

Shatkarman, Bandha and Mudra

# Throat Lock

*Jalandhara Bandha*

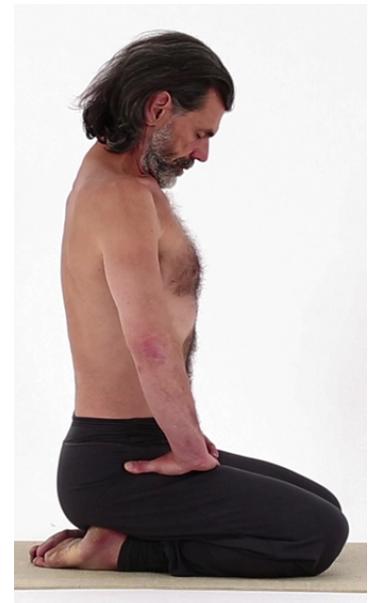
**Starting position:** Seated, hands on upper thighs, fingers pointing inward.

This gesture is added during the practice of retention (especially full retention), in those Yoga breathing techniques that require it.

Keeping the spine elongated, deeply inhale expanding the torso from bottom to top. The chest expands completely and remains so for the entire duration of the breath retention; upper abdomen is drawn in.

Swallow and, keeping the glottis closed (*aprakasha mudra*), bring the chin to the upper sternum (sternal notch); the pressure of the chin on the sternum should not require effort, but should be precise.

Eyes, face, shoulders should be kept relaxed as well as mouth, tongue and temples; the gaze should be directed towards the centre of the forehead; the tongue can move towards the palate.



It can also be executed with empty retention, provided that the ribcage is expanded by virtue of a false inhalation.

**Contraindications:** mechanical impediments.

**Benefits:** it eliminates any possible negative side effects generated by retention in the neck and head areas; it reduces the internal pressure of the chest during holding the breath and slows down the heartbeat; stabilizes Prana Vayu and stops its ascendant movement, favouring contact with Apana Vayu; it acts as a balancer on the Chakra of the Throat and on the organs and functions connected to it.