

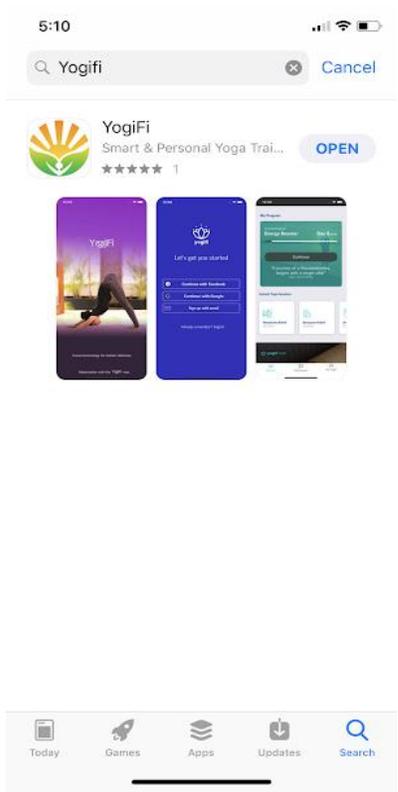


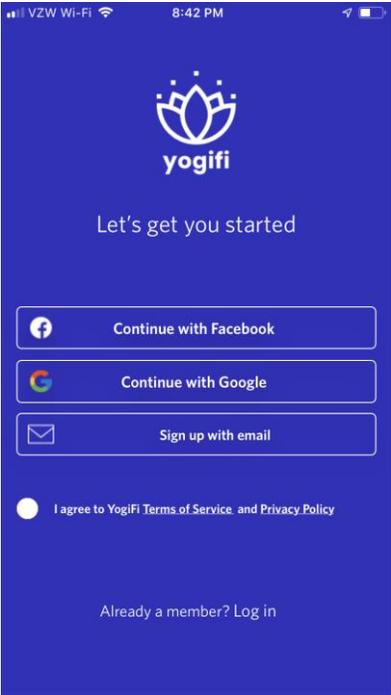
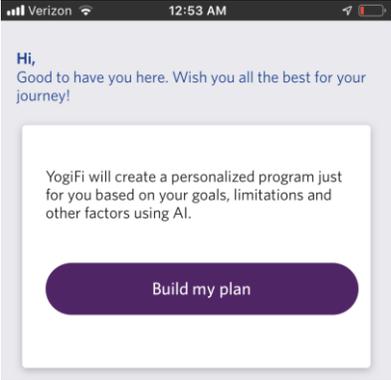
# Yogify

