

Mood-Based Yoga Session Recommendation Report

Date: 2024-12-08 17:00:43

User Prompt: Individuals with low self-confidence, self-doubt, or insecurity frequently question their abilities

Similarity Score: 0.8184

Recommended Asana: Cobra Pose (Bhujangasana)

How to Do:

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.

Frequency:

4-5 days/week

Timing:

Morning & Evening

Dietary Recommendations:

- Include protein-rich foods to support muscle and energy levels
- Incorporate foods high in B vitamins for brain health

Lifestyle Recommendations:

- Practice positive affirmations
- Engage in confidence-building activities
- Limit negative self-talk

Benefits:

- Boosts self-esteem and courage
- Enhances confidence
- Encourages perseverance
- Opens the heart
- Reduces stress

Final Comment:

Cobra Pose (Bhujangasana) is a great choice for enhancing strength, flexibility, and self-confidence. It's also known to boost courage, encourage perseverance, and improve mental resilience.