

# Mood-Based Yoga Session Recommendation Report

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User Prompt: Experiencing grief, sadness, or heartache encompasses deep emotional pain, longing, and s

Similarity Score: 0.9204

## Recommended Asana: Bridge Pose (Setu Bandhasana)

### How to Do:

1. Lie on your back with knees bent and feet flat on the floor, hip-width apart.
2. Press your feet and arms into the mat as you lift your hips toward the ceiling.
3. Clasp your hands under your back and extend the arms.
4. Hold for 30 seconds to 1 minute, then release slowly.

### Frequency:

4-6 days/week

### Timing:

Evening

### Dietary Recommendations:

- Incorporate mood-boosting foods like dark chocolate and berries
- Avoid heavy or greasy foods

### Lifestyle Recommendations:

- Allow time for emotional expression
- Seek support from friends or a therapist
- Engage in creative activities

### Benefits:

- Reduces anxiety
- Improves mood
- Fosters emotional release
- Calms the mind
- Opens the heart

### Final Comment:

Bridge Pose can help reduce stress and improve overall well-being.