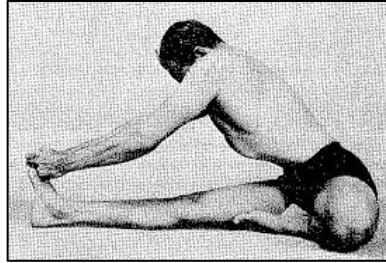


THREE SEASONS AYURVEDA



Maha Mudra – The Great Lock

Maha in Sanskrit means ‘great’ and *Bandha* means a lock and *Maha Bandha* means the great lock. The practice of *Maha Bandha* uses the three Bandhas in the body: Mula Bandha (root), Uddiyana Bandha (abdominal) and Jalandhara Bandha (throat).

This practice should *NOT* be practiced by those suffering from blood pressure or heart diseases, ulcer of stomach or intestine, stroke, paralysis, hernia and also when pregnant.

How to do Maha Mudra

- 1 Sit in a Dandasana (staff pose).
- 2 Keeping the left leg in Dandasana, let the right leg turn out, using your right hand bring the knee back placing the right heel in the left groin, as in Janu Sirsasana
- 3 Bring the arms over the head to extend the side chest, reach forward and grab the right foot, straighten the arms lifting the chest up and bring the back into a concave position.
- 4 On the next inhalation lift the chest and then drop the chin down towards the chest bring the head into Jalandhara Bandha (throat lock), exhale. Inhale and draw the anal mouth up, engaging the Mula Bandha and then engage the Uddiyana Bandha (abdominal lock) by lifting and drawing it towards the Jalandhara bandha at the throat.
- 5 Hold the breath for 2-3 seconds and then release the *Maha Bandha* by first releasing *Mula Bandha* (root), then the *Uddiyana Bandha* (abdominal) and then finally the *Jalandhara Bandha* (throat) in that order. Release and do the other side in the same order.
- 6 This is one round of *Maha Mudra*; repeat the process for as many times as you feel comfortable. Take ample rest after each round by doing relaxed breathing till you are ready for the next round.

Benefits of Maha Mudra (The Great Lock)

- 1 *Maha Bandha* activates the three chakras: *Muladhara*, *Manipuraka*, and *Vishuddhi* and pulls the pranic energy upwards awakening the Prana Shakti heightening levels of awareness.
- 2 Tones the abdominal organs, kidneys, spleen and adrenal glands. Benefits the entire digestive processes and people suffering from enlarged prostate glands should practice daily.
- 3 Activates the pineal gland and brings harmony and rejuvenation to the endocrine system.



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