

Posture Guide

The Twenty-Six Postures of Bikram Method Yoga



Yoga Veda
Bikram Method

Remember, its not yoga
unless you breathe!

Classes Every Day -
Practice Regularly.

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Standing Postures



1 PRANAYAMA SERIES
Standing
Deep Breathing



2 ARDA-CHANDRASANA with
PADA HASTASANA
Half Moon and
Hands to feet



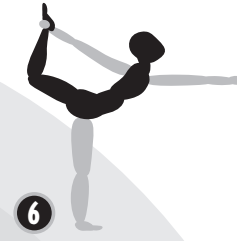
3 UTKATASANA
Awkward Pose



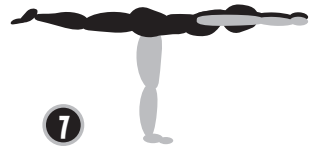
4 GARURASANA
Eagle Pose



5 DANDAYAMANA-
JANUSHIRASANA
Standing Head
to Knee



6 DANDAYAMANA-
DHANURASANA
Standing Bow
Pulling



7 TULADANDASANA
Balancing Stick



8 DANDAYAMANA-
BIBHAKTAPADA
PASCHIMOTTHANASANA
Standing Separate
Leg Stretching



9 TRIKANASANA
Triangle or Warrior



10 DANDAYAMANA-BIBHAKTAPADA
JANUSHIRASANA
Standing Separate Leg
Head to Knee



11 TADASANA and PADANGUSTASANA
Tree and toe stand



13 SAVASANA
Corpse Pose

Floor Postures cont.



14 PAVANAMUKTASANA
Wind Removing Pose



15 Sit Up with Double Exhale



16 BHUJANGASANA
Cobra



17 SALABHASANA
Locust



18 POORNA SALABHASANA
Full Locust



19 DHANURASANA
Bow Pose



20 SUPTA VAJRASANA
Fixed Firm



21 ARDHA KURMASANA
Half Tortoise



22 USTRASANA
Camel



23 SASANGASANA
Rabbit



24 JANUSHIRASANA
PASCHIMOTTHANASANA
Head to Knee Stretching



25 ARDHA
MATSYENDRASANA
Spine Twisting



26 KAPALABHATI-
VAJRASANA
Fire Breathing



FINAL SAVASANA
eyes closed