

Bikram Yoga Poses - 26 Beginner Hatha Yoga Poses

Including detailed pictures and benefits for each pose



[Go straight to 26 Bikram Yoga pose photo index at the bottom of the page](#)

Bikram's Beginner Hatha Yoga series is a carefully crafted 90-minute sequence of 26 yoga poses designed to work into every part of the body. Bikram claims these yoga poses work "every single tendon, ligament and muscle, from bones to skin, inside out"!

Many of our regular students attest to this, feeling the benefits from their very first class. Read [testimonials](#) to the amazing and rapid benefits of this body-toning series.

The series begins with a breathing warm up, progressing into an energetic standing series, followed by a spine-stretching floor sequence and finishing with an energising and cleansing Kapalbhathi breathing. The series flows beautifully, with each pose balancing the previous and setting up the following. A brief savasana between every pose ensures maximum integration of the benefits.

All poses (or 'asanas') are practiced twice with one exception. This aids deeper stretching, teaches students good body awareness and allows for immediate application of any corrections to alignment given by the instructor.

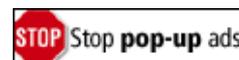
Each asana also has specific benefits which are summarised over 26 separate and extensive pages of benefits. Each stage is accompanied by detailed photos, which may be enlarged for easier viewing.

There are benefits for advanced students – there is always somewhere 'extra' to move towards and instructors allow for this, providing both beginner and advanced alignment during class. Beginners can read more about how easy and accessible this series is and [what to prepare for by clicking here](#).

A fully mirrored studio allows students to self-correct and practice correct alignment. Correct alignment is considered more essential than 'depth' as it provides for deeper and safer benefits. Students are encouraged to 'try easy' and surrender to the series rather than force their bodies to open up. The scientific nature of the sequence and the [heated room](#), plus a regular practice, ensures depth will come. Why not check out [photos of students taken during class](#).

Please note that this series should not be practiced unsupervised by beginners and should always be practiced in a room heated to at least body temperature and preferably with a high (over 50%) humidity.

Click on each thumbnail below to navigate to the specific page.



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Start with Pranayama breathing



1. Pranayama

Standing series



2. Arda Chandrasana, Padahasthasana



3. Utkatasana



4. Garurasana



5. Dandayamana Janushirasana



6. Dandayamana Dhanurasana



7. Tuladandasana



8. Dandayamana Bibhaktapada Paschimottanasana



9. Trikanasana



10. Dandayamana Bibhaktapada Janushirasana



11. Tadasana



12. Padangustasana



13. Savasana

Floor series



14. Pavanamuktasana



15. Sit-up



16. Bhujangasana



17. Salabhasana



18. Poornasalabhasana



19. Dhanurasana



20. Supta Vajrasana



21. Ardha Kurmasana



22. Ustrasana



24. Janushirasana with Dhanurasana



25. Arda Chandrasana

[23. Sasangasana](#)[Paschimottanasana](#)[Matsyendrasana](#)

Finish with Kapalbhati breathing



26. Kapalbhati

Disclaimer: The benefits suggested for each posture are based on scientific and anecdotal evidence based on experience with and observation of improvement in many conditions - both chronic and acute - that have been witnessed by medical staff, and or yoga teachers and or yoga students over many years of practice. They should not be construed as a guarantee that these benefits will definitely occur in all students. Consistent practice will always be the best approach. Use your own body wisdom.

This information is not intended to replace advice from your medical practitioner or natural therapies practitioner...

1. Pranayama

Standing deep breathing

Benefits

- Good for lungs and respiratory system
- Helps with mental relaxation
- Helps high blood pressure
- Relieves irritability
- Good for detoxification
- Exercises nervous, respiratory and circulatory systems



