

Some of the Fascinations of Bikram Yoga

There are many reasons why a person should use Bikram Yoga. The benefits to be gained from this practice can totally change your life. It is pretty amazing how Yoga can ignite your life and change your perspectives.

Bikram Yoga is most widely known as the hot yoga. It was also called the Bikram Method which aims to build your mental and physical strength. Enhancing your flexibility and balance is one of the characteristics covered by this ancient art.

Bikram yoga has roots in Hatha yoga which was originally designed to heal the mind and the body. A man named Bikram Choudhury was the founder of Bikram Yoga who was a very seasoned yoga practitioner. He developed his unique style after experiencing an injury in a weightlifting accident. Through determination, he discovered some healing benefits while practicing some exercises. Many have proven these benefits since then and thus the practice was passed on with many people continuing to practice it on a daily basis.

Many people practice Bikram Yoga for healing purposes and physical therapy. This type of Yoga has proven to be helpful in bringing holistic benefits to those who believed in its effectiveness.

In fact, one such patient who had suffered a knee injury began to practice Bikram Yoga and just six weeks after continuous practice, his knees show remarkable progress. Many difficulties and pains that he had suffered were all disappearing.

In order to be successful with the healing process of Bikram Yoga, devotion is needed. There are some who do not believe in its benefits. However, what they do not realize is that Bikram Choudhury developed Bikram Yoga with the help of science. Scientists from the University of Tokyo University Hospital have proved that Bikram Yoga has significant medical benefits. Some of its benefits include the repairing of tissues and helps in curing chronic ailments.

These findings and benefits were presented at the International Medical Conference in the year 1972. It was stated that Bikram Yoga has the ability to affect the body internally. The poses and pressure replenishes the cells and the flushing toxins in our body. It also oxygenates blood throughout the body to help keeping it clean and healthy.

While Bikram was on his research at Tokyo University, he discovered that the healing process takes place when all the body systems are functioning well, conditioned and strengthened. If the body is weak, applying the practice and healing method will be difficult to obtain.

Bikram has come up with twenty-six posture exercises which are to be practiced every day. In doing so, treatment in the body can be easily obtained. Some poses are accumulated with the combination of the western and eastern disciplines in Yoga which focuses on the stretching of the muscles, tendons, organs, nerves, glands and ligaments.

The different postures have connections and each of it precedes a posture that is helpful in treating the body effectively.

Anyone who wants to do yoga can use Bikram Yoga. It chooses no age at all. This type of yoga works with a tourniquet effect which includes balancing, stretching and creating pressure which is all done at a same time to keep a good blood flow to all the parts of the body.

Thanks to Bikram Choudhury, we can now have solutions to some of our medical problems. Always remember that dedication and devotion to Bikram Yoga is the main ingredient to staying healthy.

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About the Author

C.S.Cox has published many ebooks including the new "Yoga Training Guide" designed for those desiring to learn about this exciting ancient art. Find out more at <http://www.powerbodyyoga.com>