

## Advantages of Bikram Yoga

Bikram Yoga can bring about incredible changes to your life. It can even change your perspectives. There are many reasons why you should practise Bikram Yoga. It is usually as “hot yoga” that Bikram Yoga is known. Bikram Method Yoga is yet another name for this Yoga. Bikram Yoga helps you enhance your flexibility, balance, and mental and physical strength.

Bikram Yoga shares its crux with Hatha Yoga which was designed to heal both the mind and the body. Bikram Choudhary is regarded as the founder of Bikram Yoga. Bikram Choudhary’s life itself is an instance for the healing power of Bikram Yoga. He developed Bikram Yoga after he had an injury in a weight lifting accident. He was so determined that he had discovered some healing benefits in practicing some exercises. Bikram Yoga has turned out to be advantageous to many a lot.

Some people practice Bikram Yoga for healing and physical therapy purposes. And to the believers and practitioners it has brought holistic benefits. Testimonials say that even those who suffered from serious injuries have experienced speedy recovery by means of constant Bikram Yoga practice. All you need for a successful outcome from Bikram Yoga is absolute devotion in the practice.

Bikram Yoga has got a modern scientific basis too. Bikram Choudhary developed Bikram Yoga with the help of some scientists. The medical benefits of Bikram Yoga have been approved by the scientists from the University of Tokyo University Hospital. Repairing of tissues and curing of chronic ailments have been identified as the major benefits of practicing Bikram Yoga.

The International Medical Conference of 1972 reached a milestone observation that Bikram Yoga has the ability to affect body internally too. The poses and postures of Bikram Yoga flush the toxins off our body and refill the cells. It also oxygenates blood throughout our body keeping it clean and healthy. Just like Ashtanga Yoga, there is no use of practicing Bikram Yoga too, unless the aspirant has a well functioning body system.

Bikram Yoga includes twenty-six posture exercises which are to be practiced every day. These postures constitute a sort of treatment to the physical ailments. The different postures have connections and each of it precedes a posture that is helpful in treating the body effectively. Bikram Yoga combines the core of western and eastern Yoga disciplines. It focuses on the stretching of the muscles, organs, tendons, glands, nerves and ligaments.

Bikram Yoga chooses no age at all. Bikram Yoga has got 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.

Dedication and devotion are the most important factors regarding the input to Bikram Yoga from the part of the aspirant.

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### About the Author

Rajaneesh Awasthi is one of the leading practitioners of Yoga in India. His yoga lessons have helped many a lot to turn their lives into a prosperous and satiable affair. Visit his site <http://www.yogaprism.com> to know more.