



Crown Chakra Yoga Postures

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

Salamba Sirsasana

(Supported Headstand)



Padmasana

(Lotus Pose)



Prasarita Padottanasana

(Wide-Legged Forward Bend)



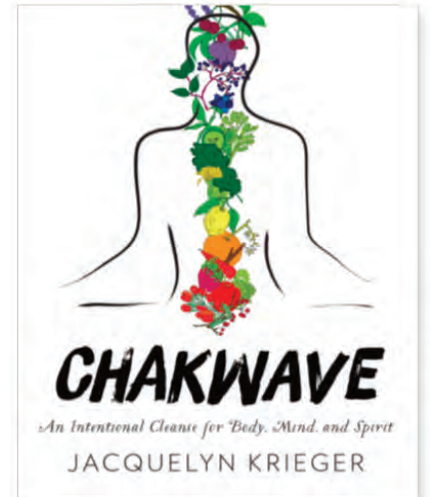
Viparita Karani

(Legs-Up-The-Wall Pose)



Savasana

(Corpse Pose)



Want more practices like this to align each of your Chakras?

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Heart Chakra Yoga Postures

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Urdhva Dhanurasana
(Wheel Pose)



Natarajasana
(King Dancer Pose)



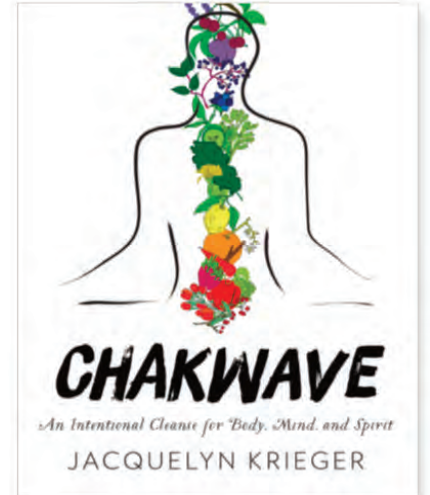
Dhanurasana
(Bow Pose)



Setu Bandha Sarvangasana
(Bridge Pose)



Bhujangasana
(Cobra Pose)



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Third Eye Chakra Yoga Postures

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Garudasana
(Eagle Pose)



Makarasana
(Dolphin Pose)



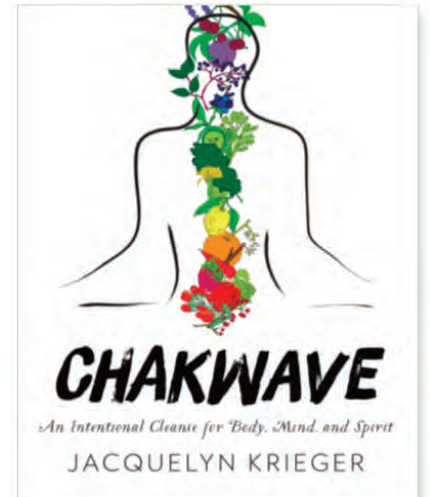
Balasana
(Child's Pose)



Vajrasana
(Thunderbolt Pose)



Bakasana
(Crow Pose)



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Solar Plexus Chakra Yoga Postures

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Navasana

(Boat Pose)



Kumbhakasana

(Plank Pose)



Vasisthasana

(Side Plank Pose)



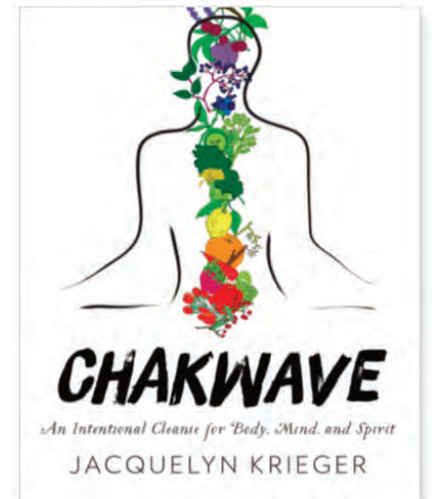
Virabhadrasana I

(Warrior I Pose)



Parivrtta Trikonasana

(Revolved Triangle Pose)



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Throat Chakra Yoga Postures

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Matsyasana

(Fish Pose)



Halasana

(Plow Pose)



Purvottanasana

(Upward Plank Pose)



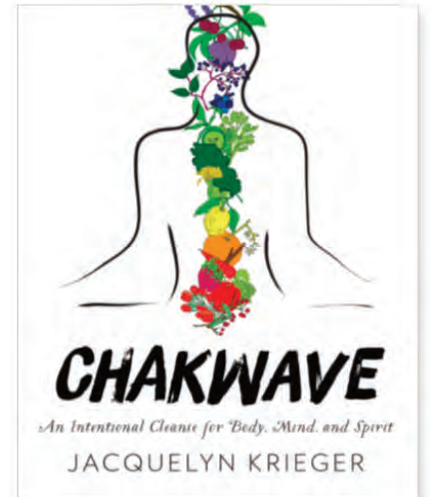
Salamba Sarvangasana

(Supported Shoulderstand)



Ustrasana

(Camel Pose)



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Sacral Chakra Yoga Postures

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Eka Pada Rajakapotasana

(Pigeon Pose)



Baddha Konasana

(Bound Ankle Pose)



Utkata Konasana

(Goddess Pose)



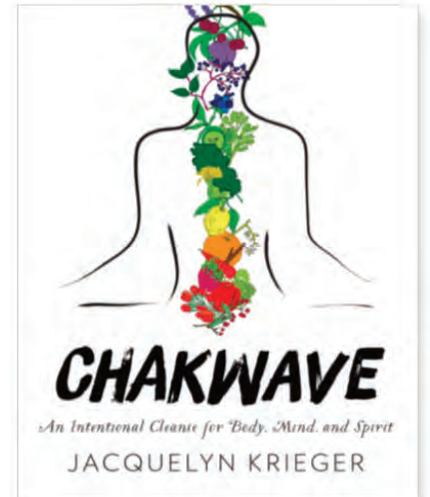
Uttanasana

(Standing Forward Bend)



Virabhadrasana II

(Warrior II)



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Root Chakra Yoga Postures

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Tadasana
(Mountain Pose)



Vriksasana
(Tree Pose)



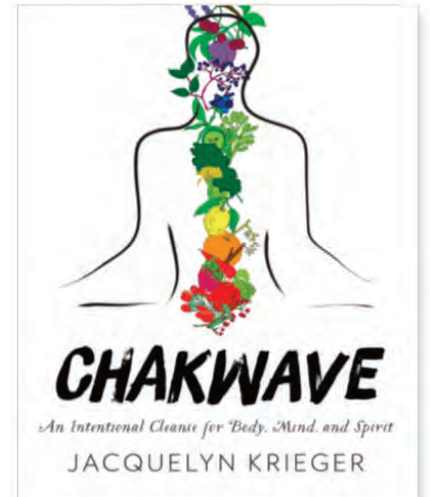
Parsvakonasana
(Side Angle Pose)



Utkatasana
(Chair Pose)



Adho Mukha Svanasana
(Downward Dog)



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