

Diamond pose



Vadajrasana

37.



This pose is also called a pose of a disciple. In this pose you should sit for a long time while listening to a teacher. Put legs underneath to sit comfortably.

Try to remove the tension in the hips.

Sit down on your knees in the secluded place. Keep your back, neck and head on one straight line. Put your hands on the knees. Look in front of you. Strength of diamond is gained by doing this pose; for this reason it is called a diamond pose.