2. Ardha Chandrasana with Pada Hastasana

Half moon pose with hands to feet pose

Benefits

- Works into the whole skeletal and circulatory systems
- Opens shoulder joints
- Good for frozen shoulder
- Reduces or eliminates pain in the lower back
- Good for abdominal obesity
- Improves and strengthens every muscle in the central part of the body
Increase the flexibility of the spine
- Tones the spinal nerves and abdominal organs improving the working of the bowels
- Increases flexibility and strength of rectus abdominis, gluteus maximus, oblique, deltoid and trapezius muscles
- Helps with sciatic problems
- Alleviates anxiety and reduces mental stress
- Stimulates pituitary gland
- Exercises colon, pancreas, kidneys, muscular, skeletal, respiratory and glandular systems
- Firms and trims waistline, hips, abdomen, buttocks and thighs



Ardha Chandrasana

Back bend compression of spine

Benefits

- Stimulates proper function of the pancreas, kidneys and liver
- Stretches and stimulates the thyroid and parathyroid glands
- Regulates hormone production
- Relieves back pain
- Improves and strengthens every muscle in the central part of the body
- Increases the flexibility of the spine
- Corrects bad posture
- Increases flexibility and strength of rectus abdominis, gluteus maximus, oblique, deltoid and trapezius muscles
- Good for frozen shoulder
- Good for abdominal obesity
- Helps with sciatic problems
- Stimulates digestion
- Firms and trims waistline, hips, abdomen, buttocks and thighs



Pada Hastasana

Hands to feet pose

Benefits

- Works into the whole skeletal and circulatory system
- Lengthens the spine making it supple and elastic
- Increases flexibility of the spine and the sciatic nerves
- Improves flexibility of tendons and ligaments of the legs
- Strengthens the biceps of thighs and calves
- Strengthens rectus abdominis, gluteus maximus, oblique, deltoid and trapezius muscles
- Firms and trims waistline, hips, abdomen, buttocks and thighs
- Opens shoulder joints
- Good for frozen shoulder
- Relieves lower back pain
- Good for abdominal obesity
- Greatly enhances concentration
- Helps with sciatic problems
- Stimulates pituitary and pineal glands
- Exercises colon, pancreas, kidneys, muscular, skeletal, respiratory and glandular systems



3. Utkatasana

Awkward pose (in three parts, see postures below)

Benefits

- Improves overall body strength
- Opens pelvis
- Strengthens and tones leg muscles
- Relieves menstrual cramping
- Reduces fat pocket under buttocks
- Aligns skeletal system
- Good for arthritis conditions
- Good for digestion
- Relieves joint pain
- Relieves sciatica
- Improves flexibility in toes and ankles
- Exercises liver, intestines, and pancreas



4. Garurasana

Eagle pose

Benefits

- Works into twelve major joints of the body
- Good for central nervous system
- Facilitates lymphatic function, improving immune system
- Improves mobility of hip joint
- Improves balance
- Strengthens legs
- Good for varicose veins



5. Dandayamana Janushirasana

Standing head to knee pose

Benefits

- Builds mental strength
- Improves concentration
- Unifies mind and body
- Uses all major muscle groups
- Exercises digestive and reproductive organs
- Good for diabetes
- Strengthens back muscles



6. Dandayamana Dhanurasana

Standing bow pulling pose

Benefits

- Stimulates cardiovascular system
- Increases circulation to heart and lungs
- Opens diaphragm
- Opens shoulder joint
- Helps frozen shoulder conditions
- Improves spine elasticity
- Improves strength and balance
- Reduces abdominal fat
- Helps regulate ovaries and prostate gland



7. Tuladandasana

Balancing stick pose

Benefits

- Increases cardiovascular circulation, especially to heart blood vessels
- May help clear blocked arteries
- May help prevent future cardiac problems
- Creates a total spine stretch Relieves stress from spine
- Good for varicose veins
- Builds strength in legs
- Exercises pancreas, spleen, liver, nervous and circulatory system

