

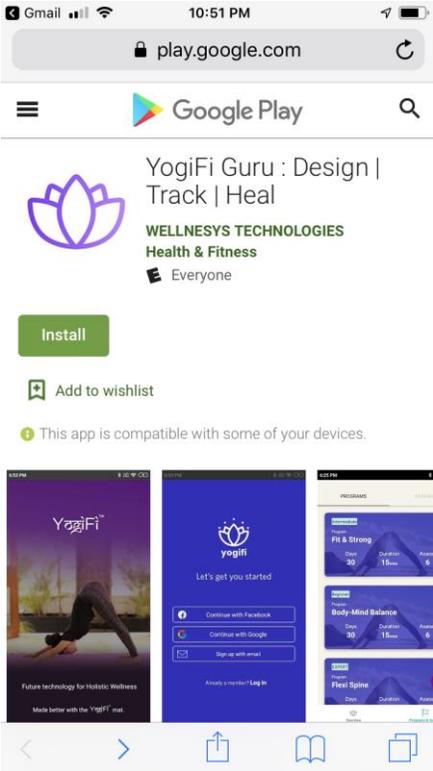
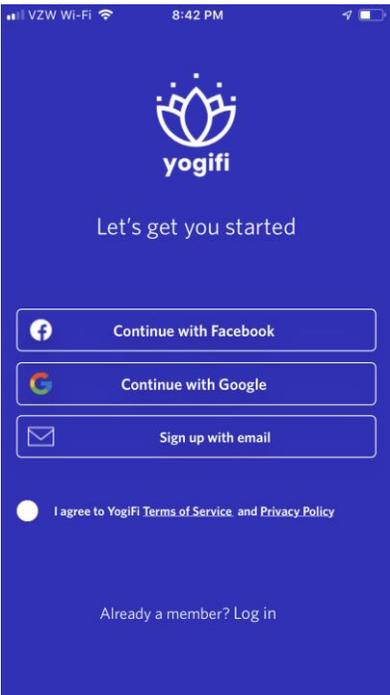


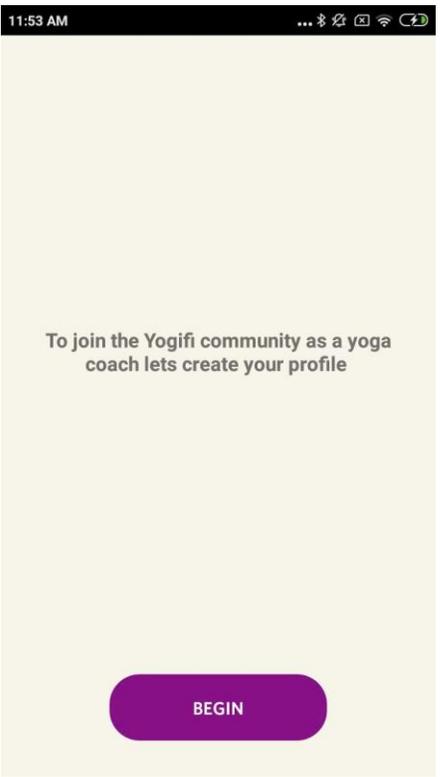
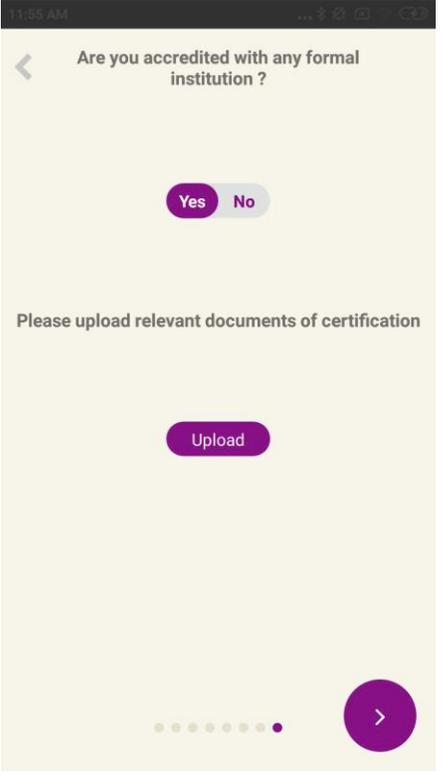
YogFi

Series -1

**User Guide for
Trainer's Mode**

Instructions to use Yogifi mat in Trainer mode

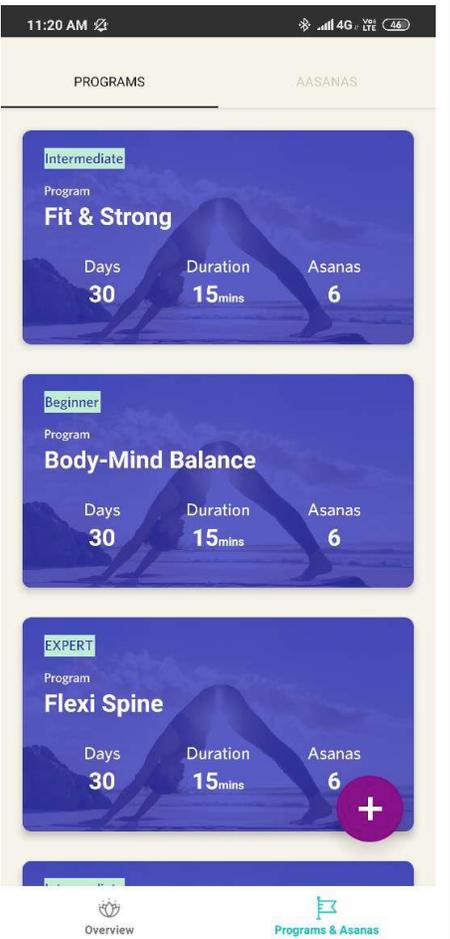
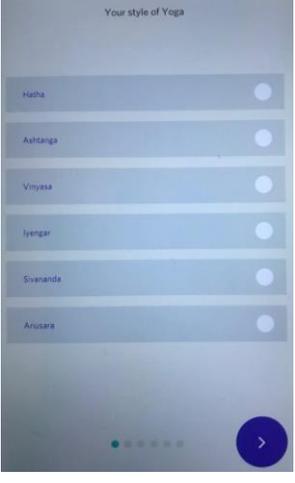
Step	Description	Screen
1	<p>Download the YogiFi Guru app from the Google Store and Install on the mobile phone.</p> <p>Link : https://play.google.com/store/apps/details?id=com.yogifi.guru.application</p> <p>Note: The Yogifi Guru app is currently available only for Android devices. Only accredited/certified Yoga Trainers will be provided access to the Yogifi Guru App.</p>	
2	<p>Launch the app and create an account for yourself. Yogifi incorporates two-step authentication process. The user will receive a verification code on his email box. The user is required to provide the verification code to proceed to the next step.</p>	

