

Mood-Based Yoga Session Recommendation Report

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User Prompt: Feeling irritable, agitated, or tense involves constant irritability, heightened sensitivity, and a

Similarity Score: 0.9313

Recommended Asana: CatCow Pose (Marjaryasana-Bitilasana)

How to Do:

1. Start on all fours with wrists under shoulders and knees under hips.
2. Inhale, arching the back (Cow Pose), lifting the head and tailbone.
3. Exhale, rounding the spine (Cat Pose), tucking the chin and tailbone.
4. Repeat for 5-10 breaths.

Frequency:

5 days/week

Timing:

Morning & Evening

Dietary Recommendations:

- Incorporate calming foods like chamomile tea and whole grains
- Avoid spicy and processed foods

Lifestyle Recommendations:

- Practice patience and mindfulness
- Engage in calming activities like reading or listening to music
- Use stress-relief techniques

Benefits:

- Promotes mindfulness
- Reduces tension
- Releases back and hip tension
- Fosters playfulness
- Calms the mind

Final Comment:

Marjaryasana-Bitilasana offers profound benefits for mental clarity and relaxation.