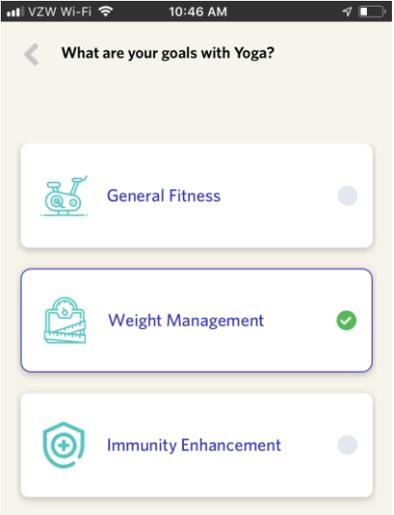
Series - 1

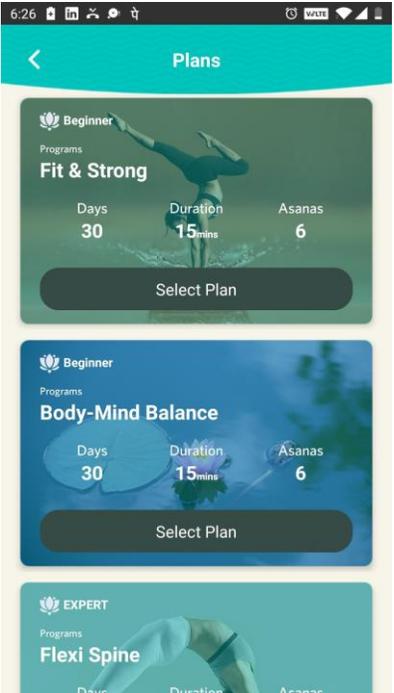
**User Guide for  
Student Mode**

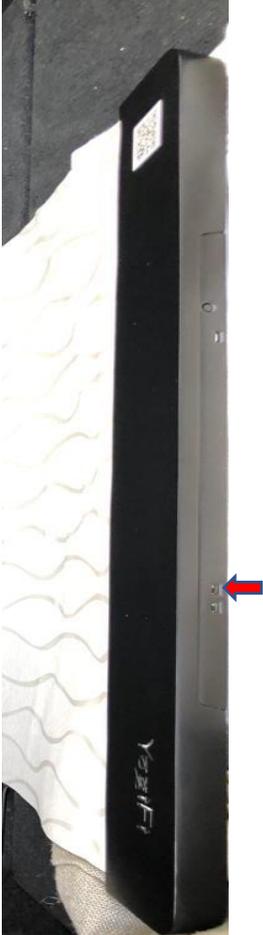
## Instructions to use Yogifi mat in Student mode

Step	Description	Screen
1	Download the “YogiFi” app from the App Store / Playstore and Install on the mobile phone.	 <p>The screenshot shows the App Store search results for the 'YogiFi' app. At the top, the time is 5:10 and the search bar contains 'Yogifi'. Below the search bar, the app's icon is displayed, followed by the name 'YogiFi' and the subtitle 'Smart &amp; Personal Yoga Trail...'. There is a 1-star rating and an 'OPEN' button. Three preview images of the app are shown below: the first shows a person in a yoga pose, the second shows a blue screen with the text 'Let's get you started', and the third shows a green screen with a 'START' button. At the bottom, the navigation bar includes icons for 'Today', 'Games', 'Apps', 'Updates', and 'Search'.</p>

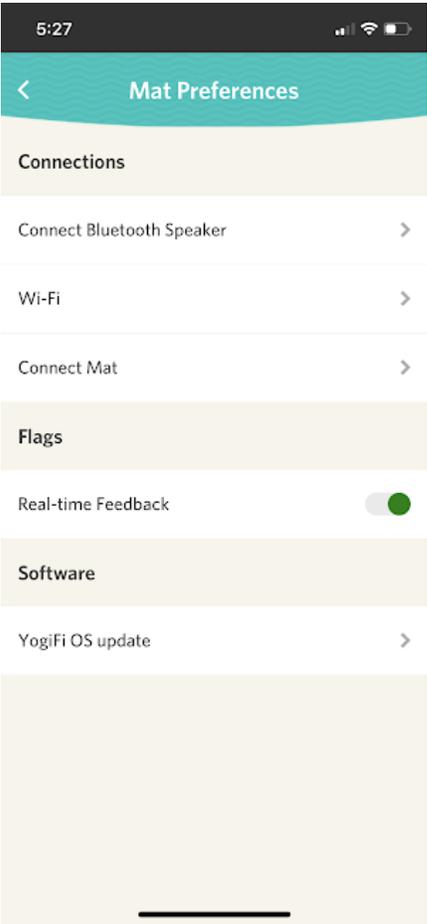
2	<p>Launch the app and create an account for yourself. Yogifi incorporates two-step authentication process.</p> <p>The user will receive a verification code on his email box. The user is required to provide the verification code to proceed to the next step.</p>	
3	<p>Click on "Build my plan" to create user profile. The user will be requested for details like date of birth, height, weight and gender. These details will be used for calibration and recommendation of the best plan suitable for the user.</p>	

<p>4</p>	<p>The user is requested for health and contra indications to provide appropriate recommendations on yoga postures that will benefit the user and postures that must be avoided.</p>	
<p>5</p>	<p>The user is requested for the goals, area of interest and familiarity with yoga. This information is used to recommend the appropriate programs designed by Yoga teachers.</p> <p>Note: The list of options on the screen will be revisited when more number of teachers and programs are added to the system.</p>	

<p>6</p>	<p>The user is presented with the available programs that are best suited for his profile and preferences. The user will be presented with the list of the yoga postures in the selected plan. The user may change the plan at any time but we recommend adhering to the selected plan to experience the effectiveness of the program.</p>	
<p>7</p>	<p>Once the user has reviewed and selected the appropriate program, the user may start the yoga practice on the Yogifi mat. The user is prompted for QR code to pair the Yogifi mat with your smart phone on clicking the Begin button.</p>	

