Requirements for Yoga app

Registration through Phone/ Email /facebook

Login/ Sign up page

Payment gateway – Razor Pay

Zoom Link integration for live classes

Class booking system for Live classes

Recorded Class – Library of Videos

Sentiment analysis – Pre-and Post course

Trackers

Beginners sessions

Intermediate Sessions

Advanced Sessions

User Story – 1

Login- Using Phone/Email/Gmail/Facebook

Questionnaire-

Name:

Age: 0-10, 11-20,21-30……60<

Mobility Test – Watch, repeat and rate

1. Shoulder rotation
2. Full forward fold
3. Full squat
4. Downward dog
5. Any cross legged posture

Ailments:

1. Spinal- pain/injury/surgery
2. Cardiac- pain/injury / surgery
3. Others- hernia/ ulcers/ kidney issues/uterine issues
4. Breathing issues
5. Other serious conditions fill:\_\_\_\_\_\_\_\_

Lifesyle :

1. How would you describe your activity levels - Inactive , moderate, extremely active
2. What is the quality of your food – Healthy, moderate, Poor
3. How would you rate your quality of rest and sleep – Excellent, Good, Poor
4. How would you rate you stress levels- Extremely stressed, Moderate, Life is a breeze
5. How often do you experience –

Calm, Energetic, gloomy, angry, sad

(Rate – Never, once in a while, about half of the time, most of the time, always)