Straight spine*

*Bring shoulders up to ears*

- Chin/Throat Lock.
- Locks the prana in the throat region.
- Can purify energy channels around the neck and stimulate the parathyroid and thyroid glands.
- Can be practised up to five times.
- To exit, lift chin up exhale and relax. This also works for both internal and external breath retention.

*Straight arms*

*Palms on  
knees*





# JALANDHARA BANDHA



## Benefits

- Reduces resting heart rate and stress.
- Can cure throat disorders.
- Energetically, Jalandhara is connected to the Vishuddhi chakra.
- Improves breath retention capacity.

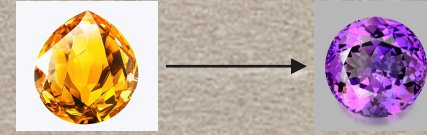
## Contraindications

- High blood pressure.
- Heart disease.
- Neck issues.
- Vertigo.





# UDDIYANA BANDHA



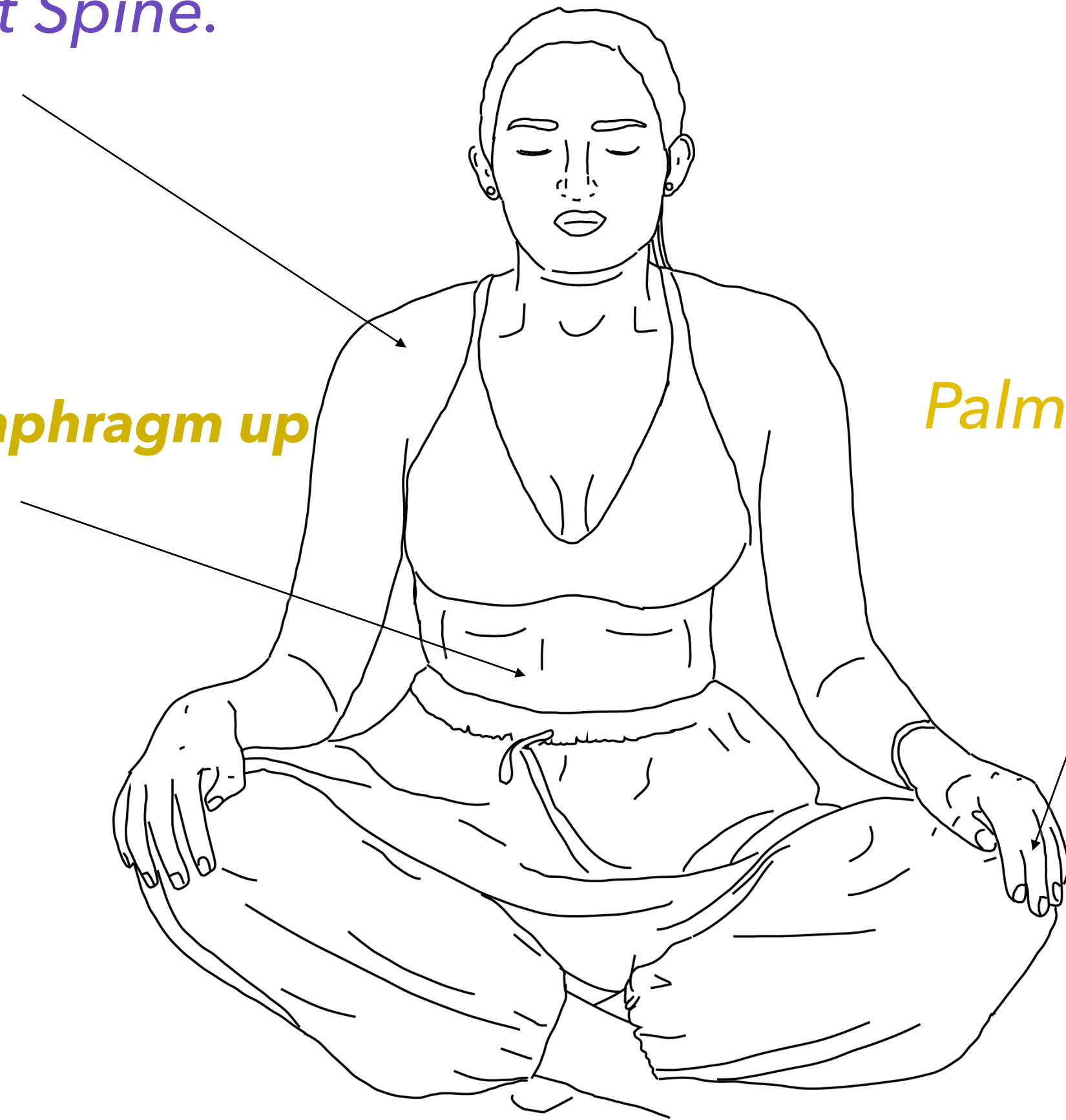
**Y.O.G.A**  
*with*  
Kathryn Holloway

- Abdominal lock/stomach lift.
- Movement of energy from the solar plexus towards crown chakra.
- It locks the prana in the abdomen region. We draw our navel part in and upward.
- Do this on an empty stomach.
- It feels like you move your diaphragm up to your heart. As if you are trying to create an arch your stomach.
- To exit - release diaphragm before you exhale.
- Can be executed up to 10 times.

