

FAQ - Bikram Yoga

What are 7 reasons for the heat?

- Makes muscles more elastic and less susceptible to injury
- Veins and arteries dilate, allowing improved blood flow and cleansing
- Makes you sweat, helps you detoxify naturally
- Relieves tension and stress
- Improves function of the nervous system
- Raises and keeps a consistent core temperature for a deeper workout
- Allows a faster release of oxygen into the body from hemoglobin

Why the same 26 postures?

Bikram Choudhury scientifically investigated and tested hundreds of postures and sequences. He found that these 26 postures in this sequence provided the most benefits to people of a general fitness level. No legs behind the head; no handstands; no extra long-holding postures. All this felt great to the regular body just starting or extending their fitness regime.

We also believe that not only does each posture lead onto the next one beautifully, but a regular practice of regular postures allows the student take control of the knowledge too. This is why it is called yoga practice not 'yoga perfect'.

How will I advance in my practice if the poses are always the same?

There will always be deeper places to experience through yoga asanas. Not only will you start opening your body up in ways you never thought possible, you will realise that giving 100 % and achieving stillness in every pose is a lifelong journey. Finding the focus, discipline and one point of concentration through the duration of class are other ways to advance in your practice. After several classes you will begin to experience the magic of Bikram yoga. Each class is like trying it for the first time again, giving you new opportunities to extend.

Why so many people in some classes?

Ours style of yoga can be done one-on-one, with small groups and in large groups, since we are all working through the same series of postures. We have done seminars with Bikram Choudhury with over 500 people at the Sydney Convention Centre, while Nathan regularly takes his students for private tuition.

With everybody moving in the same general direction a teacher can see the lines and forms of postures that allows for corrections, and usually more than one person will need the same correction. We also believe that it is, in a sense, a social form of exercise whereby we use each others energy to propel us, as well as place ourselves among people who we can follow to reach the same goals in class- health, fitness, relaxation, etc. We welcome all shapes, sizes and levels of fitness.

Who can teach at the studio?

Only fully certified studios from Bikram's Yoga College of India can run Bikram Yoga classes. Therefore only fully qualified Bikram Yoga teachers are employed. Anything else is just imitation of a great thing...

I'm feeling dizzy, faint and/or neaseous, is this normal?

As a beginner we would expect this to be the case as you learn to climatise and adjust to the exercise and heat. All the symptoms you feel are just ways your body will communicate to you. These symptoms are signs that your body is working, so you know the yoga is working for you. Many sensations can relate to stress, over/under eating for the exercise and dehydration. Drink plenty of water throughout the day so you are well hydrated for the class and afterwards. If you continue to feel dizzy please take care of yourself and sit down as needed. Over time, the more you are able to practice, these symptoms will ease and even disappear.