

Bikram Yoga Posture Clinic with Nadine

If you do 1% correct, you still get 100 % of the benefits. As long as you are trying the RIGHT way and you don't give up - that's the ultimate destination.

"Yoga is the practice of tolerating the consequences of being yourself."

Standing Series

PRANAYAMA | DEEP BREATHING

01 Pranayama



lungs



nervous system



circulatory system

Strengthens: shoulders, deltoids

Stretches: rib cage, shoulder joints, intercostal muscles

Stimulates: Lungs, circulation

Benefits: Deep breathing increases lung capacity and helps with respiratory diseases. At the same time, deep breathing has a relaxing effect; emotional pressure is relieved.

Circulation and the entire body musculature are stimulated; thus deep breathing serves to warm up. "Prana" means life energy, "Ayama" means to control or expand. The more intensive the deep breathing, the more energy for the 90

minutes

ARDHA CHANDRASANA | HALF MOON

02 Ardha Chandrasana



kidneys



liver



spleen



lymphatic glands



respiratory system

Strengthens: abdominal muscles, back and trunk muscles, thighs

Stretches: large back muscle, oblique abdominal muscles, deltoid and trapezius muscles

Stimulates: Kidneys, liver, spleen, lymph glands, respiratory system

Benefits: Every muscle of the upper body is strengthened, front and back stretched. The flexibility of the spine is trained. Promotes kidney function, can help with liver and spleen enlargement. **For the figure:** Stretches the lateral trunk muscles and shapes the waist, hips, thighs.

BACKWARD BENDING

02. Rückbeuge



kidneys



nervous system

Strengthens: abdominal muscles, deltoid muscle (shoulders), trapezius muscle, gluteal muscle

Stretches: Spine, shoulders, hips

Stimulates: Kidneys, liver, heart, circulation, nervous system, thyroid gland, parathyroid gland

Benefits: Stimulates the nervous system, kidneys, + digestive organs, prevents sciatica and back problems, helps with bronchial problems, constipation, flatulence, stress. It has a positive effect on intervertebral discs & vertebrae, sustainably corrects poor posture.

02. Pada Hastasana | HANDS TO FEET POSE



pancreas



pineal and pituitary glands



colon



kidneys

Strengthens: biceps, deltoid, quadriceps, calf, straight abdominals, trapezius muscle.

Stretches: posterior thigh muscles, leg tendons and ligaments, spine, sciatic nerve, shoulders

Stimulates: Pineal gland, pituitary gland, large intestine, pancreas, kidneys

Benefits: Increases flexibility of the spine, shapes the lower half of the body. Helps with tension in the shoulders, lower back and sciatica. Upper body and back, muscles, tendons and ligaments of the legs are stretched and strengthened; blood circulation is promoted. The Half Moon with backbend and this forward bend stretches the spine in four

directions, the back, the circulation and the nervous system are warmed up, strengthened and prepared for the following exercises.

03. Utkatasana | AWKWARD POSE



liver



pancreas



spleen



intestines

Strengthens: triceps, deltoids, abs, quadriceps, leg muscles

Stretches: ankle, toes, pelvis, shins

Stimulates: Internal organs, especially liver and spleen, pancreas.

Benefits: Regulates misalignments in the hips, legs and feet, relieves arthritic discomfort down the hips, helps with meniscus problems, sciatica and lower back pain, relieves menstrual cramps.

Performed with precision, the squat position strengthens the entire foot, leg and arm muscles, while the simultaneous backbend stretches the lower back and helps strengthen the upper body and arms. This exercise can have a

mood-balancing effect on problems with anger and frustration.



04 Garurasana

This exercise increases blood circulation to the lower extremities and serves to warm up the muscles. Utkatasana consists of three parts and trains the postural apparatus and willpower, stamina and high concentration.

GARURASANA | EAGLE POSE



Strengthens: Leg muscles, immune and lymphatic system.

Stretches: Opens the main joints: feet, knees, hips, shoulders, elbows, wrists.

Stimulates: Kidneys, reproductive organs, lymphatic system.

