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But there are also ways-important ways-

that Asana Pranayama Mudra Bandha

(henceforth APMB) has the edge. First is

the organization of the asanas. In Iyengar's

text asanas proceed generally from less

advanced to more advanced, but there are

no internal divisions among the asanas.

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Pratyahra, Dharana, Mudra, Pranayama  
Although the use of bandhas is recommended in asana practice and is necessary for certain postures, very often their application remains elusive and obscure. One of the main reasons for this is the unhealthy state of the digestive system.

~~Bandhas - Ashtanga Yoga Shala NYC~~

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TEACHING FROM SWAMI

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not an ancient myth buried in oblivion. It  
is the most valuable inheritance of the  
present. It is the ess

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practices, which are called shatkarma,  
asana, pranayama, mudra and bandha.  
Shatkarma. Shatkarma or the six karmas,  
comprise the six purificatory and cleansing  
practices of yoga, which purify the body at  
physical, pranic (energy) and mental level.  
The purpose of these practices is to  
detoxify the body and the ...

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