**Vajrasana (Diamond Pose)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid if:**

* Avoid Vajrasana if you have knee injuries or severe discomfort in your knees, ankles, or feet.
* Those with back issues should also be cautious and may want to seek guidance from a qualified instructor.

**Instructions:**

1. Sit with your legs stretched straight in front of you.
2. Fold both legs and sit in a kneeling position, keeping your hips on your heels. The toes should point out behind you, and the big toes should touch each other at the back.
3. Sit comfortably on the space formed by the parted heels.
4. Keep your head, neck, and spine aligned in a straight line. Place your palms on your thighs, facing upward.
5. Hold this pose for 1-2 minutes while taking long, deep breaths.
6. To exit the pose, exhale and relax, then straighten your legs.

**Key Tips:**

* Comfortable Alignment: Ensure your knees and feet are properly aligned to avoid strain. If you feel discomfort, adjust your position or use a cushion under your buttocks.
* Breathing: Focus on deep, steady breathing throughout the pose to enhance relaxation and stability.
* Duration: If you are new to this pose, start with shorter durations and gradually increase the time as you become more comfortable.