

The Heat Is On

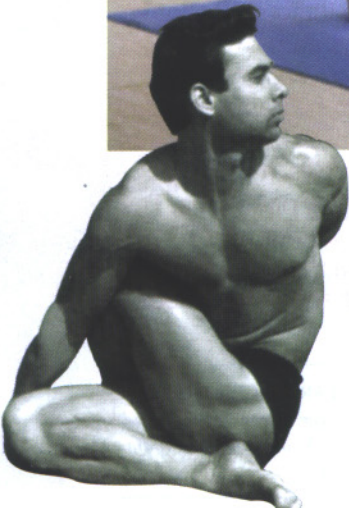


- for deeper stretching
- + Detoxifies the body (open pores to let toxins out)
- + Helps in thinning the blood to clear the circulatory system
- + Increasing the heart rate for a better cardiovascular workout
- + Improves strength by putting muscle tissue in optimal state for reorganization

EVER THOUGHT of what it would be like to do your daily routine of yoga in a sauna? Well at a temperature of around 40 degrees centigrade maintained in the Bikram Yoga studios, that pretty much what it feels like! There are several hundred Bikram Yoga studios across the world and they continue to mushroom becoming a hot and happening fitness destination for people across Europe and the United States.

Yogiraj Bikram Choudhury the founder of the worldwide chain of Bikram Yoga studios was born in Calcutta in 1946. Bikram began yoga at the age of four with India's renowned physical culturist at that time, Bishnu Ghosh. Bikram practiced yoga at least four to six hours every day at Ghosh's College of Physical Education in Calcutta. At seventeen, an injury to his knee during a weight-lifting accident, was diagnosed as being severe, with leading doctors claiming that he may not being able to walk ever again. Not accepting their diktat, Bikram returned to Bishnu Ghosh's school, for he knew that if anyone could help to heal his knee, it was his teacher. Six months later, his knee had totally recovered. Ghosh was a celebrated physical culturist and the first to scientifically document yoga's ability to cure chronic physical ailments and heal the body.

Bikram was asked by Ghosh to start several



Why the temperature in the studio is kept at 105F degrees and about 40% humidity...

- + It keeps the body from overheating (contrary to popular misconception)
- + Protects the muscles to allow



LEFT: Feroze Khan, director of Bikram Yoga, conducting his class in Brussels.

way, how his scientifically designed series of twenty-six poses will enhance mind and body, relax, strengthen, reshape, and heal your entire body in 90 minutes.

Bikram Yoga's 26 posture exercises systematically moves fresh, oxygenated blood to your body restoring all systems to a healthy working order, just as nature intended. Proper weight, muscle tone, vibrant good health, and a sense of well-being automatically follow.

In the Western world, the most popular form of yoga is Hatha Yoga, (Sanskrit for 'Union of Force'), a form of yoga that stresses mastery of the physical body as a gateway to attaining spiritual perfection. Hatha Yoga traces its origins to Gorakhnath, the legendary 12th century founder of the Kanphata Yogis. Hatha Yoga (worshipful poses),

for example, is part of Raja Yoga training. Some of the other forms of yoga are Nada Yoga (music), Mantra and Japa Yoga (chanting and on beads) and Kundalini Yoga (study of the psychic centers or chakras).

How quickly you progress at the Bikram Yoga studio depends entirely on you and your natural abilities to a small extent, but mostly upon the time and effort you give to Yoga. It will have little to do with how 'perfectly' you can do the poses. Few of us ever do all the poses 'perfectly'. Instead, if we try and understand what we are trying to accomplish in each pose, and how we can accomplish our goals, the improvement in your flexibility of muscles and joints in comparison to when you first started is remarkable.

In yoga there is no standard of comparison except yourself. To be 'perfect' in yoga is to do the best you can do. For more details log on to www.bikramyoga.com

Yoga schools in India. The schools were so successful that at Bishnu's request Bikram traveled to Japan and opened two more. He has since brought his curative methods of Yoga therapy to the world and opened several hundred Bikram Yoga studios across the globe.

Bikram's 'Beginning Yoga Class' is a 26 asana series designed to scientifically warm and stretch muscles, ligaments and tendons, in the order in which they should be stretched. Bikram teaches you not only the ideal pose, how you will eventually be able to do it, but also the reality, telling you what problems you will have as you try to do the pose, what clues will help you make rapid progress, and where you might be tempted to 'cheat,' thus depriving yourself of the benefit of doing the pose properly.

Bikram explains to you, in his inimitable humorous and informative