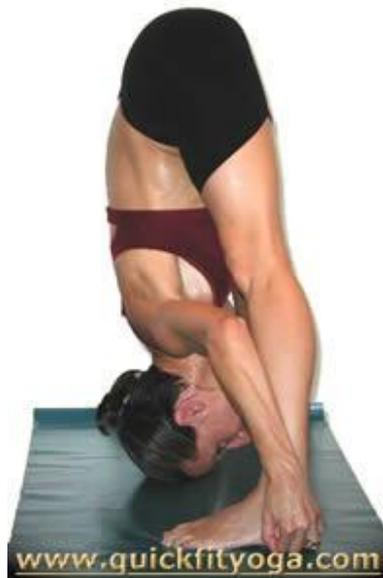


8. Dandayamana Bibhaktapada Paschimottanasana

Standing separate leg stretching pose

Benefits

- Increases circulation to the brain and adrenal glands
- Centres nervous system
- May be good for depression
- Good for constipation
- Helps reduce abdominal obesity
- Helps with diabetes and hyperacidity
- Releases lower back
- Exercises muscular, adrenal and reproductive systems

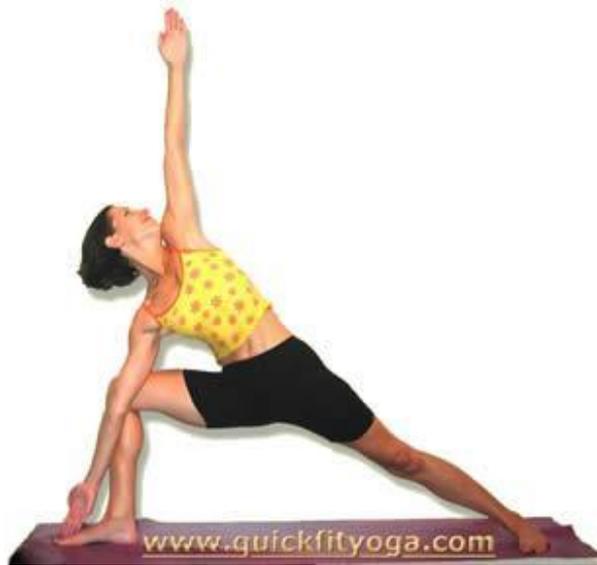


9. Trikanasana

Triangle pose

Benefits

- An excellent cardiovascular workout
- Intensely stretches each side of the body
- Opens and increases flexibility of hip joints
- Reduces saddle bags
- Good for kidneys, thyroid and adrenal glands
- Opens shoulder joint, good for frozen shoulder
- Strengthen and tones legs and buttocks
- Helps regulate hormone levels
- Works all muscular groups simultaneously
- Helps conditions of constipation, colitis, low blood pressure, appendicitis, spondylitis, menstrual disorders



10. Dandayamana Bibhaktapada Janushirasana

Standing separate leg head to knee pose

Benefits

- May be good for depression and memory loss
- Reduces abdominal obesity
- Good for diabetic conditions
- Balances blood sugar levels
- Assists in regulating pancreas and kidneys
- Works endocrine, digestive and reproductive systems



11. Tadasana

Tree pose

Benefits

- Assists in correcting bad posture
- Increases hip and knee flexibility and mobility
- Stretches spine
- Releases abdominal tension
- Relieves lower back pain
- Tightens gluteal muscles
- Good for circulatory problems, arthritis and rheumatism



12. Padangustasana

Toe stand

Benefits

- Creates balance and focus in body and mind
- Strengthens stomach muscles
- Strengthens joints (hips, knees, ankles and toes)
- Helps relieve arthritis in all leg joints including hips



13. Savasana

Corpse pose

Benefits

- Returns cardiovascular circulation to normal
- Slows heart rate, reduces blood pressure
- Teaches complete relaxation
- Stills and focuses the mind



14. Pavanamuktasana

Wind removing pose

Benefits

- Massages ascending, descending and transverse colon
- Regulates and normalises hydrochloric acid levels in stomach
- Improves and may cure conditions of constipation, flatulence and hyperacidity
- Relieves lower back pain
- Improves flexibility of the hip joints
- Firms and tones muscles of the abdominal wall, thighs and hips
- Increases peristalsis in the gut



15. Sit-up

Sit-up

Benefits

- Strengthens and tightens the abdomen
- Open mouth exhalation stimulates diaphragm and eliminates toxins from lungs



