

# Mood-Based Yoga Session Recommendation Report

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User Prompt: Feeling overwhelmed, overloaded, or burnt out involves chronic stress, emotional exhaustion

Similarity Score: 0.9664

## Recommended Asana: Supine Spinal Twist (Supta Matsyendrasana)

### How to Do:

1. Lie on your back with arms extended to the sides.
2. Bend your knees and drop them to the right while keeping shoulders on the mat.
3. Turn your head to the left if comfortable.
4. Hold for 1-2 minutes, then switch sides.

### Frequency:

5 days/week

### Timing:

Afternoon & Evening

### Dietary Recommendations:

- Eat light
- easily digestible meals
- Include anti-inflammatory foods like turmeric and ginger

### Lifestyle Recommendations:

- Prioritize tasks and delegate when possible
- Take regular breaks during work
- Practice mindfulness and stress management techniques

### Benefits:

- Promotes relaxation
- Massages internal organs
- Opens the hips
- Fosters a sense of calm
- Reduces stress

### Final Comment:

This pose can be used to promote relaxation and reduce stress. It also helps in balancing the body and improving flexibility.