Benefits: This exercise restricts the blood flow in the arms and legs, at the same time, opening and stretching the main joints. Subsequently, congested blood flows through all joints and extremities, helping to eliminate joint problems. The same applies to internal organs and glands: it helps with bladder or prostate problems, stimulates reproductive organs against varicose veins, promotes balance. Strengthens connective tissue and the immune and lymphatic systems.

05 Dandayamana-Janushirasana

DANDAYAMANA-JANUSHIRASANA | STANDING HEAD TO KNEE



Strengthens: quadriceps, trapezius muscle, biceps, large back & abdominal muscles.

Stretches: back, shoulders, posterior thigh muscles

Stimulates: Gall bladder, spleen, kidneys, heart, reproductive organs, pancreas. When completed: thyroid and parathyroid glands.

Benefits: When the knee is properly 'locked' in this exercise (with the help of the front thigh muscles, pulling up the kneecap), it particularly strengthens hamstrings and leg muscles, at the same time stretching the sciatic nerve. It trains abdominal and back muscles, biceps, triceps. Touching the forehead with the knee in the 4th step compresses the front of the body, massages the thyroid gland, results in blood stasis in the lower abdomen - which, when released, flushes the internal organs (in women additionally the uterus

06 Dandayamana-Dhanurasana

and ovary) with oxygen-rich blood. Heart, concentration and willpower are strengthened at the same time.

DANDAYAMANA-DHANURASANA | STANDING BOW



Strengthens: quadriceps, gluteus maximus.
Stretches: trapezius muscle, large back muscle, sartorius muscle, posterior thigh muscle, pectoral muscle, diaphragm, rib cage, spine
Stimulates: Circulation, digestive system, reproductive system, urinary system, glandular system, cardiovascular system, kidney function

Benefits: This exercise strengthens the knees, ankles, upper part of the thighs, abdominal wall and lower spine. The chest is stretched and permanently expanded; the forearms, hips and buttocks become more flexible. The standing bow presses the blood from one half of the body to the other and increases overall blood circulation, strengthening the heart muscle and circulation. With permanent stretching of the front side and simultaneous compression of the back of the body, mental strength and determination are required to maintain balance for the exercise duration.

07 Tuladandasana



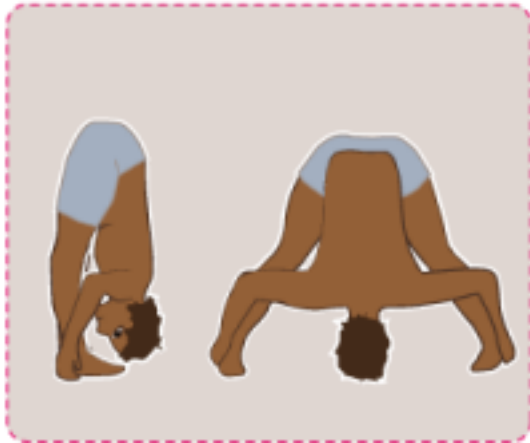
Strengthens: thigh, buttock, shoulder, abdominal muscles, ankle joints
Stretches: Hips, entire spine, shoulders
Stimulates: Pancreas, liver, spleen, kidneys, nervous system

Benefits: Trains balance, endurance, and increases lung capacity. Strengthens the heart, perfuses coronary vessels prevents cardiovascular

diseases. Good against varicose veins. Promotes concentration. The Balancing Stick is of great benefit to the heart: properly performed, the arms and leg should be positioned and stretched above heart level, increasing blood flow and heart rate. This massive strengthening prevents heart disease. Furthermore, almost all muscles are involved in this exercise, which is why it causes one of the highest burns (calories, fat).

DANDAYAMANA-BIBHAKTAPADA-PASCHIMOTTANASAN | SEPARATE LEG STRETCHING

08 Dandayamana-Bibhaktapada- Pashimotanasana



adrenal glands



digestive organs

Strengthens: biceps, trapezius muscle, large back muscle, deltoid muscle

Stretches: posterior thigh muscles, the entire spine

Stimulates: Adrenal glands, digestive system

Benefits: Helps build flexibility in the spine, diabetes, anti-obesity, anti-acidity and constipation, and lower back tension. Stimulates the function of the adrenal and reproductive organs. It balances the nervous system and has a mood-lifting effect on depression.

