

YOGA CHAKRA POSES

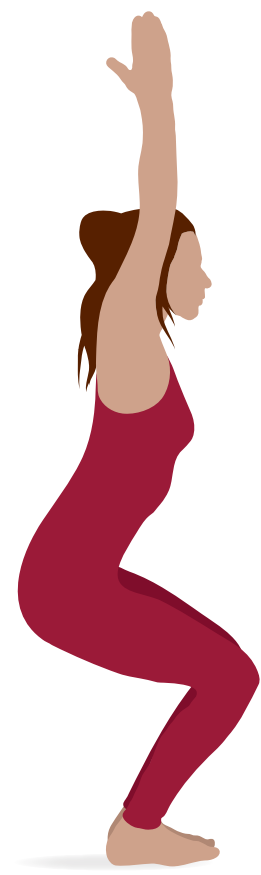


ROOT *Muladhara*

1st Chakra
Security & Grounding



Garland Pose
Malasana



Chair Pose
Utkatasana



Staff Pose
Dandasana



Warrior II Pose
Virabhadrasana II



SACRAL *Svadhishthana*

2nd Chakra
Creativity & Sexuality



Crescent Pose
Anjaneyasana



Bound Angle Pose
Baddha Konasana



Goddess Pose
Utkata Konasana



Wide Angle Seated
Forward Bend Pose
Upavistha Konasana

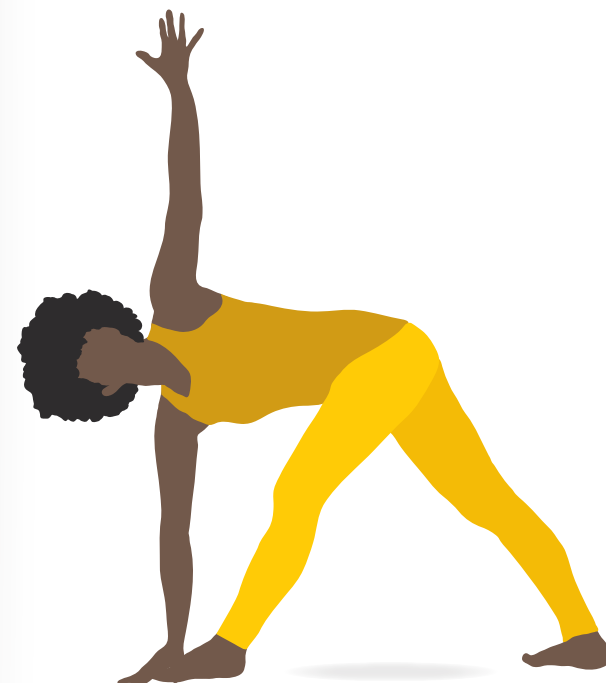


SOLAR PLEXUS *Manipura*

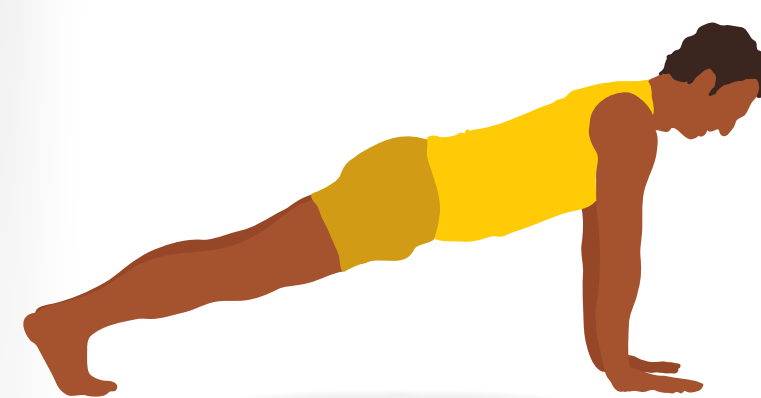
3rd Chakra
Willpower & Self-esteem



Camel Pose
Ustrasana



Revolved Triangle Pose
Parivrtta Trikonasana



Plank Pose
Phalakasana



Bow Pose
Dhanurasana

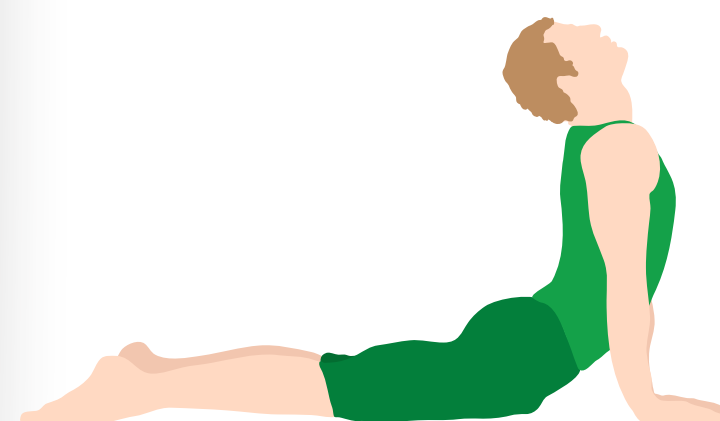


HEART *Anahata*

4th Chakra
