



Third Eye Chakra Yoga Postures

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

Garudasana
(Eagle Pose)



Makarasana
(Dolphin Pose)



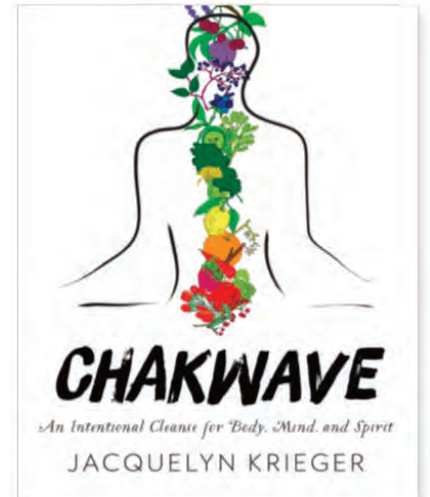
Balasana
(Child's Pose)



Vajrasana
(Thunderbolt Pose)



Bakasana
(Crow 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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