After intensive, preceding cardiovascular training, this exercise helps to calm the nervous system and at the same time circulates blood to the brain. Ideally, a 360° stretch should be created here: 1. The legs are stretched.

2. The hip joints are opened.

3. The entire spine is stretched by using the arm muscles until the forehead touches the floor.

TRIKANASANA | TRIANGLE POSE

10 Trikanasana



kidneys



cardiovascular system



thyroid / parathyroid



adrenal glands

Strengthens: biceps, trapezius muscle, large back muscle; strengthens trains all large muscle groups: Arms, legs, back, abdomen.

Stretches: Hip and shoulder joints

Stimulates: Kidneys and adrenal glands, thyroid and parathyroid glands, cardiovascular system

Benefits: Intense cardiovascular training with little movement,

intense stretching of both halves of the body and intense hip opening. Helps with: Shoulder problems, constipation, colitis, low blood pressure, appendicitis, spondylitis, menstrual cramps, regulates hormone balance.

The triangle requires 100% physical effort and trains all large muscle groups, main organs and systems. This exercise demands a high degree of concentration, attention to form and constant correction. Performed without interruption, the triangle harmonises the cooperation of heart and lung function ("marriage between heart and lungs").

DANDAYAMANA-BIBHAKTAPADA-JANUSHIRASANA

10 Dandayamana-Bibhaktapada-Janushirasana



thyroid / parathyroid

Strengthens: abdomen, thighs, calves

Stretches: shoulders, rear thigh muscles

Stimulates: thyroid, pancreas, kidneys, endocrine glands, digestive system

Benefits: Strengthens metabolism and immune system, regulates blood sugar levels, helps with diabetes, depression, rheumatism, lower back problems and obesity

This exercise focuses on maximum compression of the front, giving great stimulation to the endocrine gland system: Metabolism, fat burning and immune system are boosted! Especially important: the exercise is primarily about touching the knee with the forehead - maximum compression of the throat and abdominal area is the goal, stretching the back thighs is not the main focus.

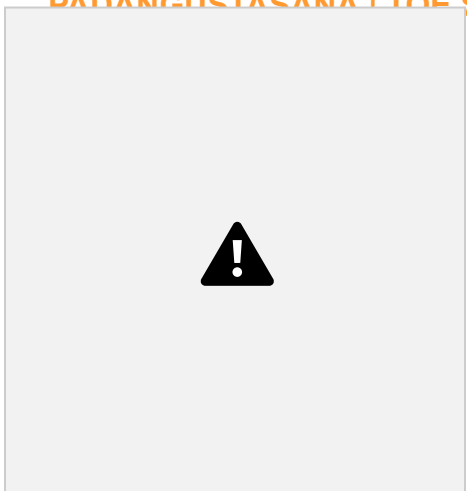
TADASANA | TREE POSE



Strengthens: abdominal muscles, gluteal muscles
Stretches: knees, hips, lower back, lumbar spine, groin, inner thighs
Benefits: Helps with rheumatism and arthritis, deformity, circulatory problems, sciatica, promotes balance

The tree strengthens the inner oblique muscles and, at the same time, stretches the groin muscles and thus has a preventive effect against hernia. It also promotes balance and perfect weight distribution in the standing foot. Find Stillness!

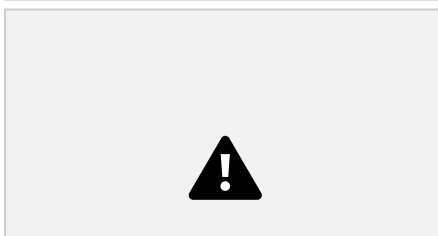
PADANGUSTASANA | TOE STAND



Strengthens: abdominal- & gluteal- & joint muscles of the legs
Stretches: knees, hip joints, lower back, lumbar spine, groin
Benefits: Helps with rheumatism and arthritis, deformity, circulatory problems, sciatica, promotes balance.
The toe stand, like the tree, opens and strengthens mainly the hip and groin muscles. It also helps with rheumatic complaints in the knees, ankles and feet, and with haemorrhoids. Patience and mental strength are put to the test and trained here.

