

# The Twenty-Six Postures of Bikram Method Yoga

## Standing Postures



**1** PRANAYAMA SERIES  
Standing  
Deep Breathing



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



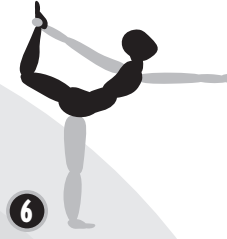
**3** UTKATASANA  
Awkward Pose



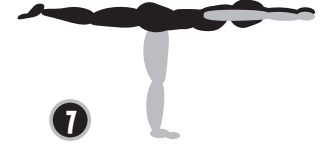
**4** GARURASANA  
Eagle Pose



**5** DANDAYAMANA-  
JANUSHIRASANA  
Standing Head  
to Knee



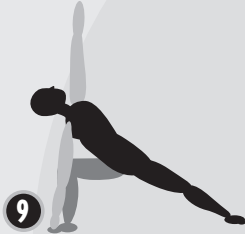
**6** DANDAYAMANA-  
DHANURASANA  
Standing Bow  
Pulling



**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



**12**

## Floor Postures



**13** SAVASANA  
Corpse Pose



**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