

Mood-Based Yoga Session Recommendation Report

Date: 2024-12-08 16:58:47

User Prompt: Feeling angry, frustrated, or irritable involves frequent emotional outbursts, impatience, and

Similarity Score: 0.8981

Recommended Asana: Revolved Triangle Pose (Parivrtta Trikonasana)

How to Do:

1. Stand with feet wide apart.
2. Turn the right foot out 90 degrees and the left foot slightly inward.
3. Extend arms to the sides and hinge at the hips to twist the torso towards the right, placing the left hand on the right thigh.
4. Extend the right arm towards the ceiling.
5. Hold for 30 seconds, then switch sides.

Frequency:

3-5 days/week

Timing:

Afternoon

Dietary Recommendations:

- Incorporate anti-inflammatory foods like leafy greens and turmeric
- Avoid excessive caffeine and spicy foods

Lifestyle Recommendations:

- Practice journaling or expressive writing
- Engage in calming activities like listening to music
- Develop anger management strategies

Benefits:

- Stimulates digestion
- Enhances mental clarity
- Stretches the hips and ankles
- Releases tension
- Fosters emotional balance

Final Comment:

Revolved Triangle Pose (Parivrtta Trikonasana) is an excellent form of yoga that promotes flexibility, balance, and mental clarity. It helps in enhancing digestive functions and improves mental focus while releasing tension in the body.