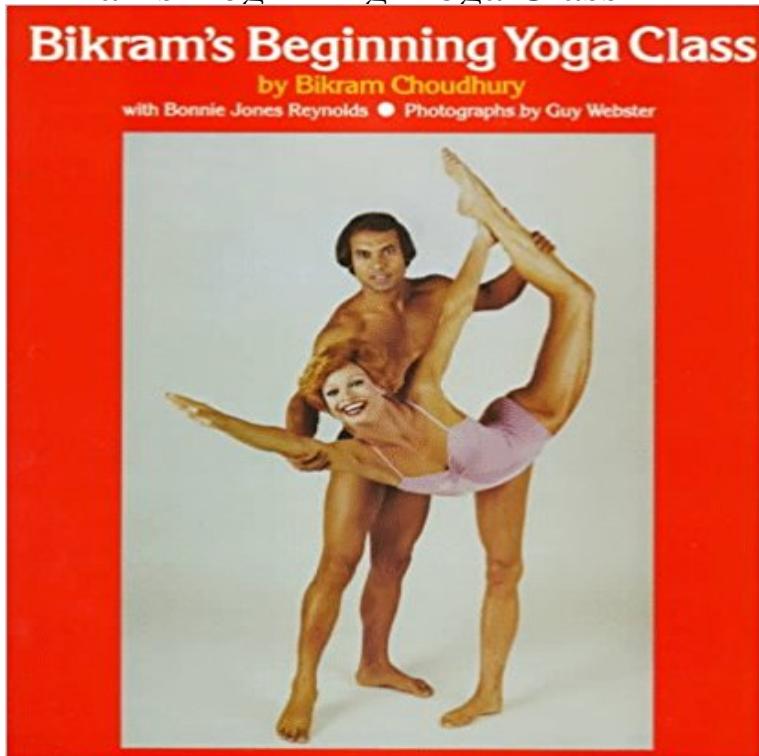


Bikrams Beginning Yoga Class



All yoga students, beginners or advanced, will benefit from this accessible book. It studies each of the 26 movements, breathing exercises and rest poses that form the basis of every Bikram yoga class. Regular practise will completely transform your health by reversing and preventing illness. This is the only guide available on Bikram Yoga. Its never too late, its never too bad, youre never too old, youre never too sick to start from scratch once again. Bikram Choudhury Bikram yoga began when Bikram, a former yoga champion, made a full recovery from a crippling accident thanks to yoga, heat and his guru, Bishnu Ghosh. His guru then sent Bikram to Bombay to heal the sick with yoga. Finding that he did not have enough time to help everybody individually, Bikram began to develop an accessible sequence of postures that everyone could follow and benefit from. Today, every class follows the same sequence of 26 postures and exercises in a studio heated to 100 degrees F. This reader-friendly guide studies each of the 26 movements in detail, showing and describing the ideal position as well as what the beginner is more likely to be able to achieve initially and the problems they are likely to encounter. Each move is also accompanied by details of its specific health benefit and a students personal experience of the posture.

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