

26 Bikram Yoga Asanas

Cheat Sheet



Pranayama Breathing



Ardha Chandrasana
(Half Moon Pose)



Utkatasana
(Aukward Pose)



Garudhasana
(Eagle Pose)



Dandayamana Janushirasana
(Standing Head To Knee Pose)



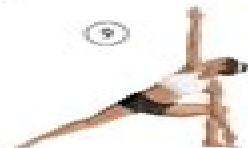
Dandayamana Dhanurasana
(Standing Bow Pulling Pose)



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)



Padangusthasana
(Toe Stand)



Savasana
(Corpse Pose)



Pavanauktasana
(Wind Removing Pose)



Sit-Up



Bhujangasana
(Cobra Pose)



Salabhasana
(Locust Pose)



Purna Salabhasana
(Full Locust Pose)



Dhanurasana
(Bow Pose)



Setu Vajrasana
(Fixed Firm Pose)



Ardha Kurmasana
(Half-Tortoise Pose)



Ustrasana
(Camel Pose)



Sarvangasana
(Rabbit Pose)



Janushirasana
(Head To Knee Pose)



Ardha Matsyendrasana
(Spine Twisting Pose)



Kapalbhati Breathing
(Breath Of Fire)

Bikram Yoga Poses Guide

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