Floor Series

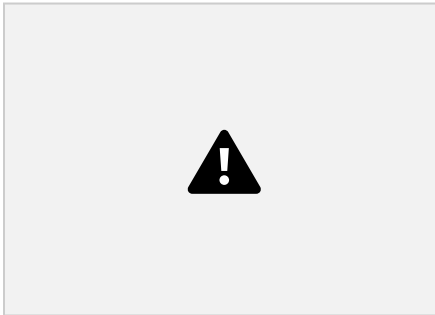
SAVASANA | DEAD BODY POSE



The lying position in the 2 minute Savasana (dead posture) is the most efficient form of circulation for the body. The heart and circulation come to rest here. This allows the body

to receive the full health benefits of the systems, organs, and body parts stimulated after the standing series. In absolute immobility, the circulation supplies the body with oxygen, nutrients and white blood cells. These are the basic building blocks for healing. Savasana is repeated briefly after each exercise in the floor series from now on.

WIND REMOVING POSE



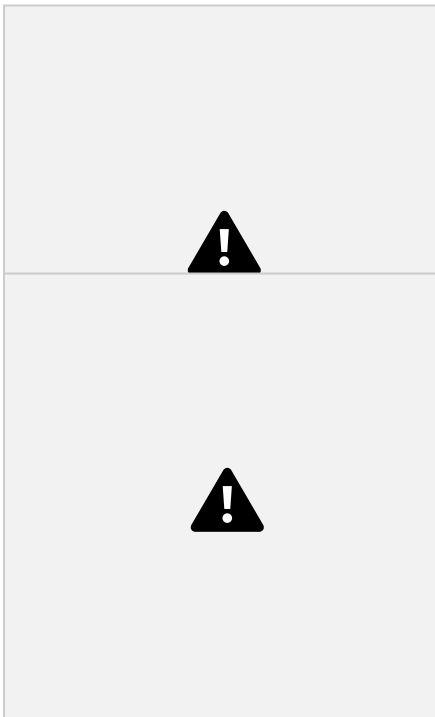
Strengthens: abdominal wall, thighs, hips, arms and finger joints

Stretches: Hip joints

Stimulates: Massages ascending, descending and transverse colon.

Benefits: Regulates hydrochloric acid levels in the gastrointestinal tract, helps with constipation, flatulence and hyperacidity, promotes intestinal peristalsis and relieves

tension in the lower back



This exercise stimulates not only ascending, descending and transverse colon but the entire digestive tract. Nutrient absorption is promoted, and the hydrochloric acid level is regulated. This can cure flatulence as well as constipation and heartburn.

SIT-UP

Strengthens: abdominal muscles

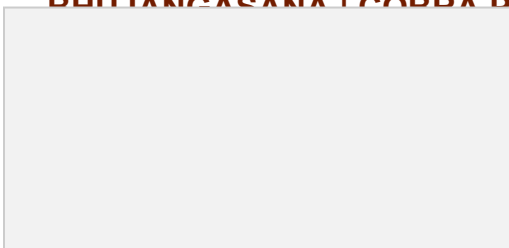
Stretches: rear leg muscles, calf, Achilles tendon

Stimulates: Diaphragm

Benefits: Vigorous stretching has a detoxifying effect.

This exercise prepares the lower back and lower leg muscles for the last stretching exercise of the series between exercises, and the double stretching helps eliminate toxins. After Savasana, the sit-up is the best way to begin the next exercise with renewed strength. The sit-up is repeated regularly from now on.

BHUVANGASANA | COBRA POSE



Strengthens: lumbar spine, back extensor, large back muscle, trapezius and deltoid muscle, abdominal muscle, gluteal muscle, triceps

Stretches: Hip joint, shoulders, heart and lungs

Stimulates: Spine and intervertebral discs, spleen, kidneys, liver, digestive organs, reproductive organs

Benefits: Helps with lumbar spine problems, damaged discs, scoliosis, menstrual cramps, improves digestion, spleen function and regulates blood pressure, strengthens the immune system. The cobra strengthens the lower back and keeps the upper back flexible. Back complaints in this area can be successively combated.

The simultaneous massage of the lower abdominal tract improves the digestive system. This exercise requires controlled movement and thus promotes discipline and willpower. The cobra is one of the most effective exercises for the entire body.

