

# 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: 0.9583

## 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:

CatCow Pose is great for reducing stress and promoting relaxation.