

Bikram Yoga Benefits by Posture:



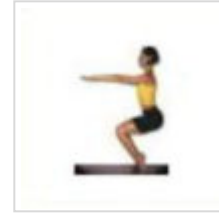
Standing Deep Breathing Pranayama Breathing

Opens cervical vertebrae.
Increases lung capacity and elasticity.
Relieves irritability.
Helps disturbed sleep.
Counteracts emphysema, asthma and other breathing problems.
Helps regulate blood pressure.
Helps detoxify the body.
Exercises the nervous respiratory and circulatory systems.



Half Moon Ardha Chandrasana

Trims fat over thighs, hips, waist and abdomen.
Improves and strengthens every muscle in the central part of the body, especially the abdomen.
Increases flexibility of the spine.
Stimulates pituitary gland.
Exercises kidney and colon.
Helps cure constipation.
Helps detoxify the body.
Helps to alleviate lower back pain, bronchial distress, sciatic deformities, frozen shoulder.

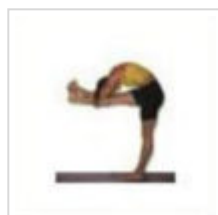


Awkward Pose Utkatasana

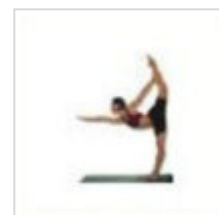
Improves overall body strength.
Strengthens and firms upper arms and all muscles of thighs, calves and hips.
Cuts fat pocket under buttocks.
Uses all major muscle groups; shapes lower muscles.
Relieves menstrual cramping.
Good for digestion, joint pain, immune disorders.
Increases blood circulation in the knees and ankle joints; opens pelvic area.
Relieves rheumatism, arthritis, sciatica and gout in the legs.



Eagle Pose Garurasana



Standing Head to Knee Pose



Standing Bow Pulling Pose

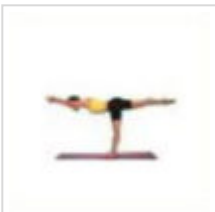
Helps reproductive organs; helps prostate problems.
 Firms legs, arms and abdomen.
 Good for varicose veins.
 Relieves tension in neck and shoulders.
 Increases joint mobility in the hip girdle, ankles, knees, hips, shoulder, elbow, wrist and mobility of scapula.
 Improves the function of the central nervous system, and the lymphatic system.
 Helps detoxify the body.
 Improves balance and grace of the body.

Dandayamana- Janushirasana

Improves circulation and flexibility.
 Massages digestive and reproductive systems.
 Strengthens muscles around the knee joint.
 Develops concentration, determination and patience (realizes oneness of body and mind).
 Improves pancreatic functions.
 Good for diabetes.
 Relieves nervousness.
 Improves memory.
 Improves flexibility of sciatic nerve.
 Helps combat acidity and relieves flatulence.

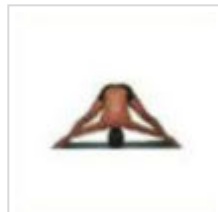
Dandayamana- Dhanurasana

Improves cardiovascular function and circulation to heart and lungs
 Removes plaque from arterial walls
 Develops concentration, determination and patience
 Marriage between strength and balance
 Improves elasticity of the spine
 Increases elasticity of rib cage and lungs
 Cures infertility, balances ovaries
 Helps prostate problems
 Activates digestive system
 Eliminates abdominal obesity
 Improves muscle fatigue, lethargy and stimulates the nervous system



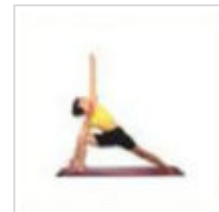
Balancing Stick Pose Tuladandasana

Increases blood flow all over the body and arteries of the heart
 Stretches the entire length of the spine
 Exercises pancreas, liver, spleen and nervous system
 Improve physical, psychological and mental powers



Standing Separate Leg Dandayamana- Bibhaktapada- Paschimotthanasana

Improves hip flexibility
 Increases circulation to the brain
 Helps functioning abdominal organs and the small and large intestine
 Stimulates adrenal circulation