SALABHASANA LOCUST POSE

Strengthens: large back extensor and back muscle, trapezius muscle, deltoid muscle, abdominal muscle, triceps, hips, pelvic floor, gluteal muscle

Stretches: elbow joint, arms, hips

Stimulates: Digestive system, reproductive system, liver, spleen

Benefits: Strengthens upper back muscles, helps with herniated discs and sciatica, menstrual cramps, tennis elbow, tendonitis and rheumatic/arthritis complaints in arms, prevent varicose veins, relieves loss of appetite, digestive problems.

The locust has similar health effects as the cobra but is even more effective in helping with slipped discs and sciatica. In this exercise, too, healing occurs through compression and release: the blood supply to the elbows and wrists is blocked by the body's weight, while the shoulders and upper back are strengthened. As soon as the position is released, blood flows more strongly, like an opened dam, through the arms and joints, healing rheumatic and vascular complaints.

This exercise takes time and patience, as unpopular as it is - that's how effective it is.



BOORNA SALABHASANA | FULL LOCUST



Strengthens: middle back, deltoid, upper arm, abdominals, hips, thighs

Stretches: opens the entire chest

Stimulates: Digestive system, liver, spleen

Benefits: Strengthens the middle spine, helps with scoliosis, kyphosis, spondylosis and herniated discs, increases elasticity in the chest

Of all the exercises, the full locust is the most difficult to progress in, so again patience is needed. It strengthens the middle spine, helps with various back complaints. It strengthens the hips and thighs and shapes the buttocks.



Strengthens: large back extensor, deeper spinal muscles, deltoid, diamond-shaped muscle, trapezius muscle, large back muscle, abdominal wall.

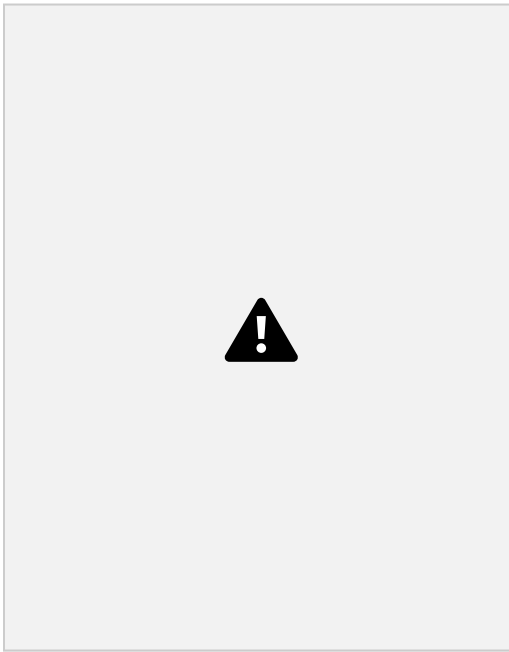
Stretches: entire front, lungs, shoulder joint, spine

Stimulates: Digestive system, kidneys, spleen, liver, thymus, lymph nodes

Benefits: Strengthens abdominal muscles and ceiling, back muscles, improves digestion, blood flow to heart and lungs, kidney, spleen and liver function. Regulates appetite and sleep rhythm.

The lying bow opens the entire chest, stretching the lungs while strengthening the entire abdominal wall at the same time. Blood circulation and muscular strength in the spine are increased through 360-degree flexion, revitalising the spinal nerves. Almost all back complaints can be alleviated or even cured here. At the same time, stimulation of the front helps with digestive problems, immune and hormonal disorders (including diabetes) and strengthens kidney, spleen and liver function. The trick here is: Release the shoulders, kick more intensely with the legs.

SUPTA-VAJRASANA | FIXED FIRM POSE



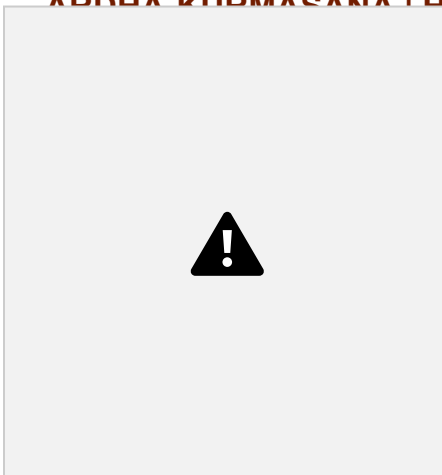
Stretches: lower back, ankles, knees, quadriceps, diaphragm, lymphatic system and spleen.

