



# Sacral Chakra Yoga Postures

By Jacquelyn Krieger, author and founder of [ChakWave](http://ChakWave.com)

## Eka Pada Rajakapotasana

(Pigeon Pose)



## Baddha Konasana

(Bound Ankle Pose)



## Utkata Konasana

(Goddess Pose)



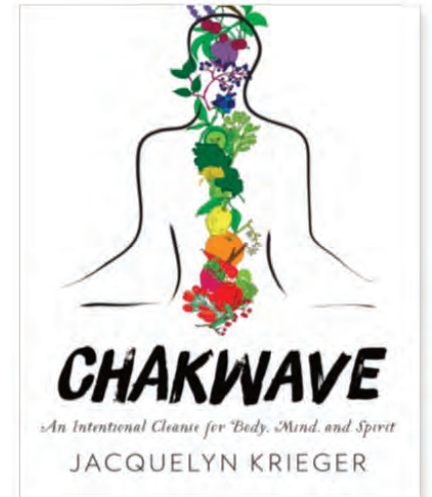
## Uttanasana

(Standing Forward Bend)



## Virabhadrasana II

(Warrior II)



Want more practices like this to align each of your Chakras?

You'll love Jacquelyn's latest book **Chakwave**, an *Intentional Cleanse for your Body, Mind, and Spirit*.

Learn more at [CHAKWAVE.COM](http://CHAKWAVE.COM)

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