

# The Twenty-Six Postures of Bikram Method Yoga

## STANDING POSTURES



**1**  
**Pranayama**  
Standing Deep Breathing



**2**  
**Arda-Chandrasana with Pada Hastasana**  
Half Moon and Hands to Feet



**3**  
**Utkatasana**  
Awkward Pose



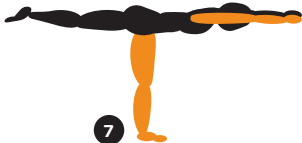
**4**  
**Garurasana**  
Eagle Pose



**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**  
Tree Stand



**12**  
**Padangustasana**  
Toe Stand

## 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