



BIKRAM YOGA

MILL PARK

BIKRAM YOGA POSTURES

Bikram Yoga is a series of 26 Hatha Yoga postures (asanas) and 2 breathing exercises (pranayamas). Please see below for an image of each posture and the suggested benefits associated. Postures performed by Bikram Yoga Founder, Bikram Choudhury.



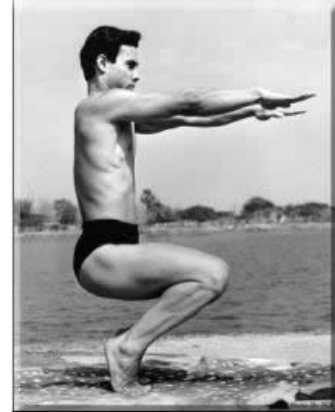
STANDING DEEP BREATHING /PRANAYAMA

- Mental relaxation
- Detoxification
- Works the nervous, respiratory & circulatory systems



HALF MOON

- May help to lower back pain, constipation, obesity of stomach, bronchi distress, frozen shoulders
- Exercise the colon, pancreas & kidney



AWKWARD POSE

- May help to open pelvic area, alleviate joint pain & arthritis of the knees, strengthen lower limbs, improve flexibility in the toes & ankles
- Works quadriceps & deltoids



EAGLE

- May help strengthen lower extremities, joint mobility for hip girdle & all 12 major joints by creating pressure in the joints & releasing fresh blood supply to flow in
- Assist in control of sexual energies, improves function of the central nervous system



STANDING HEAD TO KNEE

- Improves concentration, avoids sciatica by improving circulation & flexibility, strengthens back muscles & nerves
- Works the muscular, skeletal, reproductive & digestive systems



STANDING BOW

- Increases circulation to the heart & lungs
- Improves elasticity of the spine
- Helps with lower back pain
- Opens diaphragm & lungs



BALANCING STICK

- Increases blood flow all over the body
- Clears arteries
- Builds strength in the lower extremities
- Works the pancreas, kidney & spleen
- Works muscular, reproductive, nervous & circulatory system



SEPARATE LEG STRETCHING

- Helps for constipation, abdominal obesity & hyper acidity
- Increases circulation to the brain & adrenal glands
- Good for small & large intestines



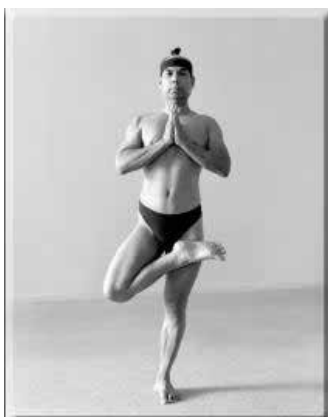
TRIANGLE

- Good for Kidneys
- Helps chemical imbalances in the system
- Helps hip & back pain, general mobility & menstrual disorders
- Cardiovascular benefits
- Works circulatory, digestive, immune & reproductive systems



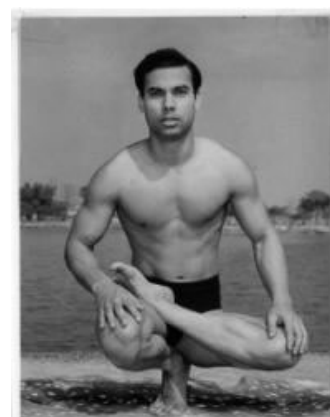
STANDING SEPARATED LEG HEAD TO KNEE

- Helps abdominal obesity, diabetes, thyroid, blood & sugar balance, pancreas & kidneys
- Works endocrine, reproductive & digestive systems
- Works obliques, quads, deltoids, trapezius, biceps & triceps



TREE POSE

- Creates hip & knee mobility
- Releases abdominal tension
- Helps inflammation of the lower back



TOE STAND

- Creates balance in the body & mind
- Strengthens stomach muscles
- Helps with arthritis, knee problems & gout pain
- Strengthens weak joints



DEAD BODY POSE

- Facilitates powerful blood flow
- Allows circulation to return to normal, creating internal cleansing and greatly magnifying the benefits of the postures that precede it



WIND REMOVING POSE

- Helps constipation, flatulence & hyper acidity
- Massages ascending colon, descending & transverse colon



SIT UP

- Stretches the spine
- Increases flexibility
- Works the muscles, ligaments and tendons of the legs
- Improves circulation



COBRA POSE

- Works to compress & open the spine
- Each posture works a specific section of the spine
- Creates spinal changes, helps with lower back pain, scoliosis & cervical spondylosis



LOCUST POSE

- Works to compress & open the spine
- Each posture works a specific section of the spine
- Creates spinal changes, helps with lower back pain, scoliosis & cervical spondylosis



FULL LOCUST POSE

- Works to compress & open the spine
- Each posture works a specific section of the spine
- Creates spinal changes, helps with lower back pain, scoliosis & cervical spondylosis



BOW POSE

- Works to compress & open the spine
- Each posture works a specific section of the spine
- Creates spinal changes, helps with lower back pain, scoliosis & cervical spondylosis



FIXED FIRM

- Strengthens & improves flexibility of lower spine, knees & ankle joints
- Helps to cure sciatica, gout & rheumatism in the legs
- Helps varicose veins
- Helps to cure & prevent hernia



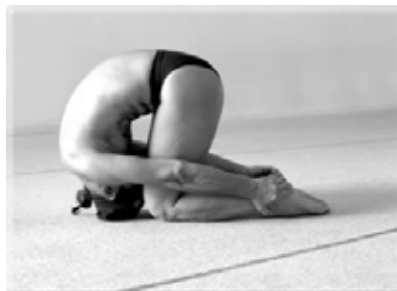
HALF TORTOISE

- Provides maximum relaxation
- Cures indigestion, constipation & flatulence
- Stretches lower part of the lungs
- Helps diabetes



CAMEL

- Strengthens muscles in the back & shoulders
- Provides maximum compression of the spine, stimulating the nervous system
- Improves flexibility of the neck & spine
- Relieves backache



RABBIT

- Stretches spine, maximum extension
- Helps maintain mobility & elasticity of the spine & back muscles
- Nurtures the nervous system
- Helps diabetes
- Helps with colds, sinus problems, chronic tonsillitis, sore & strep throat
- Good for thyroid, parathyroid & larynx



HEAD TO KNEE WITH STRETCHING

- Helps to balance blood sugar level, especially good for diabetes
- Good for the immune system, stimulates the thymus
- Improves kidney function
- Increases circulation to the liver & the spleen, pancreas, thyroid, thymus & intestines



SPINE TWISTING

- Only posture that twists the spine from top to bottom at the same time
- Improves flexibility of spine & hip joints
- Helps prevent slip discs
- Increases circulation and nutrition to spinal nerves, veins & tissues
- Helps sciatica
- Improves digestion



KAPALBHATI BREATHING

- Helps to rid the body of toxins
- Good for emphysema & other respiratory ailments
- Strengthens, massages & increases circulation to the abdominal organs & muscles
- Good against high blood pressure & good for the heart

If you have a specific health concern or injury, the Bikram Yoga Mill Park Team suggest you consult a Doctor or Medical Professional before commencing Bikram Yoga.