

About Bikram Yoga

What is Bikram Yoga?

Bikram Yoga is a demanding series of 26 postures (asanas) and two breathing exercises (pranayamas), which is suitable for all ages and levels of ability.

Each posture stretches and strengthens specific muscles, ligaments and joints needed for the next posture. The Bikram method also stimulates the organs, glands and nerves, moving fresh oxygenated blood to 100 percent of the body, restoring all systems to a healthy working order.

Bikram scientifically designed this 90-minute program to deliver total health through the balancing and strengthening of every system in the body in order to prevent illness and injury, promote weight loss, and limit the effects of aging. In addition, the series of postures combine skills of concentration, patience, determination and self-control that increase mental clarity and reduce stress.

Bikram yoga is done in a heated room to warm your muscles, prevent injury, allow a deeper workout and cleanse the body by flushing toxins.

Why the heated room?

The heat combined with the sequence of the postures is what makes Bikram Yoga so special. The room is heated intentionally to warm muscles, which allows you to work deeper in a shorter amount of time, seeing results faster. Heat takes the trauma out of stretching, heals and helps prevent injuries. Also, your skin is the largest elimination organ in your body. Yoga is not just about working muscles. You are massaging deep tissues, glands, organs as well. As you work deep within your body, you may start to release "poisons" or "toxins" that have been stored there a long time. Benefits of Bikram Yoga: You may arrive wanting more of something specific, but we're sure you'll leave with a lot more!

- Provides total body workout and toning
- Helps heal injuries (typical in sports)
- Improves and restores posture
- Eases back pain
- Increases flexibility and strength
- Reduces stiffening of joints
- Boosts energy levels
- Detoxifies and cleanses
- Relieves tension and stress
- Relaxes the body and mind

Sharpens focus and determination

Yoga is an efficient exercise regime that combines body, mind and spirit to reach a simple task- optimal health. It raises the practitioner to their highest self by increasing their awareness of body, mind and spirit. Yoga is a way of life, rather than a belief or religion. Bikram yoga caters to all levels in one class- there's no need to get your feet behind your head or invert yourself into a pretzel.

Is Bikram Yoga a cardiovascular workout and can I lose weight?

You will find Bikram Yoga the perfect challenge to your fitness level and getting your heart rate up. Each posture combines flexibility, strength and balance to work your whole body from your bones to your skin. With persistence, patience, and dedication, you can improve your overall body shape and fitness. Most people do not experience dramatic weight loss according to a weight scale. This is because two things are happening at the same time: losing fat and building muscle mass.

How many times a week should I practice?

For a start, get in as many classes into your 10 Day Intro pass as possible to find different teachers, times slots and class sizes you like. Some people will find benefit from 2-3 times a week, while others feel better at 5 times a week; a nice consistent practice is what you are looking for. The more you able to come, the more benefits you will receive.

Where can I get more information about Bikram yoga?

www.bikramyoga.com is the ideal place. Or google Bikram Yoga for a plethora of information from over 800 studios worldwide.