



Role of the Bandhas in creating support and structure.

It's helpful to think of the bandhas and on occasion the heart as the keystone of a supporting arch.



These supporting arches are everywhere in the body. The 3 principle arches in the feet, the arch from the earth element to bandha (or heart) to earth element.



The arches and domes in the fingers and palm of the hand

These arches distribute the weight out of the body into the earth element.



Role of the
Bandhas in
creating support
and structure
cont...

This becomes even
more effective when
the body is free of
unnecessary tension.



Unnecessary tension in
the body obstructs the
natural energetics of
the body from
providing the support.



This natural energetic
is subtle and originates
through Moola and
Uddhiyana bandha.
This is further
enhanced through the
Ujjayi breath which
creates further
integrity and stability
in the torso.



Role of the Bandhas in creating support and structure cont...

It is important that the torso is not under strain restricting this breath and so reducing this integrity and stability.



When we work this way, the body retains its natural suppleness whilst retaining a deep seated core strength that has nothing to do with muscular holding or bracing.

.

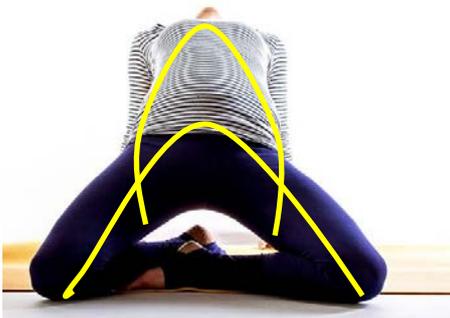


Role of the Bandhas in creating support and structure cont...

It's easy to move into autopilot at this point, focusing on shape more than balance and is marked by a gradual solidifying of the joints and softer tissue.



Retaining an awareness in the present and choosing to release away from this is supported through smiling and soft listening.



Soft listening reveals the onset of tension either in the body or around our brain (which is also in our body but we often forget this). Each form of tension is approached in the same way.



Role of the
Bandhas in
creating support
and structure
cont...



On the in breath
'smile': lift the corners
of your eyes and
mouth and release all
other facial tension.

Relax any tension you
recognise around your
brain as best you can.

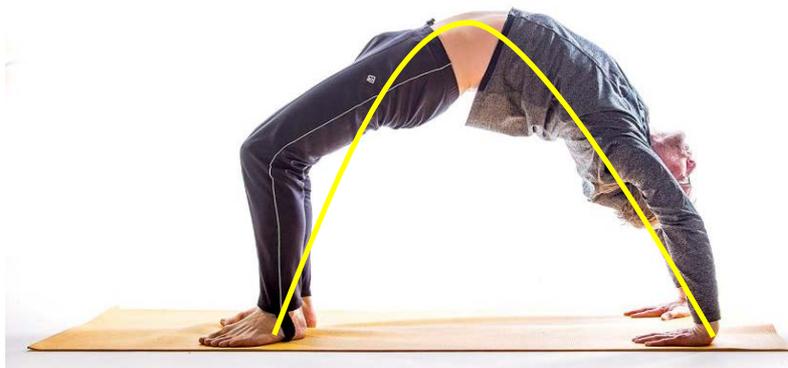


On the out breath
soften around the
outside of any tension
you witness in the
body



Role of the
Bandhas in
creating support
and structure
cont...

When we smile in this
way we open the mind
to soft listening.



This is subtly different
to concentration, it is
expansive and not
contractive and leads
to fluidity not a
stuckness.



The support is dynamic
and not held and
immediately
responsive to change
without a sense of
pushing, resistance or
imbalance allowing
dynamic balance and a
fluidity of movement
into and out of each
posture.



Role of the
Bandhas in
creating support
and structure
cont...

When we work this
way the body feels:

light, soft, energised
and in large part
invisible to the mind's
eye.

It moves in a way that
is:

supple, agile, balanced
and inherently strong
without the conscious
need for strength and
consequently has
enhanced stamina.

Those observing see a
more effortless
movement that has
greater grace and
ease.