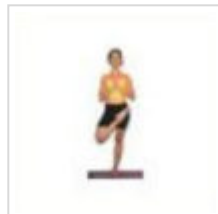
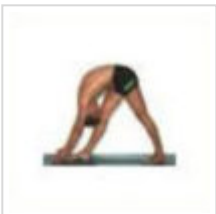
Triangle Pose Trikanasana

Firms thighs and opens the hips
 Slims waist, combats obesity
 Helps cure rheumatism and lumbago in the lower spine
 Gets rid of saddlebags
 Helps correct frozen shoulder
 Corrects chemical

Strengthens the heart muscle; prevents further cardiac problems
Strengthens and firms arms, hips, buttocks and upper thighs
Great for emotional problems
Good for varicose veins

Combats clinical/psychotic depression
Good for diabetes and hyper-acidity of the stomach
Reduces signs of aging
Good for constipation
Combats abdominal obesity
Stretches sciatic nerves
Stimulates hypothalamus

imbalances
Helps anorexia, constipation, colitis, low blood pressure, appendicitis, spondylitis and menstrual disorders
Improves cardiovascular function
Reduces overproduction of cortisol
Exercises the circulatory, digestive, immune, reproductive and muscular systems all at the same time



**Standing Separate Leg
Head to Knee Pose**
**Dandayamana-
Bibhaktapada-
Janushirasana**

Improves flexibility of the spine, shoulders, hips and sciatic nerve
Improves circulation to legs and brain
Improves memory, helps some types of headaches, brings mental clarity
Balances pituitary and thyroid glands
Helps offset manic depression
Stretches, tones and decongests the spinal column and the nervous system
Massages internal organs

Tree Pose
Tadasana

Improves posture, balance and grace
Prevents hernia by strengthening the internal oblique muscles
Creates hip and knee mobility
Tightens gluteus maximus
Relieves tension in neck and shoulders; abdominal area
Increases joint mobility in hip girdle
Releases inflammation of the lower back
Good for circulatory disorders, arthritis and rheumatism
Traction to the entire spine, increasing the cushioning

Toe Stand
Padangustasana

Develops psychological and mental powers, especially patience
Especially good for the feet
Strengthens abdominal muscles
Creates balance in body and mind
Combats arthritis, knee, leg or gout pain
Strengthens weak joints

Helps relieve diabetes and hyperacidity
Helps relieve constipation, dyspepsia, flatus dyspepsia and hemorrhoids

function of the intervertebral discs



Dead Body Pose Savasana

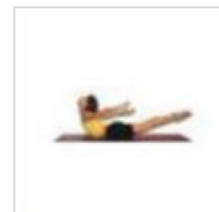
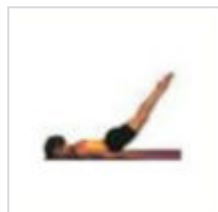
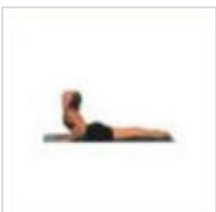
Returns circulation to normal
Improves concentration
Helps reduce hypertension, nervousness, anxiety and irritability

Wind Removing Pose Pavanamuktasana

Massages ascending, descending and transverse colon
Helps and prevents constipation and irritable bowel syndrome
Good for constipation, flatulence and hyperacidity
Improves flexibility of the hip joints and relieves lower back pain
Firms the abdomen, thighs and hips
Normalizes the production of hydrochloric acid in the stomach
Reduces excess gas production

Sit Up

Strengthens and firms the abdomen
Increases flexibility of the spine, hamstrings and sciatic nerve
Releases toxins in the lungs
Energizes



Cobra Pose Bhujangasana

Locust Pose Salabhasana

Full Locust Pose Poorna-Salabhasana

Increases spinal strength and flexibility, relieves back pain

Improves functioning intestines, liver, kidney and spleen

Improves pigeon chest, permitting maximum expansion of the lungs increasing oxygen intake

Accelerates circulation of spinal fluid

Improves digestion

Helps relieve lumbago, rheumatism and arthritis of the spine

Reduces symptoms of gout, herniated disc, sciatica, tennis elbow

Helps relieve menstrual problems

Strengthens the immune system and revitalizes the thyroid

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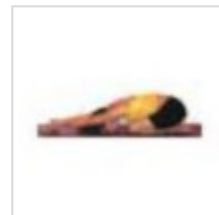
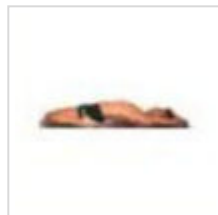
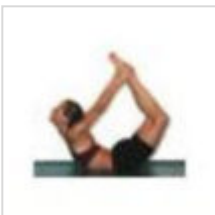
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Strengthens the immune system and revitalizes the thyroid



