

# Mood-Based Yoga Session Recommendation Report

Date: 2024-12-08 17:07:01

User Prompt: Those who overthink, ruminate, or experience mental overload often dwell on negative thoughts.

Similarity Score: 0.9585

## Recommended Asana: Mountain Pose (Tadasana)

### How to Do:

1. Stand with feet together, arms at sides.
2. Distribute your weight evenly across both feet.
3. Engage your thighs, lift your chest, and relax your shoulders.
4. Hold for 1-2 minutes, focusing on your breath.

### Frequency:

5 days/week

### Timing:

Afternoon & Evening

### Dietary Recommendations:

- Include brain-calming foods like leafy greens and whole grains
- Avoid stimulants like caffeine in the evening

### Lifestyle Recommendations:

- Practice mindfulness and grounding techniques
- Limit multitasking
- Create a quiet environment for reflection

### Benefits:

- Enhances body awareness
- Promotes grounding
- Calms the mind
- Opens the chest
- Provides a sense of safety

### Final Comment:

Mountain Pose (Tadasana) is an excellent foundation for maintaining balance and reducing stress, promoting relaxation and mindfulness.