

Mood-Based Yoga Session Recommendation Report

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User Prompt: Those feeling guilt, remorse, or regret often dwell on past actions, leading to persistent self-

Similarity Score: 0.9389

Recommended Asana: Heart Opening Poses (Ustrasana, Bhujangasana)

How to Do:

Camel Pose (Ustrasana):

1. Kneel on the mat with knees hip-width apart.
2. Place your hands on your lower back for support.
3. Gently arch your spine backward, reaching for your heels if comfortable.
4. Keep your neck relaxed and breathe deeply.

Cobra Pose (Bhujangasana):

1. Lie face down with legs together and hands under shoulders.
2. Press into your hands to lift your chest off the ground.
3. Keep elbows slightly bent and shoulders relaxed.
4. Hold for 15-30 seconds, then lower down.

Timing:

Evening

Dietary Recommendations:

- Incorporate heart-healthy foods like leafy greens and berries
- Avoid excessive junk food and alcohol

Lifestyle Recommendations:

- Practice forgiveness and self-compassion
- Engage in reflective journaling
- Seek emotional support

Benefits:

- Opens the heart
- Promotes forgiveness
- Releases feelings of guilt
- Enhances self-acceptance
- Encourages emotional release

Final Comment:

Ustrasana and Bhujangasana are great postures for deep breathing and relaxation, promoting overall health.