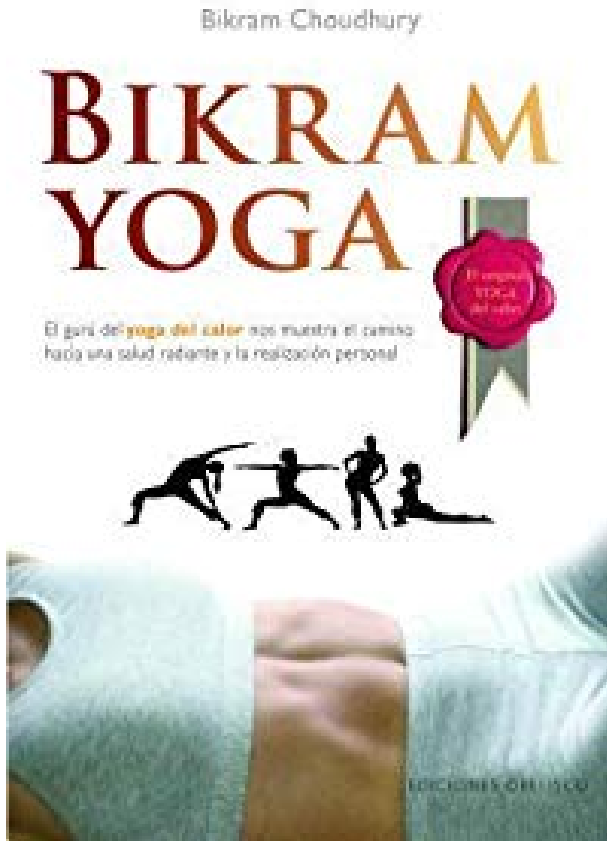


Bikram Yoga



Language	Spanish
Author:	Bikram Choudhury
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Bikram Yoga is designed to "scientifically" warm and stretch muscles, ligaments, and tendons in the order in which they should be stretched. This book, with a serie of 26 postures or asanas and 2 breathing exercises, promotes the cleansing of the body and release of toxins and utmost flexibility.

The practice of Bikram Yoga can also help you develop muscles, although Bikram Yoga is not about being flexible, but about strengthening your body and your spine in all directions with the goal of creating a union between the body, mind and spirit. All that matters is to try the right way without pushing yourself too far.