

Bikram's Yoga can give you Peace of mind

"Bikram is doing a great service to Yoga." -DEEPAK CHOPRA

What Is Bikram Yoga?

The Bikram Yoga Series is a challenging, 90-minute workout that improves physical strength, flexibility, and balance while enhancing mental clarity and focus. The practice is a sequence of 26 postures, including two breathing exercises performed in a heated environment. The heat improves circulation, helps to eliminate toxins, and significantly reduces the risk of injury during stretching.

The Bikram Series was tailored for our cultural problems of job stress, overeating, bad posture, and aggressive lifestyles.

In time you'll learn to focus your mind and control your breath, leading you to work harder, deeper and calmer.

Bikram Yoga provides an infinite amount of benefits including stress reduction, increased stamina, mental clarity, flexibility, weight reduction, balance health and peace.

Miracles happen here everyday!

Frequently Asked Questions

What If I'm Not Flexible?

This is the most common misconception that prevents people from coming to a yoga class. Yoga is not about how flexible you are, but about strengthening your body and spine in all directions. All that matters is that you try the right way, go to your personal "edge" and you will get 100% of the benefits!

Why The Heated Room?

The room is intentionally heated to warm your muscles and allow you to work deeper and safer. The heat also heals, helps prevent injuries, and promotes sweating which flushes toxins from your body.

Is It A Cardiovascular Workout And Can I Lose Weight?

No matter what your level of fitness, you will find Bikram Yoga very challenging. Each posture combines flexibility, strength and balance to work your whole body from your bones to your skin! With persistence, patience and dedication, you can lose inches and develop muscle tone and strength that might never come from other forms of exercise.

What Are Some Of The Benefits

There are unlimited benefits to Bikram Yoga. It reduces stress, increases blood circulation and improves strength and flexibility. Regular practice (at least three times a week) can reduce the symptoms of many chronic diseases (ie. arthritis, diabetes and thyroid disorders). It also promotes relaxation.

BIKRAM YOGA *On the Island*

87 East Merritt Avenue, Merritt Island, FL 32953

by Home Depot

321-452-YOGA (9642)

As seen on
CBS 60 Minutes!

