

HOT YOGA is a demanding 26 pose (asana) series —

By performing each pose in the given order, these postures work synergistically to bring you peace of mind and to put your body into balance.

This yoga blends balance with strength and flexibility, exertion with relaxation. By gently stretching and massaging the spine, muscles, tendons, joints and internal organs, you will achieve a suppleness your body hasn't felt in years. Through this hot yoga series, your lung capacity is expanded, your bones are strengthened, your joints are opened and lubricated, your arteries and veins are dilated, allowing fresh oxygenated blood to revitalize every tissue in your body.

1. Pranayama Breathing
2. Ardha Chandrasana - Half Moon Pose
3. Utkatasana - Awkward Pose
4. Garurasana - Eagle Pose
5. Dandayamana Janushirasana - Standing Head to Knee
6. Dandayamana Dhanurasana - Standing Bow Pulling Pose
7. Tuladandasana - Balancing Stick pose
8. Dandayamana Bibhaktapada Paschimotthanasa - Standing Separate Leg Stretching Pose
9. Trikonasana - Triangle Pose
10. Dandayamana Bibhaktapada Janushirasana - Standing Separate Leg Head to Knee Pose
11. Tadasana - Tree Pose
12. Padangustasana - Toe Stand
13. Savasana - Corpse Pose
14. Pavana Muktasana - Wind Removing Pose
15. Sit-up
16. Bhujangasana - Cobra Pose
17. Salabhasana - Locust Pose
18. Poorna Salabhasana - Full Locust Pose
19. Dhanurasana - Bow Pose
20. Supta Vajrasna - Fixed Firm Pose
21. Ardha Kurmasana - Half-Tortoise Pose
22. Ustrasana - Camel Pose
23. Sasangasana - Rabbit Pose
24. Janushiransa with Paschimotthanasana - Head to Knee with Stretchig Pose
25. Ardha Matsyendrasana - Spine Twisting Pose
26. Kapalbhata Breathing - Breath of Fire

Each posture is repeated twice.

The series is always the same. As students advance in their practice, they deepen into their postures rather than the postures changing with the student's abilities.

