

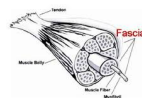


Myofascial Yoga: A movement and yogic guide to asana

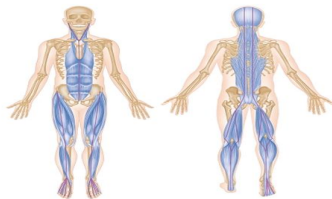
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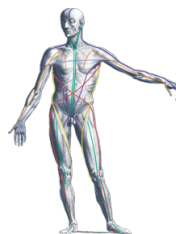
What is the Fascia?



Superficial Back & Front Lines



Integration of the Meridians



"We don't breathe without moving, we don't move without breathing."

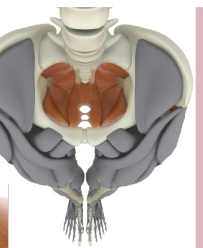
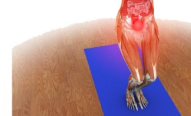
Beth shaw



Chapter 2 Bandhas

Bandhas are "locks" occurring throughout the body. The most common of supporting muscles form these "locks", contracting these muscles and firming the abdomen.

Mula Bandha
Mula Bandha works with the muscles of the pelvic floor lifting and toning the base of the spine, lifting the bladder and prostate. The pelvic floor muscles are supported and activated by contracting muscular muscles such as the diaphragm. This focuses the mind on the breath.



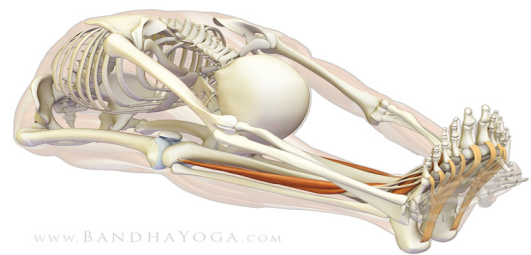
Simultaneously contracting other muscle groups accentuates Mula Bandha. For example, gently contracting the back together by contracting the abdominal muscles contracts the pelvic floor muscles, "pulling the back together" has the same effect. This phenomenon is known as "microlocks."



Looking at the Pada Bhand

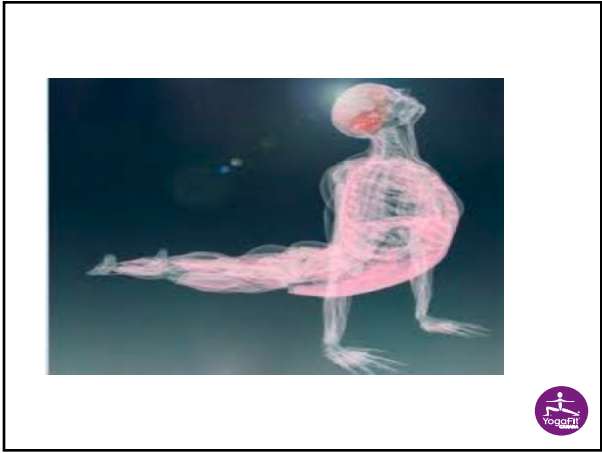
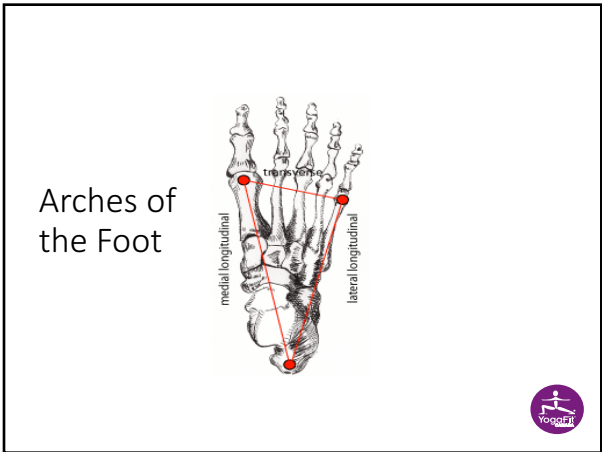


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Thank you for attending

Further reading and sources:
www.bandhavayoga.com
 Anatomy Trains by: Timothy Meyers
 Yoga Anatomy by: Leslie Kaminoff