*Straight Spine.*

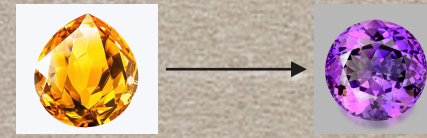
*Push Diaphragm up*

*Palms on knees*





# UDDIYANA BANDHA

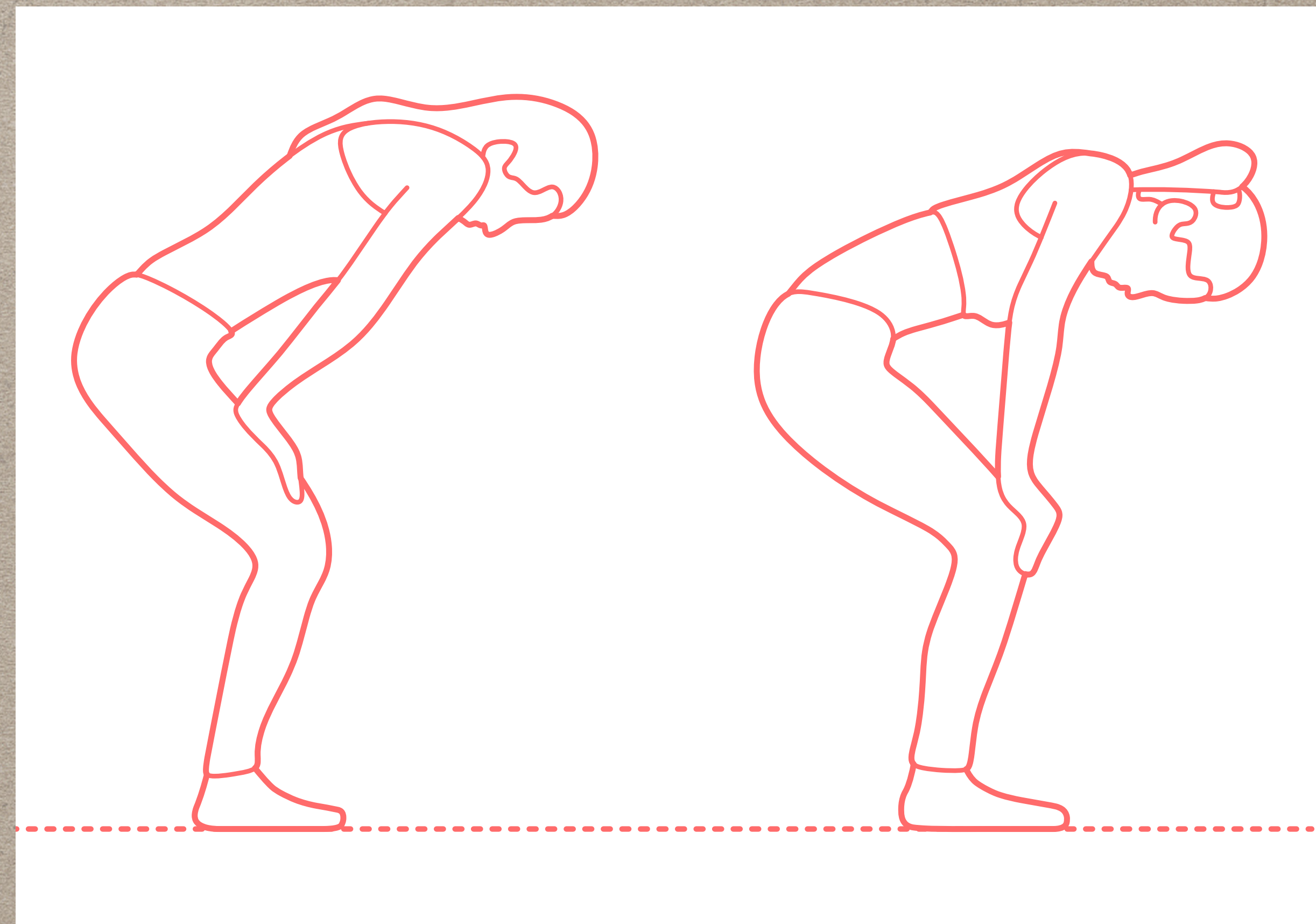


## STANDING VARIATION

**Y.O.G.A**  
*with*  
*Kathryn Holloway*

- Much easier variation for beginners

- Stand, feet just larger than hip width distance. Toes point outward.
- Palms placed on knees with fingertips in the direction of toes.
- Come into the squat position.
- Breathe in, do you notice your stomach is hollowed a little? This is the feeling you want to hold, get comfortable with the feeling.
- Try for 3 times to begin, then up to 10 times.





# UDDIYANA BANDHA

## Benefits

- Strengthens the abdominal muscles and diaphragm.
- Makes us feel and look younger, refreshed and energetic.
- Helps to stimulate the Manipura chakra.
- Enhances higher awareness within us.

## Contradindications

- Stomach or intestinal ulcers.
- Hernia.
- High blood pressure.
- Heart disease.
- Glaucoma.
- Menstruation.
- Pregnancy.