16. Bhujangasana

Cobra pose

Benefits

- The arching of the spine increases flexibility and strength
- Rejuvenates spinal nerves enriching them with a rich blood supply
- Improves flexibility and tone of spinal muscles, massages, works and tones back muscles
- Helps relieve and prevent lower backache
- Helps cure or relieve lumbago, rheumatism, arthritis and menstrual problems
- Helps cure loss of appetite
- Stretches the thoracic region and expands the rib cage bringing relief from asthma
- Gentle pressure on the abdomen massages all organs and improves their function
- Strengthens deltoids, trapezius and triceps
- Compresses and opens spine
- Relieves cervical spondylosis
- Improves concentration
- Helps to relieve many utero-ovarian and menstrual problems



17. Salabhasana

Locust pose

Benefits

- Same benefits as Cobra pose and even more effective in helping conditions of slipped disc and sciatica
- Firms buttocks and hips
- Increases spinal strength, flexibility and circulation
- Improves flexibility and tone of spinal muscles
- Helps relieve and prevent backache
- Helps cure or relieve lumbago, rheumatism, arthritis and menstrual problems
- Helps cure loss of appetite
- Improves sluggish digestion
- Increases abdominal pressure and regulates intestinal function
- Strengthens the abdominal wall
- Helps correct bad posture
- Improves function of liver and spleen
- Strengthens shoulder, arm and back muscles
- Compresses and opens spine
- Relieves cervical spondylosis and back pain
- Encourages concentration and perseverance



18. Poorna Salabhasana

Full locust pose

Benefits

- Firms muscles of the abdomen, upper arms, hips and thighs
- Increases spinal strength and flexibility
- Improves flexibility and tone of spinal muscles
- Helps relieve and prevent lower backache
- Helps cure or relieve lumbago, rheumatism, arthritis and menstrual problems Helps cure loss of appetite
- Helps correct bad posture
- Improves function of liver and spleen
- Strengthens deltoids, trapezius and triceps
- Compresses and opens spine
- Relieves cervical spondylosis



19. Dhanurasana

Floor bow pose

Benefits

- Increases circulation to heart and lungs, improves oxygen intake
- Opens diaphragm and expands the chest region - improves respiratory conditions
- Opens shoulder joint and helps frozen shoulder conditions
- Increases spinal strength and flexibility and tone of spinal muscles
- Revitalises spinal nerves by increasing circulation to spine
- Strengthens, compresses and opens lower, mid and upper spine
- Improves strength and balance Reduces abdominal fat and strengthens abdominal muscles
- Helps regulate ovaries and prostate gland
- Helps cure or relieve lumbago, rheumatism, arthritis and menstrual problems
- Improves digestion
- Helps correct bad posture
- Strengthens concentration and mental determination
- Develops internal balance and harmony
- Improves function of kidneys, liver and spleen
- Strengthens deltoids, trapezius, rhomboids, latissimus dorsi and triceps
- Relieves cervical spondylosis



20. Supta Vajrasana

Fixed firm pose

Benefits

- Helps conditions of sciatica, gout, varicose veins and rheumatism in the legs
- Slims and tones thighs, firms calf muscles and strengthens the abdomen
- Strengthens and improves flexibility of lower spine, knees and ankle joints
- Lubricates and increases circulation to joints
- Strengthens and lengthens abdominal muscles
- Creates a great stretch into hip joints and diaphragm
- Relieves lower back pain



21. Ardha Kurmasana

Half tortoise pose

Benefits

- A rejuvenation pose providing maximum relaxation
- Assists in relieving digestion problems and constipation
- Stretches lower part of the lungs, increases lung capacity
- Excellent for respiratory conditions
- Increases circulation to the brain
- Firms the abdomen and thighs
- Increases flexibility of hip joints
- Improves mobility of shoulder girdle and associated muscles (scapula, deltoids, triceps, latissimus dorsi)
- Relieves stress and migraines
- Helps with insomnia
- Increases flexibility in hips

