



Mula-Bandkha: Kliuch k Masterstvu [Moola Bandha: The Master Key]

Svami Satyananda Sarasvati

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Moola Bandha - the Master Key is for those dedicated yoga practitioners researching for the master key to unlock the abode of maha kundalini. Little has been written about the ancient practice of bandha, which is regarded as an important aspect of both hatha and kundalini yoga. Moola Bandha is a simple yet dynamic practice with profound physical, mental and spiritual benefits for the practitioner. The text focuses on the theory and practice of bandha. The physical, pranic and psychotherapeutic effects are explored, including the relationship between moola bandha and acupuncture

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