# MULA BANDHA

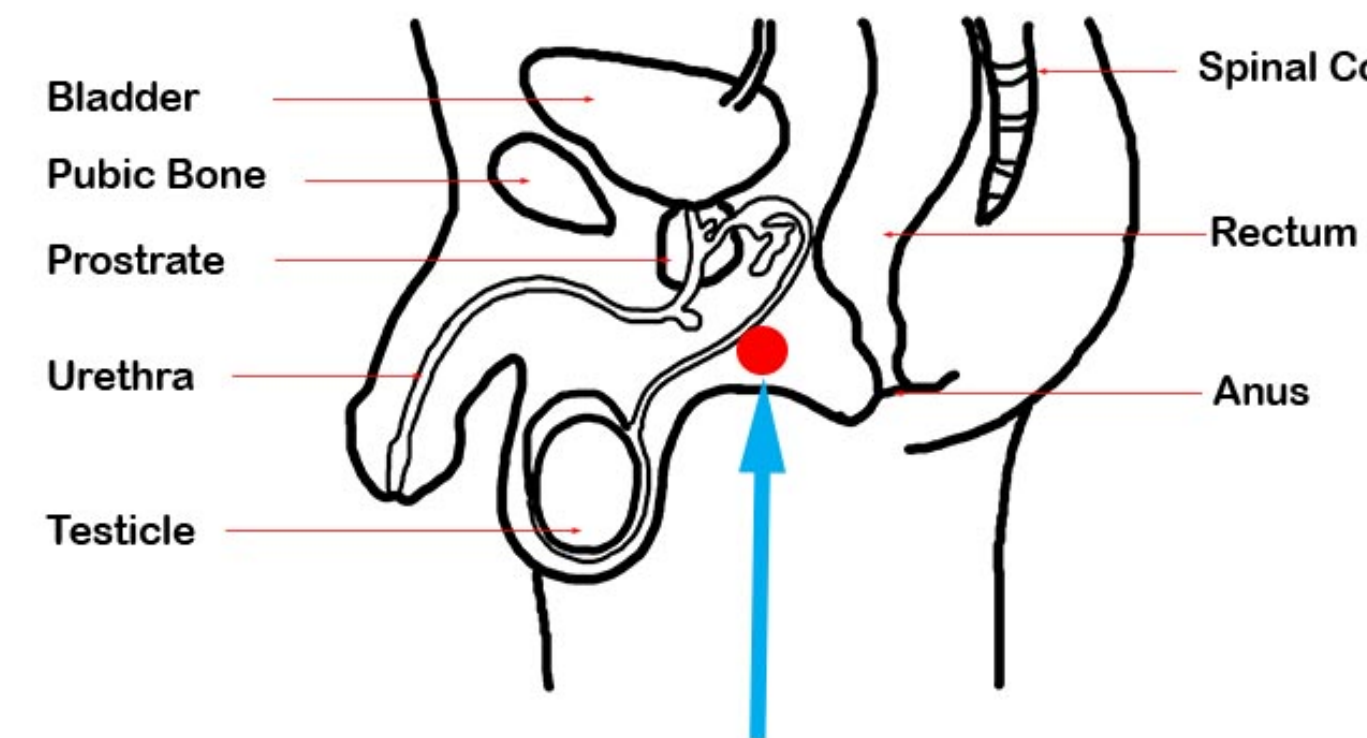


- Root Lock/Perineum contraction.
- Includes the contraction of perineal muscles to lock the energy in the pelvic area.
- In men - the region between the testes and anus.
- In women - the pelvic floor muscles behind the cervix.
- As you advance in this lock, you can separate the urinary and anus muscles and strengthen them.