Bow Pose Dhanurasana

Increases spinal strength and flexibility, relieves back pain

Improves functioning intestines, liver, kidney and spleen

Improves pigeon chest, permitting maximum expansion of the lungs

Fixed Firm Pose Supta-Vajrasana

Helps cure sciatica, gout and rheumatism in the legs

Helps prevent hernia
Strengthens and improves flexibility of diaphragm, hips, lower spine, knees and ankles

Slims thighs

Lubricates joints

Half Tortoise Pose Ardha-Kurmasana

Relieves migraines, stomach discomfort, digestion

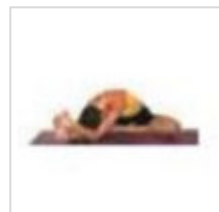
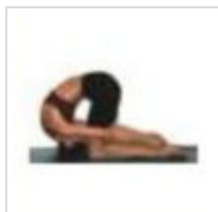
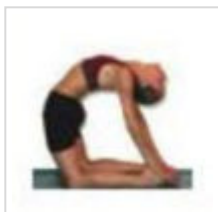
problems and constipation
Stretches lower part of the lungs increasing blood circulation to the brain bringing mental clarity

Good for diabetes and anemia

increasing oxygen intake
 Accelerates circulation of spinal fluid
 Improves digestion
 Helps relieve lumbago, rheumatism and arthritis of the spine
 Reduces symptoms of gout, herniated disc, sciatica, tennis elbow
 Helps relieve menstrual problems
 Strengthens the immune system and revitalizes the thyroid

Prevents diabetes and varicose veins

Cures insomnia
 Massages heart, lungs, and coronary arteries
 Increases flexibility of the hip and shoulder joints
 Stretches lower lungs, relieves asthma
 Stretches the spine
 Increases circulation to the heart



Camel Pose Ustrasana

Compresses kidneys and adrenal glands, helps reduce excess stress hormones
 Sends fresh blood to the kidneys
 Eliminates toxins from the body
 Stretches abdominal organs and cures constipation
 Stretches the throat, thyroid gland and parathyroid
 Stimulates the nervous system
 Opens rib cage to allow for maximum expansion of the lungs
 Expands lungs and eases bronchial problems

Rabbit Pose Sasangasana

Maximum stretch of spine allowing nervous system to receive proper nutrition
 Maintains mobility and elasticity of spine
 Cures insomnia, depression, cold, sinus, tonsillitis, laryngitis, allergies, brain fatigue, and glandular effects
 Balances hormones
 Improves short term memory
 Strengthens and firms abdomen and back muscles
 Stimulates nerves behind the eyes
 Improves posture
 Stimulates thymus gland,

Head to Knee with Stretching Pose Janushirasana with Paschimotthanasana

Helps balance blood sugar levels
 Improves kidney function
 Improves digestion, stimulates thymus and immune system
 Improves the flexibility of sciatic nerves, ankles, and hip joints
 Strengthens and firms abdomen and arms
 Increases circulation to the liver, spleen, and pancreas
 Reduces symptoms of asthma

Maximum compression of spine, improving flexibility
Firms the abdomen, slims the waist

improving function of the immune system



Spine Twisting Pose Ardha-Matsyendrasana

Increases circulation and nutrition to spinal nerves, veins and tissues.
Improves spinal elasticity and flexibility.
Opens bronchial muscles and rib cage.
Firms abdomen, thighs and buttocks.
Exercises digestive, endocrine, muscular, reproductive and skeletal symptoms.
Prevents and heals herniated disc.
Relieves back pain and deformity in lumbar region.
Helps arthritis of the knee and sciatica.
Massages kidneys, liver, gall bladder, spleen and pancreas.
Relieves lethargy, helps cure vertigo and dizziness.

Blowing in Firm Pose Kapalbhati in Vajrasana

Increases circulation
Removes toxins
Strengthens all abdominal organs
Trims the waistline
Energizing
Improves mental clarity
Good for high blood pressure
Normalizes bowel function