**Project Title :** Posture Guidance

Description:
Maintaining correct posture which performing physical tasks like following an involved Yoga pose routine, doing Squats or Push-ups for the first time is a difficult task for beginners. When following through online videos we get an idea of what to do but lack feedback in terms of 'but am I doing it right?'. The project idea comes from the thought, if you had a coach/master watching, how would they guide you.
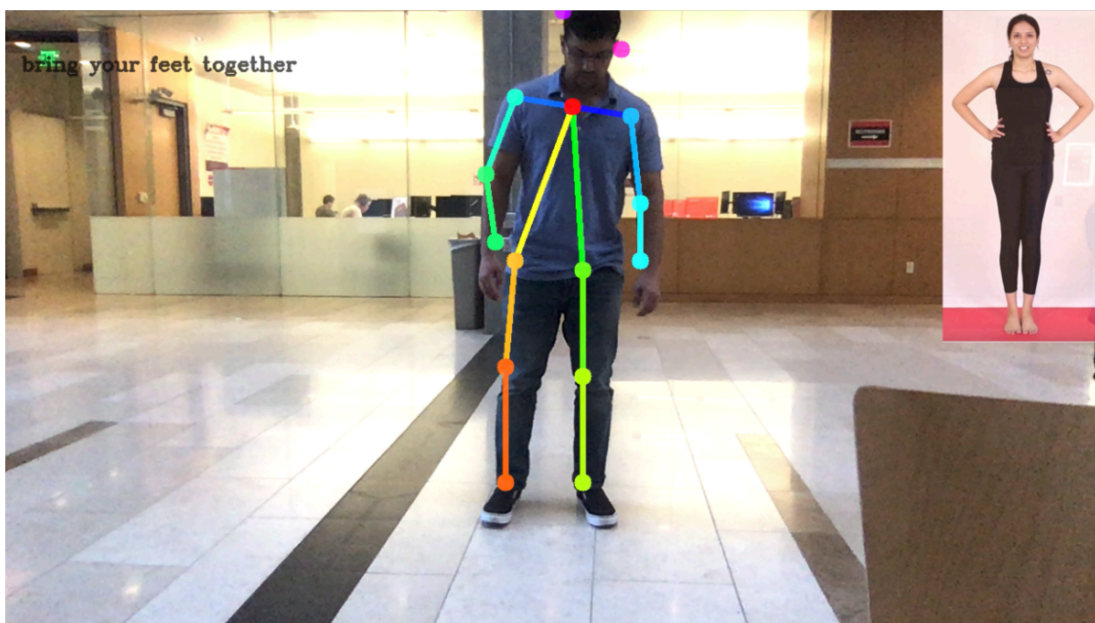
Entire pose routine:
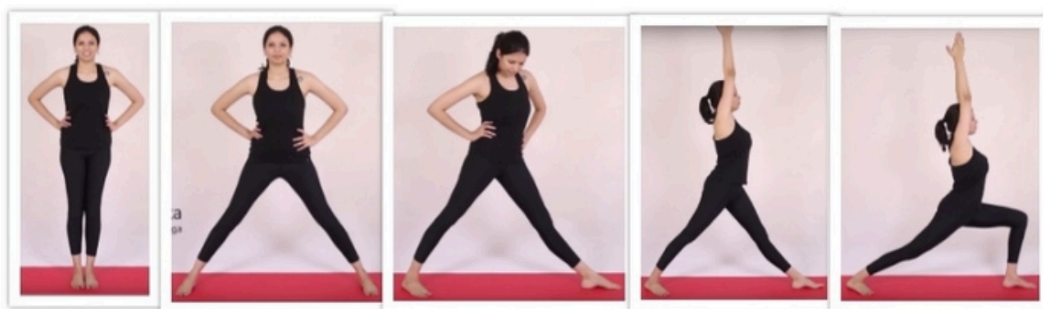
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URL: https://github.com/DhruvJawalkar/CS-562-Project