## THE ROOT LOCK - FOR MEN

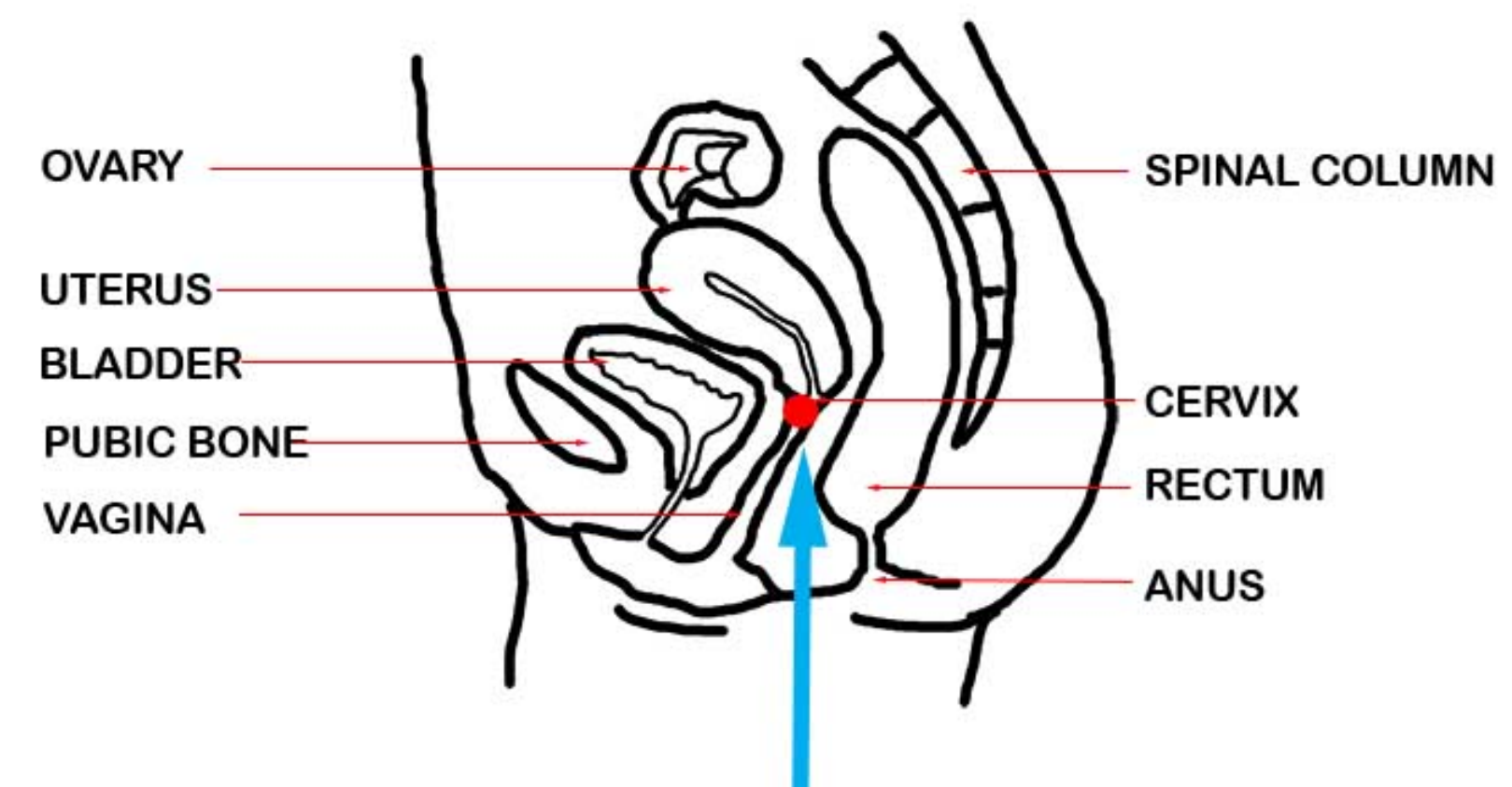
Y.O.G.A

with  
Kathryn Holloway



**CONTRACT THE SPOT UNDER THE PERINEUM**

## THE ROOT LOCK - FOR WOMEN



**CONTRACT THE SPOT NEAR THE CERVIX**



# MULA BANDHA



Y.O.G.A  
*with*  
Kathryn Holloway

## Benefits

- Increases concentration powers and emotional strength.
- Strengthens the pelvic floor.
- Helps to cleanse the body.
- Improves sexual health.
- Provides relief from mental stresses, negative emotions and phobias.
- Stimulates the Muladhara chakra and helps in Kundalini awakening.

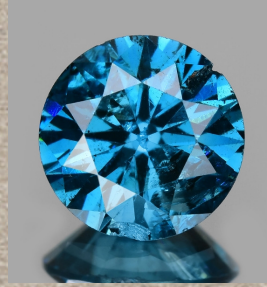
## Contraindications

- Avoid during menstruation or if there is any pain when practising.
- Chronic constipation.
- Haemorrhoids.





