

Yoga Poses Associated with the Chakras

Muladhara Root Chakra	Mountain, Cobbler, Seated Circles And Birthing Pose (Malasana).
Svadhistana Sacral Chakra	Camel, Eagle, Forward Fold, Cobbler (Baddha Konasana) And Lotus (Padmasana).
Manipura Solar Plexus	Any Twists, Boat, Plank, Locust And Bow.
Anahata Heart Chakra	Cow Face, Alternate Nostril Breath, Cobra And Spinal Twist.
Vishuddha Throat Chakra	Lion, Cobra, Backbends, Shoulder Stand, Plow And Fish.
Ajna 3 rd Eye Chakra	Child Pose, Rabbit, Down Dog, Meditation And Chanting And Inversions.
Sahasrara Crown Chakra	Head Stand, Inversions And Mountain.
