

FotoTherapy Yoga

Portfolio Project for Full Stack Web & Mobile Development at NuCamp
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1. Introduction

LED lights have many health benefits, from effectively killing viruses to improving various health conditions. According to a [May 2020 study by The National Institute of Health](#), the benefits of blue/violet LED lights have shown to inactivate several viruses including the common flu coronavirus, and that in experimental animals, red and near infrared light reduce respiratory disorders, similar to those complications associated with coronavirus infection. Red and near infrared light, also known as red light therapy, is a treatment that may help improve the appearance of skin, heal muscles and other parts of the body.

FotoTherapy Yoga studios are outfitted with antimicrobial violet/blue light to effectively kill numerous viruses. The blue lights are used in our yoga rooms before and after the start of every class to sanitize the spaces. The red light is activated in the final 20 minutes of savasana to help improve the appearance of skin and soothe/heal sore muscles.

The goal of this website is to allow clients reserve spots for weekly classes and continue to educate on the benefits of LED lights.

2. Expected List of Features

The FotoTherapy Yoga website will have a schedule of classes in calendar format for the current and next month. Clients can register and pay for classes an using online form. The website will also include pricing menu option, contract form, map and educational content about yoga and light therapy. These features will improve user experience by educating and simplifying the process of registering for classes.

3. Market Survey

[Synergy Float Center](#) – Hot yoga studio and red light therapy.

Red light therapy is provided in a separate room. FotoTherapy Yoga lights are in the same room.

[ChromaYoga](#) – Yoga studio provides light and sonic music in the same room.

ChromaYoga has been [featured in several wellness](#) publications.

[Yogaharmony](#) – Yoga classes with a wide selection of packages.

No mention of light therapy. This website uses Shopify for purchasing class passes.

4. References

[Synergy Float Center](#)

[ChromaYoga](#)

[National Institute of Health](#)

[Women's Health](#)

[U.S. Food & Drug](#)