



Throat Chakra Yoga Postures

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

Matsyasana

(Fish Pose)



Halasana

(Plow Pose)



Purvottanasana

(Upward Plank Pose)



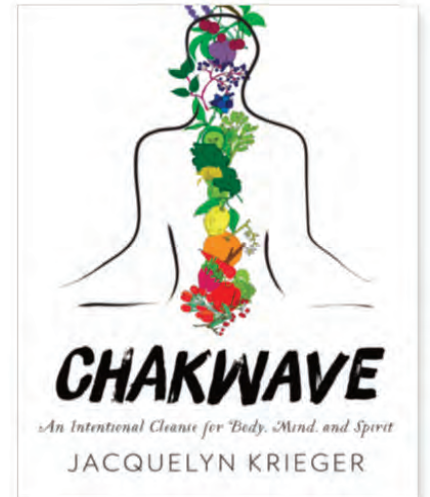
Salamba Sarvangasana

(Supported Shoulderstand)



Ustrasana

(Camel 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

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