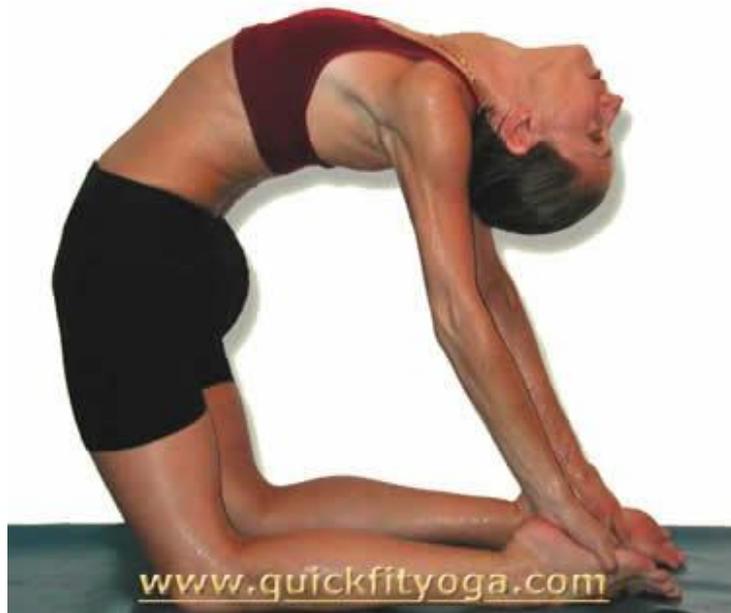


22. Ustrasana

Camel pose

Benefits

- Compresses spine, relieving back problems
- Opens rib cage, lungs and digestive system
- Stimulates nervous system
- Great for lungs and many bronchial problems
- Strengthens back and shoulder muscles
- Improves flexion of neck
- Stretches throat
- Flushes fresh blood through kidneys
- Helps eliminate toxins



23. Sasangasana

Rabbit pose

Benefits

- Provides maximum longitudinal extension of the spine
- Stretches the spine to increase proper nutrition to the nervous system
- Improves the mobility and elasticity of the spine and back muscles
- Stimulates thyroid and parathyroid glands through compression, helps balance and regulate metabolism
- Balances hormones
- Improves flexibility of scapula and trapezius
- Improves digestion, glandular problems and helps improve conditions of the sinus, common cold and chronic tonsillitis
- Helps insomnia, depression



24. Janushirasana with Paschimottanasana

Head to knee pose with intense stretching posture

Benefits

- Head to knee pose helps balance blood sugar levels and the metabolism
- Improves flexibility of sciatic nerve and ankle, knee and hip joints
- Enhances kidney function
- The intense stretching pose increases circulation to liver, spleen and pancreas
- Stimulates thymus gland, digestion and immune system
- Increases flexibility of the trapezius, deltoid, erector femoris and biceps muscles, sciatic nerve and last five vertebrae of the spine
- Stretches and strengthens pelvic girdle, hip joints, shoulder joints and spine
- Powerfully massages all the abdominal organs
- Stimulates and tones the digestive organs, increases peristalsis, relieves constipation and other problems
- Regulates function of the pancreas, assisting those with diabetes or hypoglycaemia
- Mobilises joints and increases elasticity in the lumbar spine
- Relieves compression of the spine and sciatica
- Strengthens and stretches the hamstrings
- Improves concentration and mental endurance



25. Ardha Matsyendrasana

Spine twisting pose

Benefits

- Compresses and stretches spine from the bottom to the top
- Increases hip and back flexibility
- Improves digestion
- Firms the buttocks, thighs and abdomen
- Improves elasticity, flexibility, circulation and nutrition to spinal nerves, vessels and tissues
- Increases synovial fluid of the joints
- Removes adhesions in the joints caused by rheumatism
- Tones the roots of the spinal nerves and sympathetic nervous system
- Detoxifying
- Opens bronchial muscles and rib cage
- Helps prevent slipped disc
- Relieves lower back pain
- Helps sciatica and arthritis of the knee
- Massages kidneys, liver, gall bladder, spleen and bowels



26. Kapalbhati in Vajrasana

Blowing in firm pose

Benefits

- Detoxifies and cleanses body by removing stale air and toxins from lungs
- Brings mental clarity
- Strengthens abdominal organs and wall
- Normalises bowels
- Energises body
- Improves oxygenation to the body
- Improves cardiovascular and respiratory systems
- Good for high blood pressure

