



Pranayama
Breathing

THE 26 POSES OF BIKRAM YOGA



Ardha-Chandrasana
(Half Moon Pose)



Utkatasana
(Awkward Pose)



Garurasana
(Eagle Pose)



Dandayamana Janushirasana
(Standing Head to Knee)



Dandayamana Dhanurasana
(Standing Bow Pulling Pose)



Tuladandasana
(Balancing Stick Pose)



Dandayamana Bibhaktapada
Paschimotthanasana (Standing
Separate leg Stretching Pose)



Trikonasana
(Triangle Pose)



Dandayamana Bibhaktapada
Janushirasana (Standing Separate
Leg Head to Knee Pose)



Tadasana
(Tree Pose)



Padangustasana
(Toe Stand Pose)



Savasana
(Dead Body Pose)



Pawanmuktasana
(Wind Removing Pose)



Sit up



Bhujangasana
(Cobra)



Salabhasana
(Locust Pose)



Poorna-Salabhasana
(Full Locust Pose)



Dhanurasana
(Bow Pose)



Supta Vajrasana
(Fixed Firm Pose)



Ardha-Kurmasana
(Half Tortoise Pose)



Ustrasana
(Camel Pose)



Sasangasana
(Rabbit Pose)



Janushirasana with
Paschimotthanasana
(Head to Knee with
stretching Pose)



Ardha
Matsyendrasana
(Spine Twisting Pose)



Kapalbhati
Breathing
(Breath of Fire)