

Mood-Based Yoga Session Recommendation Report

Date: 2024-12-08 16:58:13

User Prompt: Those suffering from insomnia, sleep issues, or nighttime restlessness often face difficulty fa

Similarity Score: 0.9056

Recommended Asana: Corpse Pose (Savasana)

How to Do:

1. Lie flat on your back with arms at your sides, palms facing up.
2. Close your eyes and relax every part of your body.
3. Focus on your breath and remain still for 5-15 minutes.

Frequency:

Daily

Timing:

Nighttime

Dietary Recommendations:

- Avoid heavy meals before bedtime
- Include magnesium-rich foods like bananas and nuts
- Herbal teas (e.g.

Lifestyle Recommendations:

- Maintain a regular sleep schedule
- Create a calming bedtime routine
- Limit screen time before bed

Benefits:

- Promotes deep relaxation
- Calms the mind
- Improves circulation
- Reduces anxiety
- Facilitates better sleep

Final Comment:

Stay relaxed by practicing Savasana - lying flat on your back with arms at your sides and closing your eyes for 5-15 minutes. This practice promotes deep relaxation, reduces stress, improves circulation, alleviates anxiety, and enhances sleep quality.