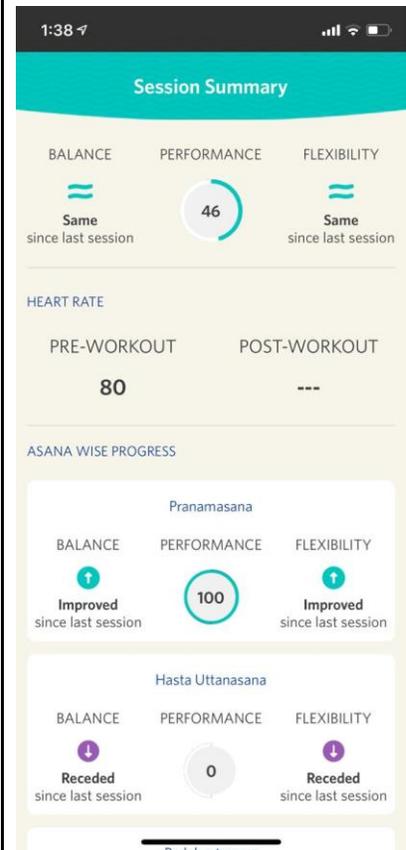
8	<p>Please follow the below steps to set up the Yogifi mat.</p> <ul style="list-style-type: none"><li>● Ensure that the Yogifi Mat is laid out completely on a flat hard surface</li><li>● Power the Yogifi Mat through the micro USB connector</li><li>● Press the power button of the Yogifi Mat gently</li><li>● Select the mode (Student/Teacher)</li></ul> <p>Note: Although Yogifi mat is designed to be portable and can be used on rechargeable batteries, we currently recommend the user to plug in the power cable.</p>	 A vertical black rectangular device, the Yogifi mat, is shown standing upright. A red arrow points to a small, circular button on the right side of the device. The device has the 'YOGIFI' logo printed vertically on its front face. The background is a white, textured surface, possibly a mat or fabric.
9	<p>Power the Bluetooth speaker which has been already paired with the Yogifi Mat. The user would be greeted with “Welcome to Yogifi” from the speaker when the mat is ready.</p> <p>Note 1: For the beta version, only the white speaker provided can be paired with the “Yogifi Series 1 – Lotus” mat and the black speaker provided can be paired with the “Yogifi Series 1 – Gravity” mat.</p> <p>Note 2: If the speaker doesn’t seem to be paired, please call our POC provided below.</p> <p>Note 3 : Charge the bluetooth speaker using the micro USB cable.</p>	

9	<p>The YogiFi Mat takes a few moments to initialize and then the user would be greeted with “Welcome to YogiFi” when the mat is ready. “YogiFi” logo on the YogiFi Mat will be lit in ‘turquoise’ color</p> <p>Note 1: If the ‘Mode’ switch of the YogiFi Mat happens to be set to teacher’s mode, the logo would lit in ‘Purple’ color</p> <p>Note 2: If the light is not lit up, please call our POC provided below.</p>	 A close-up photograph of the YogiFi Mat. The mat is light-colored with a dark grey/black border. The 'YogiFi' logo is printed on the border and is illuminated with a bright turquoise light.
10	<p>The user may now step on the YogiFi Mat, initiate the exercise session, follow the instructions to proceed with their yoga practice.</p>	 A photograph showing a person's feet on the YogiFi Mat. The mat is pink with red lines and a central logo. The person is wearing dark leggings. The image is a screenshot from a mobile phone, with a status bar at the top showing 'VZW Wi-Fi', '8:41 PM', and battery level.

<p>11</p>	<p>The user receives feedback regarding their yoga postures from the Bluetooth speaker. This boosts the user’s confidence when they are correct and rectifies with specific instructions when the posture is not accurate.</p> <p>YogiFi Mat also provides visual indications. The “YogiFi” logo turns to RED color when the user’s posture requires correction.</p> <p>Note: The App is configured to correct the posture 2 times and moves on to the next step. The user may proceed to complete the session and can come back to review the instructions to rectify the incorrect posture.</p>	
<p>12</p>	<p>The user has the option to turn off Real-time feedback under Mat preferences.</p>	

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After the yoga session, the user is presented with a summary report with the details of their performance, balance and flexibility.



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After the yoga session, the YogiFi Mat may be powered off by gently pushing the power button and rolled away for storage.

Note 1: Another user may pair the mat with his Yogifi app using the QR code and proceed with his session.

Note 2: For the beta version, we recommend the mat to be rolled carefully or leave it in a flat position.



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