# MAHA BANDHA



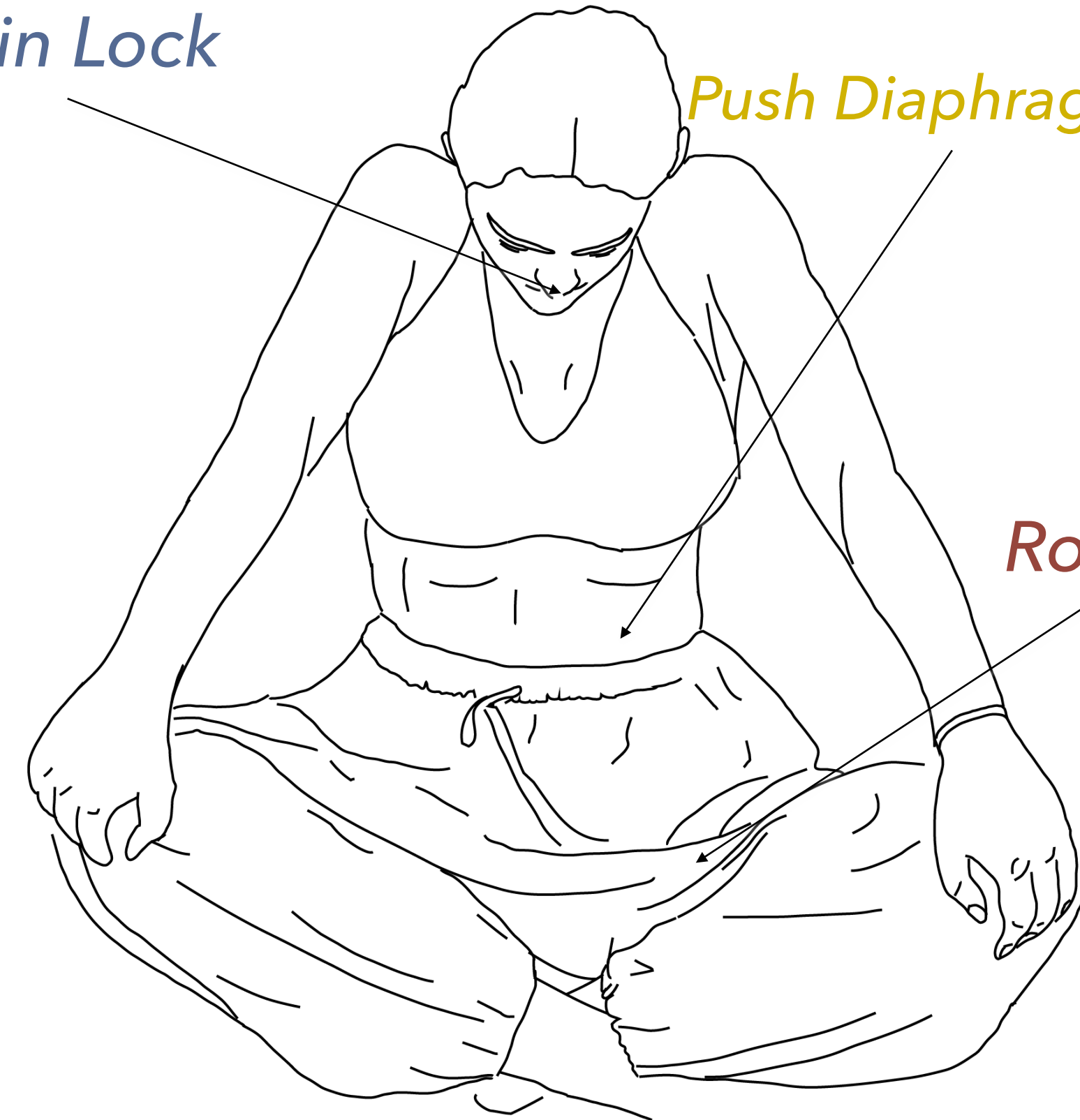
Y.O.G.A  
with  
Kathryn Holloway

- **Great Lock.**
- All three locks combined.
- Advanced Technique.
- Very cleansing for the system. The breath retention differs from person to person.
- Can be executed up to 5 times to begin and up to 10 once advanced.

Chin Lock

Push Diaphragm up

Root Lock



To enter: Inhale. → Jalandhara Bandha. → Uddiyana Bandha. → Mula Bandha.

To exit: Release Mula Bandha. → Uddiyana Bandha. → Jalandhara Bandha. → Exhale.

Must be released in reverse.



# HASTA BANDHA

Y.O.G.A  
*with*  
Kathryn Holloway

- Hand Lock.
- Strengthens but also reduces the pressure on wrists.
- Rest finger pads on mat and the rainbow knuckle region of the palm.
- Locks the prana in the hands and arms and awakens energy channels up the arm - enhancing strength of muscles, ligaments, joints and connective tissue throughout the arm. Will create a suction structure.
- Helps make sure we are safe in the asanas such as Downward Facing Dog and Bakasana (crane pose).





# PADA BANDA

*Rainbow of foot/balls of feet*

**Y.O.G.A**  
*with*  
*Kathryn Holloway*

- Foot Lock.
- As with hand lock we use the rainbow of our foot, also known as the transverse arch.
- We create this lock by lifting our toes but keeping our heels on the mat.
- You may notice the phrase 'all four corners of the feet'. The heel counts as two points in this phrase. This is what they mean.
- Pada Bandha locks energy in our feet and activates the arches of the feet. It provides stability and balance.
- It supports the elevation of joints in the legs and pelvic area.