Love & Relationships



Lord of The Dance Pose
Natarajasana



Cobra Pose
Bhujangasana



Wheel Pose
Urdhva Dhanurasana



Half Lord of The Fishes Pose
Ardha Matsyendrasana



THROAT *Vishuddha*

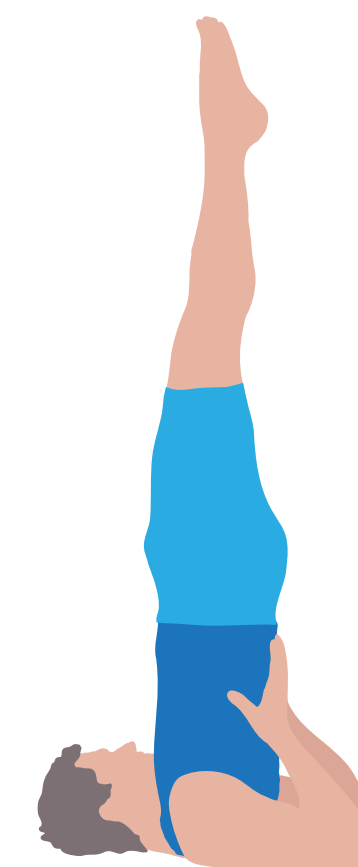
5th Chakra
Communicate & Truth



Cat Pose
Marjariasana



Lion Pose
Simhasana



Shoulder Stand Pose
Salamba Sarvangasana



Plow Pose
Halasana



THIRD EYE *Ajna*

6th Chakra
Intuition & Foresight



Thunderbolt Pose
Vajrasana



Child's Pose
Balasana



Downward-Facing Dog Pose
Adho Mukha Svanasana



Lotus Pose
Ardha Padmasana



CROWN *Sahasrara*

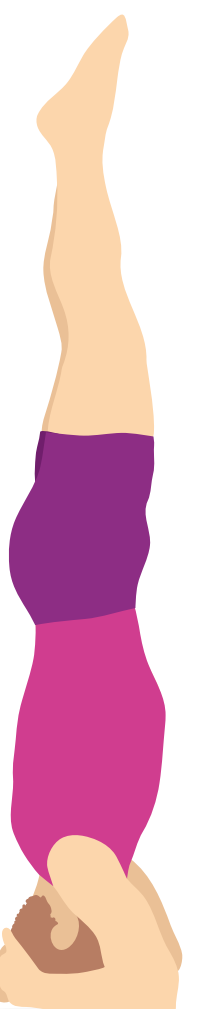
7th Chakra
Consciousness & Universe



Rabbit Pose
Sasangasana



Forearm Stand Pose
Pincha Mayurasana



Headstand Pose
Salamba Sirsasana



Corpse Pose
Savasana