



Crown Chakra Yoga Postures

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

Salamba Sirsasana

(Supported Headstand)



Padmasana

(Lotus Pose)



Prasarita Padottanasana

(Wide-Legged Forward Bend)



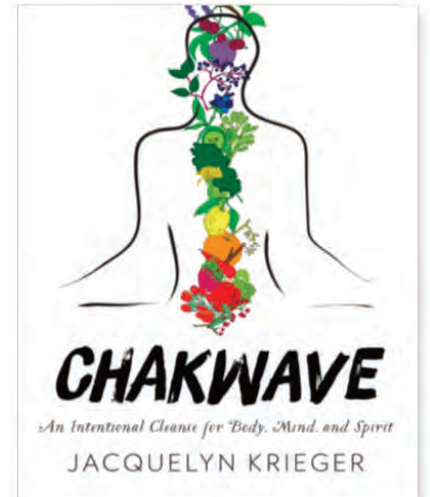
Viparita Karani

(Legs-Up-The-Wall Pose)



Savasana

(Corpse 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

For more mindfulness resources visit @LUMENKIND #BRIGHTERBEING

LUMENKIND.CO