Stimulates: Lymphatic system, adrenal glands, kidneys, liver, pancreas, digestive system.

Benefits: improves blood flow to kidneys, liver, pancreas, strengthens the immune system by stimulating the lymphatic system, builds flexibility in ankles, knees, hips and lower back and helps with rheumatism and sciatica, varicose veins. This exercise simultaneously strengthens and stretches the lower spine, anterior thighs, hips, knees and ankle (and associated ligaments), which has a preventive and soothing effect against joint complaints. The lumbar muscles are strengthened and help prevent hernias.

The lymphatic system is stimulated, and thus the immune system is strengthened!

ABDHA KURMASANA | HALF TORTOISE



Strengthens: abdominal and side and back muscles, (inner) thighs.

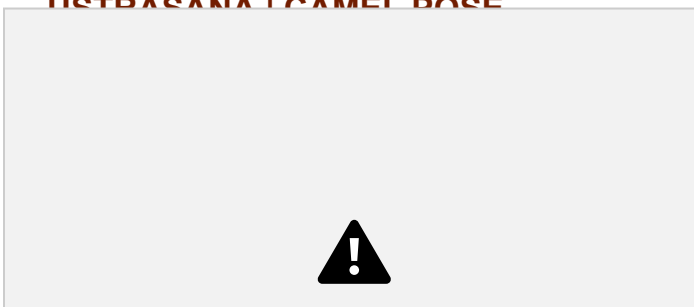
Stretches: shoulder, shoulder blade, deltoid, trapezius muscle, large back muscle, hips

Stimulates: Pituitary gland, pineal gland, hypothalamus, lungs, digestive system

Benefits: Helps with digestive problems, headaches, migraines, fatigue or insomnia, mobilises shoulders and hips, circulates blood to the brain and facial muscles. The half turtle primarily supplies blood to the pituitary and pineal glands, regulating the release of serotonin and melatonin,

which positively affects pain memory, sleep rhythm, and mood (has a mood-lifting effect). At the same time, this exercise stretches the hips, shoulders and the lower part of the lungs, the latter helping against asthma. Irritable bowel syndrome and other digestive ailments are also combated here again through compression.

USTRASANA | CAMEL POSE



Strengthens: trapezius muscle, large back muscle, large back extensor.

Stretches: throat, thyroid and parathyroid gland, rib cage, diaphragm,

abdomen

Stimulates: Respiratory system, cardiovascular system, nervous system, digestive system, endocrine glands

Benefits: strengthens and flexes the spine at the same time, helps with back pain, spondylosis, respiratory problems,

diabetes, constipation. The camel is the most intense backbend of the series and leads to maximum compression of the spine, which in turn stimulates the nervous system. The flexibility of the neck and spine is increased, relieving back pain. By stretching the abdominal organs, this exercise works against constipation, and the stretching of the throat stimulates hormonal balance. The chest expands and gives space to the lungs. At the same time, the abdominal area and waist are strengthened and toned.

SASANGASANA | RABBIT



Strengthens: abdominal muscle

Stretches: back muscles, shoulder, scapula, medulla oblongata ("medulla oblongata")

Stimulates: Nervous system, thyroid gland, parathyroid gland

Benefits: increases elasticity of the spine, back muscles, regulates hormone balance and metabolism, helps with respiratory diseases

The rabbit is the most radical forward bend of the series and thus the perfect counter-movement to the camel. The entire back is stretched, muscles, spine and nerves are supplied with oxygen-rich blood. Tension in the neck, shoulders and back can thus be relieved. This exercise also has a positive effect on acute and chronic respiratory ailments (sinusitis, tonsillitis, colds) and on insomnia, diabetes, or depression by regulating the hormonal balance. The more the strength of the arms is used in this exercise, the more effective the compression and the greater the health benefits.

