

# Mood-Based Yoga Session Recommendation Report

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User Prompt: Those experiencing loneliness, isolation, or a lack of connection feel disconnected from others

Similarity Score: 0.9700

## Recommended Asana: Lotus Pose (Padmasana)

### How to Do:

1. Sit on the mat with legs extended.
2. Bend the right knee and place the right foot on the left thigh.
3. Repeat with the left knee, placing the left foot on the right thigh.
4. Sit tall, hands resting on your knees or in prayer position.
5. Hold for 5-10 minutes, focusing on your breath.

### Frequency:

4-6 days/week

### Timing:

Morning & Evening

### Dietary Recommendations:

- Include foods rich in tryptophan (e.g. turkey, chicken, fish, eggs, dairy, nuts) to boost serotonin

### Lifestyle Recommendations:

- Stay hydrated with water and herbal teas
- Engage in social activities or join groups
- Practice self-compassion and self-love
- Limit isolation by setting social goals

### Benefits:

- Enhances meditation
- Cultivates inner peace
- Promotes deep relaxation
- Fosters emotional connection
- Integrates practice benefits

### Final Comment:

Sitting with the right foot resting comfortably, deepen and maintain physical and mental wellbeing through this position.