



Solar Plexus Chakra Yoga Postures

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

Navasana

(Boat Pose)



Kumbhakasana

(Plank Pose)



Vasisthasana

(Side Plank Pose)



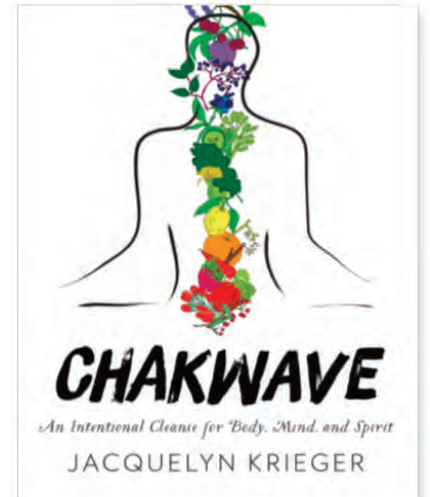
Virabhadrasana I

(Warrior I Pose)



Parivrtta Trikonasana

(Revolved Triangle Pose)



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](https://www.chakwave.com)

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