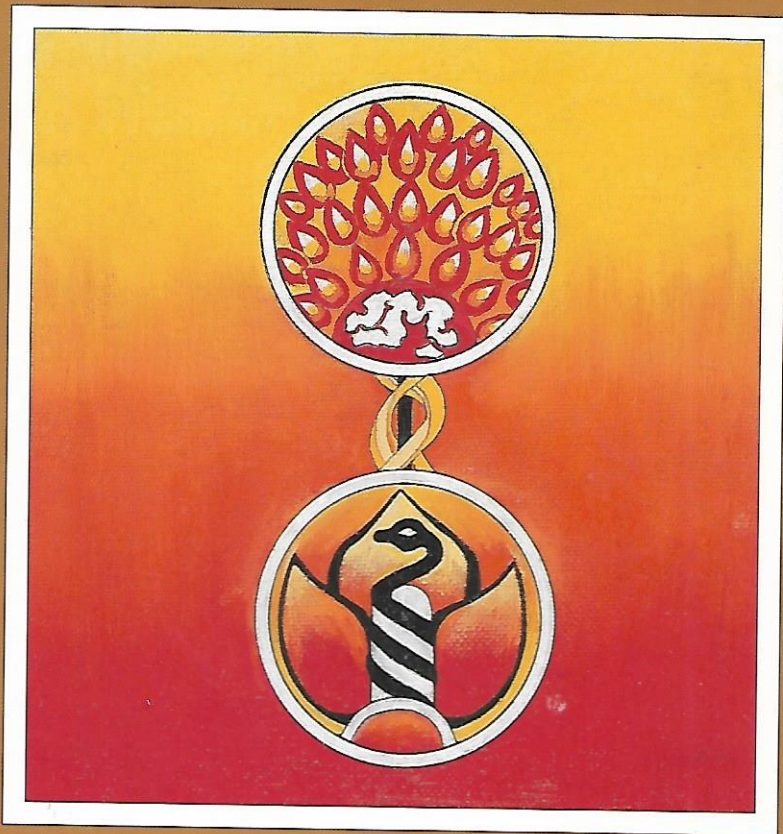


Moola Bandha

The Master Key

Swami Buddhananda



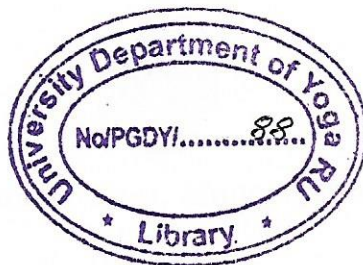
Yoga Publications Trust, Munger, Bihar, India



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With kind regards, ॐ and prem



01/18

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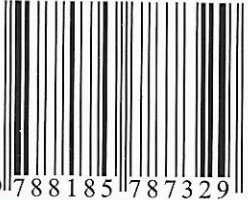
SATYANANDA YOGA
BIHAR YOGA

Moola Bandha – the Master Key is for those dedicated yoga practitioners searching for the master key to unlock the abode of maha kundalini. Little has ever been written about the ancient practice of bandha, which is regarded as an important aspect of both hatha and kundalini yogas. Moola bandha is a simple yet dynamic practice with profound physical, mental and spiritual benefits for the practitioner.

This 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. A concise practical section includes both preliminary practices and advanced techniques to enable the practitioner to pursue this sadhana to the utmost, thus awakening the primal energy within.

Includes line drawings and diagrams.

ISBN: 978-81-85787-32-9



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