

Mood-Based Yoga Session Recommendation Report

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User Prompt: Feeling frustrated, agitated, or irritable involves frequent feelings of annoyance, impatience,

Similarity Score: 0.9542

Recommended Asana: Revolved Chair Pose (Parivrtta Utkatasana)

How to Do:

1. Stand with feet together.
2. Bend your knees slightly and lower into a squat.
3. Bring your hands to prayer position at your chest.
4. Twist your torso to the right, placing your left elbow outside your right knee.
5. Hold for 30 seconds, then switch sides.

Frequency:

3-5 days/week

Timing:

Afternoon

Dietary Recommendations:

- Incorporate detoxifying foods like green tea and leafy vegetables
- Avoid processed and fried foods

Lifestyle Recommendations:

- Practice deep breathing and stress management
- Engage in problem-solving activities
- Maintain a calm environment

Benefits:

- Detoxifies the body
- Enhances balance
- Releases tension
- Fosters a sense of calm

Final Comment:

Revolved Chair Pose can be a powerful asana to enhance flexibility and stress relief...