

# YOGA BUDDY

## Design Specification Document

Jesper Sporrón  
Jesper.sporron@gmail.com

## Table of Contents

Article I. Purpose .....	3
Article II. Technologies .....	4
Article III. Scope.....	5
Section 3.01 In-scope.....	5
Section 3.02 Out of scope .....	5
Article IV. Page details .....	6
Section 4.01 Dashboard .....	6
(a) Pose of the day/week .....	6
(b) Motivational quote of the day/week.....	6
(c) Recent poses .....	6
Section 4.02 Poses .....	6
(a) Pose of the day/week .....	6
(b) Recent poses .....	6
(c) Favourite poses .....	6
(d) Recommended poses.....	6
(e) Search for poses.....	6
Section 4.03 Discover.....	7
(a) Map .....	7
(b) Featured Buddies .....	7
Section 4.04 Profile .....	7
(a) When not signed in .....	7
(b) When signed in .....	7
Section 4.05 Settings.....	7
(a) Light / dark mode.....	8
(b) Discover range .....	8
(c) Log out .....	8
Article V. Design.....	9
Section 5.01 Pages overview .....	9
Section 5.02 Colors .....	10
(a) Light mode .....	10
(b) Dark mode.....	10
Article VI. Discussion.....	11
Article VII. Attachments.....	12
Section 7.01 Pose data.....	12
(a) Good for .....	12

(b)	Don't do if you have/are .....	12
(c)	Types .....	12

## Article I. Purpose

The purpose of this application is to give the user a platform to learn how to practice safe Yoga alone or in a group without the need for an expensive instructor.

## Article II. Technologies

- The app will be designed in React Native (w/o Expo) for maximum cross-platform compatibility with TypeScript plugin.
- Firebase will be used as a login, server, and database solution.
- Flamelink CMS will be used to easily be able to add new data, e.g. yoga poses and translations to the app after development.
- React-native-share will be used to share progress on Social media.
- React-native-maps will be used to render a map and location of meeting points.
- I18n-js + react-native-localize for i18n purposes.
- React-native-dark-mode will be used to give the user a choice of light or dark mode.
- React-native-reanimated + react-native-redash will be used for animations.
- React-native-vector-icons for cross-platform icons.
- React-native-svg for various SVG needs.
- React-navigation for navigating through the app.
- React-native-gesture-handler for gesture handling

## Article III. Scope

### Section 3.01 In-scope

The application should include descriptive text and images to explain the correct way to perform poses and should also include warnings about when to perform them and when to avoid them, e.g. some poses should be avoided if you have back problems and some are good if you have back problems.

The app should include an **optional login feature** where users can register themselves as Yoga Buddies. Users that are not registered can still use the app, but they don't get the luxury of saving their favourite poses on the database, and they cannot become a featured Yoga Buddy.

The app should also help facilitate practicing safe yoga as a group and should therefore **include a map** where verified users can set up meeting points to practice yoga together, and a feature to **share thoughts and progress on social media**.

**The app should be available in multiple languages with the capability to add more languages without programmer interference.**

The app should ship with an external **CMS that can be used to add new yoga poses and translations**.

The app should contain a **list of poses**. A user can **favourite a pose** they especially like.

### Section 3.02 Out of scope

The application should NOT function as a social media app. There should be no internal forum or chatting, only simple profiles that you can use to get a sense of who your Yoga Buddies are.

## Article IV. Page details

### Section 4.01 Dashboard

The dashboard is the “home page” of the app. It should be the first screen the user sees when they open the app. The dashboard should include some key elements:

#### (a) Pose of the day/week

This is a quick link to a pose selected by the admin that they think deserves some extra recognition. Might be easier to randomly pick a pose in the long run. Clicking on the pose brings you to the details page for that pose.

#### (b) Motivational quote of the day/week

This is a quote selected by the admin that they think deserves some extra recognition. Might be easier to randomly pick a quote from a list in the long run.

#### (c) Recent poses

This is a list of quick links to the 3 most recent poses the user has performed in case they wish to perform those poses again. Clicking a pose brings you to the details page for that pose.

### Section 4.02 Poses

This tab is used to browse all poses that are available in the app. The poses tab should include some key elements:

#### (a) Pose of the day/week

See “Dashboard”

#### (b) Recent poses

See “Dashboard”

#### (c) Favourite poses

A user can favourite a pose that they especially like. This section is a list of the 3 most recently favourited poses from the user, with an additional “...” button to show all favourited poses. Clicking a pose brings you to the details page for that pose.

#### (d) Recommended poses

This is a list of the 3 most relevant poses for the user to try out. A recommended pose is a pose is selected based on what other, similar, poses the user has tried out. One (1) of the poses should also be a pose that is **dissimilar** to recent poses, to get the user to try something new! Clicking a pose brings you to the details page for that pose.

#### (e) Search for poses

This is a link that leads to a new page where a user can search for poses by name using a search bar. There should also be a filter section where a user can filter poses based on

- What the pose is good for (see attachment “Pose data – good for”)
- What poses should be avoided by people with a certain condition (see attachment “Pose data – don’t do if you have/are”)
- Pose type (see attachment “Pose data - types”)

## Section 4.03 Discover

This tab is used to discover other Yoga Buddies and places where Yoga Buddies can meet up and practice Yoga together! The discover tab should include some key elements:

### (a) Map

This is a map that initially displays the local area. The map can be zoomed / moved. There should be “pips” on the map that mark locations where Yoga Buddies can meet up and practice Yoga together.

### (b) Featured Buddies

This is a list of the 3 most relevant featured buddies in your local area (default 20km, can be changed in settings) and an additional “...” button to display all buddies in your local area. Features buddies are buddies that are in some way notable, e.g. an actual, professional, yoga instructor.

