

# Chakra Yoga

## Root



Muladhara



Warrior II Pose  
Virabhadrasana II



Standing Forward Bend Pose  
Uttanasana



Mountain Pose  
Tadasana



Bridge Pose  
Setu Bandha Sarvangasana



Chair Pose  
Utkatasana

- Location: Base of Spine
- Color: Red
- Element: Earth
- Seed Sound: LAM
- Gland: Adrenals

## Sacral



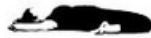
Svadhisthana



Goddess Pose  
Utkata Konasana



Reclined Bound Angle Pose  
Supta Baddha Konasana



Reclined Thunderbolt Pose  
Supta Vajrasana



Seated Forward Bend Pose  
Paschimottasana



Triangle Pose  
Trikonasana

- Location: Below Navel
- Color: Orange
- Element: Water
- Seed Sound: VAM
- Gland: Gonads

## Solar Plexus



Manipura



Downward-Facing Dog Pose  
Adho Mukha Svanasana



Revolved Triangle Pose  
Parivrtta Trikonasana



Bow Pose  
Dhanurasana



Plank Pose  
Kumbhakasana / Phalakasana



Crescent Pose  
Anjaneyasana

- Location: Upper Abdomen
- Color: Yellow
- Element: Fire
- Seed Sound: RAM
- Gland: Pancreas

## Heart



Anahata



Bridge Pose  
Setu Bandha Sarvangasana



Cobra Pose  
Bhujangasana



Cow Pose  
Bitilasana



Cat Pose  
Marjaryasana

Camel Pose  
Ustrasana



Upward-Facing Dog Pose  
Urdhva Mukha Svanasana

- Location: Chest (Center)
- Color: Green
- Element: Air
- Seed Sound: YAM
- Gland: Thymus

## Throat



Vishuddha



Camel Pose  
Ustrasana



Supported Shoulderstand Pose  
Salamba Sarvangasana



Plow Pose  
Halasana



Fish Pose  
Matsyasana



Cat Pose  
Marjaryasana

Cow Pose  
Bitilasana

- Location: Throat Area
- Color: Light Blue
- Element: Ether / Space
- Seed Sound: HAM
- Gland: Thyroid

## Third Eye



Ajna



Cow Face Pose  
Gomukhasana



Downward-Facing Dog Pose  
Adho Mukha Svanasana



Extended Child's Pose  
Uttitha Balasana



Legs Up The Wall  
Viparita Karani



Lotus Pose  
Padmasana

- Location: Between Eyebrows
- Color: Indigo
- Element: Light
- Seed Sound: OM
- Gland: Pineal

## Crown



Sahasrara



Headstand Pose  
Sirsasana



Tree Pose  
Vrikshasana



Lotus Pose  
Padmasana



Corpse Pose  
Savasana



Standing Backbend Pose  
Anuvittasana

- Location: Top of Head
- Color: Violet
- Element: Thought
- Seed Sound: AH
- Gland: Pituitary