ANUSHIRASANA + PASHCHIMOTTHANASANA | STRETCHING POSE

Strengthens: biceps, deltoid, abdominal muscles, thighs

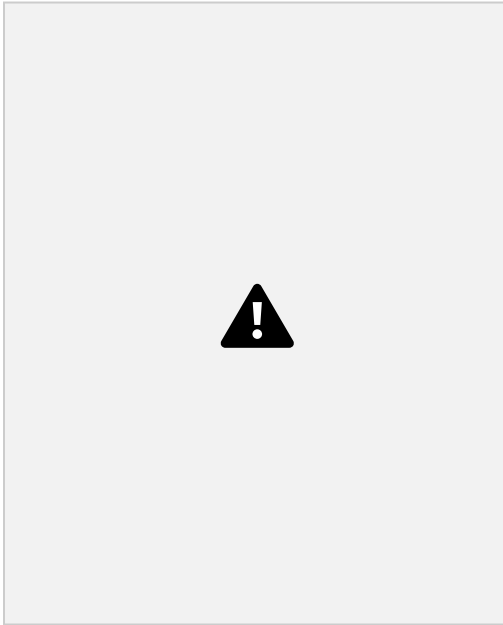
Stretches: Calf, lower thigh muscles, hip, lower lumbar spine, sciatic nerve, trapezius muscle

Stimulates: Immune and digestive systems, liver, spleen, pancreas, thymus, thyroid and parathyroid



glands, intestines

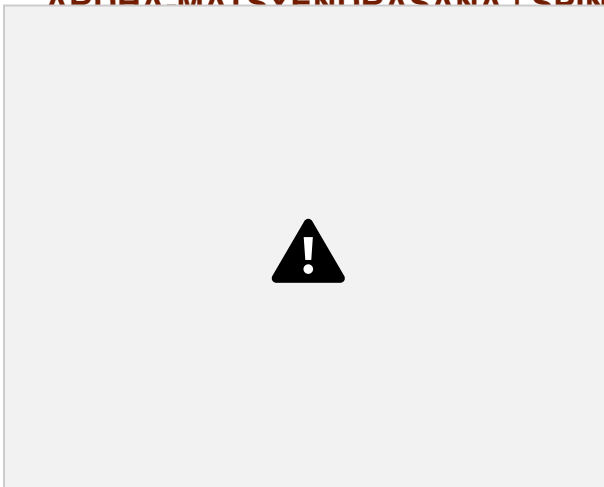
Benefits: increases blood supply to liver, spleen, intestines, stimulates lymphatic and glandular system, relieves lower back and sciatic pain in the long term, helps against allergies and arthritis



The first part, Janushirasana, the head-to-the-knee exercise, compresses the entire front as in standing and thus regulates the blood sugar level by stimulating the pancreas. Similarly, the lymphatic system is stimulated, the immune system strengthened, and the organs supplied with blood. An excellent opportunity to practise head-to-knee while standing!

The second part, Paschimotthanasana, the torso bend, also relieves chronic diarrhoea because it promotes blood circulation in the intestines. Pulling with the spine as straight as possible is essential here for effective practice.

ABHYASA MATSYENDRASANA | SPINAL TWIST



Strengthens: thighs, gluteal muscle, abdominal muscle

Stretches: all vertebrae, spinal nerves, hip

Stimulates: Digestive system, internal organs, nervous system

Benefits: In this exercise, the entire spine is rotated on its axis, which increases blood supply to the spinal nerves, veins and tissues and relieves disc pressure from the lateral side. This exercise can help especially with disc problems and rheumatism or arthritis of the spine (also:

spondylosis, kyphosis, scoliosis). It also calms the nervous system and opens the hips. Contrary to all other exercises, this exercise is only performed once.

KARALBHATI | FINAL BREATHING



Strengthens: abdominal muscles, diaphragm, lungs

Stimulates: Digestive system, respiratory tract

Benefits: The last breathing exercise before the final Savasana has a detoxifying effect. It strengthens and increases the elasticity of the lungs with each powerful exhalation, which at the same time promotes blood circulation and detoxification, but also digestion. The internal organs are supplied with more blood and thus stimulated.

Kapalbhati means "shining skull", so it is about a powerful exhalation!

In your life you only have to travel 6 inches. That's from your mind to your heart
❤️ "Bikram Choudhury"