

## **26 + 2 / BIKRAM HOT YOGA**

### **SHORT DESCRIPTION**

26 + 2, also known as Bikram Hot Yoga or Original Hot Yoga, is a precisely sequenced series of 26 postures and 2 breathing exercises performed in a heated room (105°F / 40% humidity). Designed to systematically work every part of the body, this 90-minute practice builds strength, flexibility, focus, and endurance while promoting detoxification through sweat and breath.

### **OVERVIEW**

**STYLE** | Traditional, disciplined, and highly structured; always the same sequence

**STRUCTURE** | 26 postures + 2 breathing exercises performed in the same order every class

**BREATH** | Begins and ends with specific pranayama techniques; breath is cued throughout for endurance and control

**FLOW** | Not a flow-based practice; each pose is performed individually with set holds and rests in between

**PACE** | Steady, deliberate pace; emphasis on precision and endurance in each posture

**FOCUS** | Full-body conditioning, mental concentration, detoxification, and resilience under heat

**TEACHER ROLE** | Directive and motivational; follows a standardized dialogue with minimal variation

**VIBE** | Intense, focused, and cathartic; known for consistency, sweat, and challenge

### **DESCRIPTION**

#### **26 + 2 / Bikram Yoga: Discipline, Detox, and Deep Internal Work**

Often referred to as Original Hot Yoga, 26 + 2 is a fixed sequence of 26 postures and 2 breathing exercises taught in a 105°F room with 40% humidity over the course of 90 minutes. The practice was created by Bikram Choudhury and later became codified as a global phenomenon in the late 20th century.

Each class follows the exact same sequence, allowing practitioners to measure progress over time and develop a deep understanding of the postures. The structure is rigorous, but accessible — and the heat adds both physical intensity and internal challenge, encouraging physical release and mental stamina.

Though often debated due to its controversial founder, the method itself has a devoted worldwide following and continues to be taught in studios under the name 26 + 2, Original Hot Yoga, or Hot 90.

#### **Origins of 26 + 2**

The 26 + 2 series evolved from traditional Hatha yoga postures, distilled by Bikram Choudhury into a consistent, therapeutic practice. He created the system in the 1970s based on his studies with Bishnu Ghosh, the brother of Paramahansa Yogananda, blending ancient techniques with modern physical therapy goals.

While the practice was originally trademarked and franchised under the Bikram Yoga brand, it has since been embraced by independent studios worldwide — often under different names to reflect new leadership and ethical frameworks.

#### **Style and Structure**

## **Style**

This is a non-flow, static style of yoga rooted in precision and consistency. Each posture is performed twice, with stillness or breath cueing in between. The postures build progressively, warming and preparing the body for deeper work.

The practice is known for being sweaty, intense, and transformative — not due to speed or choreography, but from the deep internal work of holding and breathing through discomfort.

## **Structure**

Every class includes:

- Opening breathing exercise: Pranayama (deep standing breath)
- 12 standing postures
- A floor series of 14 postures
- Final breathing exercise: Kapalabhati (forceful exhale breath)

Postures are practiced in the same order, every time, with a precise alignment focus and set timing.

No music is played. No flow sequences are introduced. The repetition is part of the method — promoting discipline, focus, and measured self-improvement.

## **Breath and Flow**

### **Breath**

Breath is central to the 26 + 2 experience:

- Opening breathwork (pranayama) stimulates oxygen flow and lung capacity
- Breath retention and control during postures builds endurance
- Final breath (kapalabhati) stimulates energy and clears residual tension

While the breath isn't linked to movement in a Vinyasa-style way, it is constantly cued by the teacher to support stamina, balance, and mental clarity in the heat.

### **Flow**

Flow is internal rather than movement-based. Each pose is a standalone effort, and the sequence does not flow from one asana to the next in a seamless choreography.

Instead, the flow is created through:

- Precision of repetition
- Rising and falling intensity
- Breath as the through-line
- Progressive opening of systems (muscles, joints, lymph, organs, fascia)

## **Pace, Focus, and Teacher Role**

### **Pace**

The pace is steady and disciplined. Each posture is held for a specific count and then repeated. Between each posture, students return to stillness — either in standing or savasana — allowing time for integration and recovery before the next challenge.

## **Focus**

The practice focuses on:

- Strength, flexibility, balance, and alignment
- Detoxification via sweat and circulation
- Mental discipline and stress resilience
- Deepening body awareness and internal focus
- Repetition and mastery over time

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## **Teacher Role**

The teacher's role is directive and supportive. They:

- Guide the entire class through set dialogue (a hallmark of this style)
- Emphasize correct alignment and endurance
- Maintain consistent pacing for the group
- Motivate students to push through heat and discomfort safely

Variations or personal flair are rare; the goal is consistency, not creativity.

## **Vibe and Community**

The vibe of a 26 + 2 class is:

- Intense: The heat, repetition, and focus create a crucible-like effect
- Minimalist: No music, no flashy flows, just you, the postures, and the mirror
- Discipline-focused: Perfect for those who thrive on structure and internal challenge
- Welcoming yet rigorous: Teachers often say "Just stay in the room" to support beginners

The community often values personal accountability, mental resilience, and transformation through effort.

## **Benefits of 26 + 2 Yoga**

### **Physical Benefits**

- Full-body strengthening and toning
- Increased flexibility and joint mobility
- Detoxification via intense sweating
- Enhanced balance and cardiovascular stamina
- Improved posture and spinal health

### **Mental and Emotional Benefits**

- Heightened focus and mental stamina
- Greater stress tolerance and emotional regulation
- Discipline and internal fortitude

- Increased self-confidence and determination

#### Energetic and Subtle Benefits

- Consistent stimulation of chakras through posture sequence
- Cleansing of energetic blockages through heat and breath
- Grounded awareness and mind-body connection
- Mental clarity from “sweating out the noise”

#### Who Is 26 + 2 For?

##### Ideal for:

- People who thrive on structure, discipline, and measurable progress
- Those who love consistency over variety
- Anyone seeking a deeply cleansing, physically intense practice
- Students looking to build mental toughness and endurance
- Practitioners healing from injury who benefit from slower, static sequences

##### Less ideal for:

- Those who dislike heat or have heat sensitivity
- Students looking for flow-based or musical classes
- Anyone needing a gentler or more spiritually-oriented practice

#### CONCLUSION

26 + 2 / Bikram Yoga is a challenging, purifying, and precise system of yoga that offers a consistent and transformative experience every time you step on the mat. With its heated environment, unwavering sequence, and emphasis on internal strength, it invites practitioners to face themselves — physically, mentally, and energetically — and emerge stronger, clearer, and more resilient.

This is not just a workout. It's a ritual. And for many, it becomes a powerful mirror for transformation.