

Bikram Choudhry was born in Calcutta, India, in 1946, and began practicing yoga at the age of four-years-old. At thirteen, he won his first yoga championship, but he is most well-known for designing a twenty-six posture sequence meant to be performed in a room heated to 105 degrees Fahrenheit. These twenty-six postures, or *asanas*, begin and end with two breathing exercises. The heated room is meant to help the body soften into its most flexible state, and the postures are sequenced specifically to promote health through the entire body. Together, the postures and heat supposedly rid the body of unwanted impurities and toxins. Like many practices of yoga, Bikram yoga is gaining in popularity among many age groups.