

Mula Bandha (“Root Lock”)

Blending of prana, creating Tapas (heat). Increases stability in the pelvis.

Teaching Mula Bandha

Contract anal sphincter** (Ashwini Mudra).

Contract muscles of the pelvic floor as you would to stop the flow of urine.

The navel will naturally draw in and up.

The experience of Mula Bandha can be different depending on the sex organs.

**The contraction may be felt more in the vaginal walls than in the anal sphincter depending on reproductive organs and other features of the pelvis that are different from one sex to the other.

Possible benefits:

- ☯ downward flow of apana is reversed ~ unites with prana at the navel centre ~ creating a neutral mind
- ☯ encourages energy flow in Sushumna
- ☯ provides vigour and luster

