

# Using Bandha to Control Energy from the Breath

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Mula bandha is inward breath while contracting the pelvic floor muscles.

Uddiyana bandha is exhalation while drawing in the abdominal muscles.

In ashtanga yoga, both mula and uddiyana bandha are both continuously activated throughout the entire practice. When the pelvic floor is contracted and the abdominal muscles are pulled in, the torso is firm and stable, and the spinal column is lengthened, providing room for movement. The action is between opposing forces, which like a battery, causes energy to flow. The energy flows from the root (muladhara) chakra to the heart (anahata) chakra. It is like a dance of opposites.