

# Mood-Based Yoga Session Recommendation Report

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User Prompt: When overwhelmed by stress, tension, or overload, a person may feel pressured, fatigued, a

Similarity Score: 0.9309

## Recommended Asana: Downward Facing Dog (Adho Mukha Svanasana)

### How to Do:

1. Start on all fours with hands shoulder-width apart.
2. Lift your hips towards the ceiling, forming an inverted V-shape.
3. Keep your spine straight and heels reaching towards the mat.

### Frequency:

4-6 days/week

### Timing:

Morning & Evening

### Dietary Recommendations:

- Balanced diet
- Incorporate whole grains
- lean proteins

### Lifestyle Recommendations:

- Stay hydrated
- Incorporate time management techniques
- Engage in hobbies and leisure activities
- Practice mindfulness and relaxation techniques

### Benefits:

- Relieves stress
- Invigorates the body
- Stretches the hamstrings
- Calms the mind
- Releases tension

### Final Comment:

Experience deep relaxation with Downward Facing Dog (Adho Mukha Svanasana).