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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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