

# Hot Yoga Beginners Guide

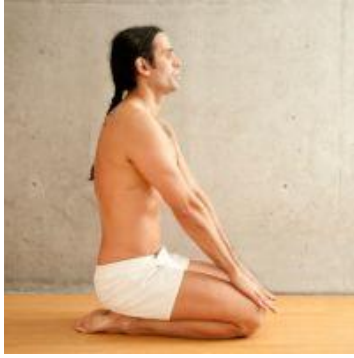
# 26 BIKRAM YOGA **POSTURES** and 2 BREATHING EXERCISE



Before you begin doing the actual Bikram Yoga poses, start by doing the Standing Deep Breathing pose, also called the Pranayama.

This will help you expand your lungs, improve detoxification of the organs, and increase mental relaxation as well as blood flow – all of these will prove very useful during your Bikram Yoga workout.





Once you are finished doing all the poses (or whichever you choose to do), you should finish off with the Blowing in Firm pose, which is the final breathing exercise, also known as Kapalbhathi-in-Vajrasana. You'll do this to clear your mind, remove any stale air from your lungs, improve bowel movement and oxygen flow to the body, and even help normalize your blood pressure.



The following are the 26 postures of Bikram Yoga. These are taught in the Beginning Bikram Yoga Class.

#	Sanskrit	English	Benefits claimed
1	प्राणायाम <a href="#">Prāṇāyāma</a>	Standing Deep Breathing (lit. Breath Extension)	May help prevent respiratory problems
2	अर्धचन्द्रासन <i>with</i> पादहस्तासन <a href="#">Ardhacandrāsana</a> <i>with</i> <a href="#">Pādahastāsana</a>	Half Moon Pose <i>with</i> Hands To Feet Pose	Strengthens muscles in body's core along with improving flexibility of the spine
3	उत्कटासन <a href="#">Utkatāsana</a>	Awkward Pose	Helps tone and shape legs while it may relieve arthritis in the legs
4	गरुडासन <a href="#">Garudāsana</a>	Eagle Pose	Opens up the 14 largest joints and helps fresh blood move through the reproductive system

### Standing Head To Knee Pose

5 दण्डायमन जानुशीर्षसन

Daṇḍāyamana  
[Jānuśīrṣāsana](#)



Improves the sciatic nerves flexibility and may strengthen hamstrings plus other leg muscles

### Standing Bow Pose

6 दण्डायमन धनुरासन

Daṇḍāyamana  
[Dhanurāsana](#)



Helps develop balance while potentially firming upper thighs and the abdominal wall

### Balancing Stick Pose

7 तुलादण्डासन

Tulādaṇḍāsana



Helps send blood to the heart, cleansing the arteries and veins

### Standing Separate Leg Stretching Pose

8 दण्डायमन विभक्तपाद पश्चिमोत्तानासन

Daṇḍāyamana  
Vibhaktapāda  
[Paścimottānāsana](#)



Helps stretch and strengthen sciatic nerves and tendons in the legs

9

त्रिकोणासन

[Trikonāsana](#)

### Triangle Pose



May help alleviate lower back pain and crooked spines while improving muscles and internal organs

10

दण्डायमन विभक्तपाद  
जानुशीर्षसन

Daṇḍāyamaṇa  
Vibhaktapāda  
[Jānuśīrṣāsana](#)

### Standing Separate Leg Head To Knee Pose



May help regulate metabolism and immune system while trimming the lower body

11

ताडासन

[Tādāsana](#)

### Tree Pose



Helps improve posture, balance and flexibility while strengthening oblique muscles

12

पादाङ्गुष्ठासन

[Pādāṅguṣṭhāsana](#)

### Toe Stand Pose



Helps strengthen knees, ankles, and feet while potentially reducing hemorrhoid problems

### Corpse Pose

शवासन

13 [Śavāsana](#)



Helps circulation and the blood flows throughout the body to create internal cleansing

### Wind Removing Pose

पवनमुक्तासन

14 [Pavanamuktāsana](#)



Compresses the digestive system and helps strengthen the arms, abdomen and thighs while improving hip flexibility

### Situp

पा  
दहस्तासन

15 [Pādahastāsana](#)



Helps increase flexibility to stretch the spine and improves circulation of the legs by working the muscles

### Cobra Pose

भुजङ्गासन

16 [Bhujāṅgāsana](#)



Helps strengthen the spine and may relieve pain from scoliosis, arthritis and menstrual disorders while potentially improving the digestive system

### Locust Pose

शलभासन  
17  
[Śalabhāsana](#)



Similar benefits as Cobra  
Helps strengthen the upper spine and legs

### Full Locust Pose

पूर्णशलभासन  
18  
Pūrṇaśalabhāsana



May relieve pain from scoliosis and slipped discs while strengthening the middle spine and increasing elasticity of the rib cage

### Bow Pose

धनुरासन  
19  
[Dhanurāsana](#)



Helps increase circulation and strength of the spine while revitalizing the spinal nerves and opening up the rib cage to expand lungs

### Fixed Firm Pose (lit. Reclining Thunderbolt Pose)

सुप्तवज्रासन  
20  
[Suptavajrāsana](#)



Helps improve strength and flexibility of the lower spine, knees, hips and ankle joints while increasing circulation that may relieve pain



### Half Tortoise Pose

अर्धकूर्मासन

21 [Ardhakūrmāsana](#)



Helps increase blood flow to the brain and stretches the lower part of the lungs while relieving tension in the neck and shoulders

### Camel Pose

उष्ट्रासन

22 [Ustrāsana](#)



Stimulates the nervous system and improves flexibility of the spine and neck while stretching the abdominal organs and throat

### Rabbit Pose

शसांगासना

23 [Śasāṅgāsana](#)



Increases elasticity of the spine and back muscles while potentially helping to alleviate colds or sinus problems and may relieve tension near the neck and shoulders

### Head To Knee Pose *with* Back Stretching Pose

जानुशीर्षासन *with*  
पश्चिमोत्तानासन

24 [Jānuśīrāsana](#) *with*  
[Paścimottānāsana](#)



May improve digestion and circulation in the bowels while helping the immune system

**Spine Twisting Pose  
(lit. Half Lord of the Fishes  
Pose)**

अर्धमत्स्येन्द्रासन

25

[Ardha Matsyendrāsana](#)



Helps improve elasticity of the spine and increases circulation in the spinal nerves while relieving lower back pain

कपालभाति

26

[Kapālabhāti](#)

**Blowing In Firm Pose (lit. Skull  
Illuminating)**



Strengthens the abdominal organs while increasing the elasticity of the lungs and helping improve digestion and circulation