3	<p>Click on “Begin” to create the Trainer’s profile. The Trainer will be requested for details like name, date of birth, height, weight and gender. These details help to understand the accuracy of the posture and provide appropriate feedback.</p>	
4	<p>The Trainer is required to upload relevant documents of certification.</p>	

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Trainer Dashboard helps track and review all activities and tasks



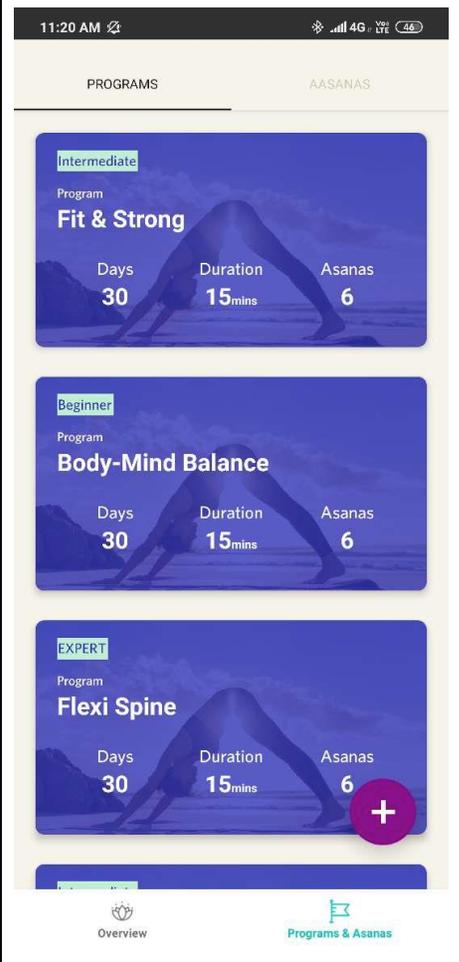
<p>5</p>	<p>Click on “+” to add a new program.</p>	
<p>6</p>	<p>Follow the below steps to create a profile for the new program</p> <ul style="list-style-type: none"> ● Select the yoga style ● Provide a name and description ● Provide a duration for the program ● Health Indications and Contra Indications ● Goal of the program ● Level of expertise required for the yoga program 	
<p>7</p>	<p>Add yoga postures for the new program:</p> <ul style="list-style-type: none"> ● You can search by Sanskrit name or English name ● Select the number of rounds and hold time for each yoga posture. 	

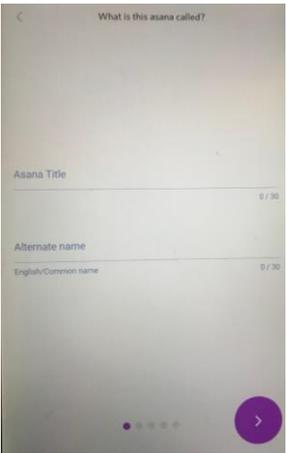
- Proceed to search for other asanas to be added to the program.
- When all the required asanas have been added, click on the blue arrow.

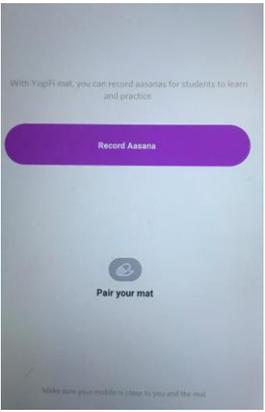
Note: Currently, the Trainer is unable to modify the program once created. This will be addressed in future releases.

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You will now notice your program in the list of available programs and you can review if the asanas have been correctly added.



<p>9</p>	<p>The Trainer may add new asanas by clicking + on "AASANAS" tab.</p>	
<p>10</p>	<p>Follow the below steps to create a profile for the new asana</p> <ul style="list-style-type: none"> ● Provide a name and description ● Select the yoga style ● Asana posture ● Asana variation ● Health Indications and Contra Indications ● Goal of the asana ● Level of expertise required for the asana 	

11	<p>Record the asana on the mat. Follow the instructions to pair the mat and perform your asana.</p> <p>Note: You would be required to repeat your asana slowly until a prompt is received that the Asana has been recorded.</p>	 A screenshot of a mobile application interface. At the top, it says "With YogiFi mat, you can record asanas for students to learn and practice". Below this is a large purple rounded rectangle button labeled "Record Asana". Underneath the button is a circular icon with a plus sign and the text "Pair your mat". At the bottom, there is a small line of text: "Make sure your mobile is close to you and the mat".
12	<p>Once recorded, you will be able to find the asanas in the list of asanas and can add to the program.</p>	