



# Heart Chakra Yoga Postures

By Jacquelyn Krieger, author and founder of [ChakWave](#)

Urdhva Dhanurasana  
(Wheel Pose)



Natarajasana  
(King Dancer Pose)



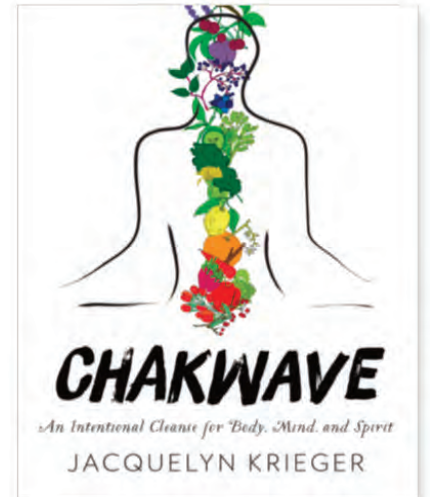
Dhanurasana  
(Bow Pose)



Setu Bandha Sarvangasana  
(Bridge Pose)



Bhujangasana  
(Cobra 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](http://CHAKWAVE.COM)

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