



## FACT SHEET – BIKRAM YOGA

For many people they have a fear of yoga and I love when people say to me “I am not flexible enough to do yoga” – well that is the exact reason why they need yoga!

Make some changes in your life with Bikram Yoga! This wonderful practice is suitable for everyone – old, young, fit, unfit, injured, or recovering for an injury, sick or well. There is no judgement and no barriers when it comes to participating in Bikram Yoga!

*“Never too old, never too sick, never too bad, never too late to start from scratch and begin again”  
Bikram Choudbury*

Bikram Yoga was developed by Bikram Choudbury in the 1970’s and is a form of hatha yoga. The practice of Bikram Yoga consists of 26 postures and 2 breathing exercises and is performed in a heated room (40°C) for 90 minutes per class – so expect to sweat a lot! An accredited Bikram Yoga teacher will guide you through each pose through their dialogue.

The benefits are not just physical; while you do work every part of your body, Bikram Yoga also stimulates the organs within, returning them to an efficient state. This practice will also help you to achieve clarity of the mind and give you strength of the soul. Expect every class to be different, and how you feel and react. And most importantly go into the hot room with no expectations! If that makes sense? Bikram Yoga can help to take your mind away from your concerns and troubles of your day and perhaps take you to somewhere you have never been before! Go in with an open mind and open heart and just do!

Bikram Yoga can reduce the symptoms of many conditions and is an excellent activity to achieve and maintain optimum health. It relaxes the muscles as they are stretched and increases flexibility, improves muscle tone, assists in weight loss and burns fat, increases metabolism, opens the pores and detoxifies the body through sweating, relieves stress, prevents injuries, improves the body’s cooling system, clears the circulatory system by thinning the blood, improves cardiovascular fitness and increases breathing and lung capacity!

### **Further reading:**

About Bikram Yoga: [www.Bikramyoga.com](http://www.Bikramyoga.com)

What to Expect at your First Class: [www.Bikramyoga.com](http://www.Bikramyoga.com)

### **Detox Destinations’ Bikram Yoga Wellness Week:**

Why not consider taking your practice to a new level? Whether you have never practiced before and always wanted to, you are a beginner or you have been practicing for years....and have a wonderful holiday at the same time on a beautiful tropical island. Check out our next scheduled **Bikram Yoga Wellness Week** programs.

<http://www.detoxdestinations.com.au/programs-and-packages/bikram-yoga-wellness-week/>

*Namaste!!!!*

#### **Disclaimer:**

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