



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)



Pavanamuktasana  
(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)