In [4]:
```python
from textblob import TextBlob

yoga_routines = {
    "joyful": [
        "Sun Salutations (Surya Namaskar)",
        "Dancer's Pose (Natarajasana)",
        "Camel Pose (Ustrasana)"
    ],
    "relaxed": [
        "Child's Pose (Balasana)",
        "Legs-Up-The-Wall Pose (Viparita Karani)",
        "Corpse Pose (Savasana)"
    ],
    "anxious": [
        "Cat-Cow Stretch (Marjaryasana-Bitilasana)",
        "Butterfly Pose (Baddha Konasana)",
        "Standing Forward Bend (Uttanasana)"
    ],
    "sad": [
        "Seated Forward Bend (Paschimottanasana)",
        "Bridge Pose (Setu Bandhasana)",
        "Half Pigeon Pose (Ardha Kapotasana)"
    ],
    "angry": [
        "Lion's Breath Pose (Simhasana)",
        "Twisted Chair Pose (Parivrtta Utkatasana)",
        "Eagle Pose (Garudasana)"
    ],
    "neutral": [
        "Mountain Pose (Tadasana)",
        "Tree Pose (Vrikshasana)",
        "Warrior Pose II (Virabhadrasana II)"
    ]
}

def analyze_mood(user_input):
    sentiment = TextBlob(user_input).sentiment
    polarity = sentiment.polarity
    subjectivity = sentiment.subjectivity

    if polarity > 0.5:
        mood = "joyful"
    elif 0.2 < polarity <= 0.5:
        mood = "relaxed"
    elif 0 < polarity <= 0.2:
        mood = "neutral"
    elif -0.2 <= polarity < 0:
        mood = "sad"
    elif -0.5 <= polarity < -0.2:
        mood = "anxious"
    else:
        mood = "angry"

    return mood

def recommend_yoga_routine(user_input):
    mood = analyze_mood(user_input)
    routines = yoga_routines.get(mood, [])
    return mood, routines

if __name__ == "__main__":
```

```python
user_input = input("How are you feeling today? Describe your mood: ")
mood, routines = recommend_yoga_routine(user_input)

print(f"\nYour mood seems to be: {mood.capitalize()}.")
print("Here are some recommended yoga poses for you:")
for pose in routines:
    print(f"- {pose}")
```

```
How are you feeling today? Describe your mood: angry

Your mood seems to be: Anxious.
Here are some recommended yoga poses for you:
- Cat-Cow Stretch (Marjaryasana-Bitilasana)
- Butterfly Pose (Baddha Konasana)
- Standing Forward Bend (Uttanasana)
```

In [ ]:

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