



Written Description for: Section 11, Lesson 4

Qi Pressure Exercise #3: The Maha Bandha & Ujjayi Breathing

(i) Choose Your Position

- Stand in the Simple Stance or sit comfortably with a straight spine.
- Relax your body and take a few deep breaths to settle into a calm state of awareness.

(ii) Engage the Root Lock (*Mula Bandha*)

- Bring your awareness to the perineum (between the anus and genitals).
- Gently contract this area 50% of your maximum effort — not too tight, but enough to feel a lifting sensation.

(iii) Engage the Abdominal Lock (*Uddiyana Bandha*)

- Slightly contract the lower abdominal muscles, pulling them inward toward the navel centre.
- Feel the force coming up from the perineum and the force inwards from the abdomen meeting at the centre of the *tan tien*.
- As you inhale, guide the breath into that centre.
- As you exhale, send the energy of the exhale further into that centre.

(iv) Engage the Throat Lock (*Jalandhara Bandha*)

- Slightly tuck the chin, creating a gentle compression at the throat.
- Partially constrict the throat passage, allowing for a soft, audible rasping breath—this is *Ujjayi* breathing.
- The breath should sound like a gentle ocean wave or wind passing through a tunnel.



(v) Breath with the Locks Active

- Inhale deeply through the nose, directing the breath into the navel centre.
- Exhale slowly, compressing the breath deeper into the *tan tien*.
- Maintain the three locks simultaneously, feeling *Qi* build, pressurise, and concentrate.

(vi) Maintain the Locks for Several Breaths

- Hold these contractions for 1-3 breaths to start.
- As you become more advanced, gradually increase to 6, 9, or 18 breaths.
- If you feel tired, release the locks and take a short break before continuing.

Keep practicing this technique until you are able to keep the contractions active for lengthy periods of time. The longer you can keep this active, the more refined energy you will cultivate.