## Section 4.04 Profile

The profile tab is used as an overview of your buddy profile. The Profile tab includes some key elements:

### (a) When not signed in

If you are not logged you are shown a little message e.g. “Oops! Seems like you haven’t logged in yet! Let us fix that for you” in addition to a login / register form.

#### (i) Log in

A user can log in using email/password, Google+, or Facebook.

#### (ii) Register

A user can register an account using email/password, Google+, or Facebook.

### (b) When signed in

If you are signed in you are shown some information about yourself:

- Name
- Date of birth (age)
- Profile picture
- Short description of yourself

A user can change any of these at-will. If the user is signed in through social media (e.g. Facebook) the app should try to fetch the user’s name, age, and profile picture from the social media account. The user can still manually change this auto-fetched info and override the social media.

#### (i) My yoga buddies

This is a list of your 3 most recently added Yoga Buddies with an additional “...” button to show all Yoga Buddies.

## Section 4.05 Settings

The settings tab is used to edit how the app looks and functions. The settings tab should include these settings:



(a) Light / dark mode

Toggles between light and dark mode

(b) Discover range

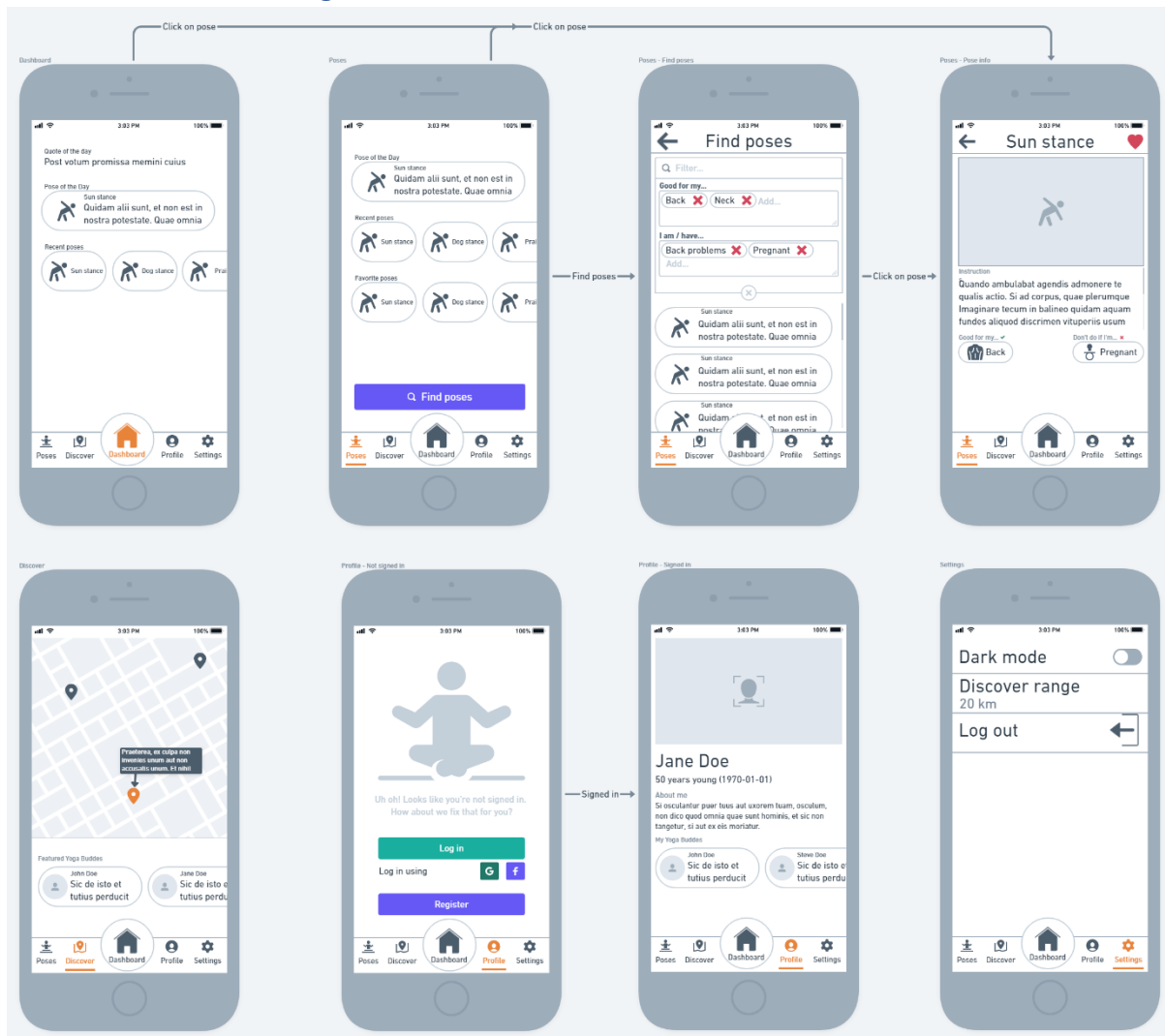
Changes how long the default “discover range” is when showing the map and Featured Yoga Buddies.

(c) Log out

If you are logged in you can press this button to log out.

## Article V. Design

## Section 5.01 Pages overview



## Section 5.02

### Colors

- (a) Light mode
- (b) Dark mode

## Article VI. Discussion

## Article VII. Attachments

### Section 7.01      Pose data

(a) Good for  
Neck, back

(b) Don't do if you have/are  
Back problems, pregnant

(c) Types  
Sitting, lying, standing