

LEARN YOUR POSE

VAJRASANA A.K.A. DIAMOND POSE



- Start from Cat and Cow pose.
 - Come to the kneeling position. Lower legs should stretch back.
 - Now, bend your knees and lower down so that your hips are resting on the back of the ankles and thighs on the backside of shin bone!
 - Make your big toes touch each other.
 - Next, sit erect and gaze forward.
 - Place your hands near knees.
Calm down and close your eyes.
 - Pay attention to your breath.
Inhale and exhale in rhythm without straining your legs and knees.
 - Initially stay there for 5 to 10 breaths.
 - Gradually increase your time in the pose as you gain strength and flexibility.
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