

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: 0.9693

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:

Try Supine Spinal Twist (Supta Matsyendrasana) for deep relaxation and improved posture!