**BACKGROUND**

Yoga is extremely essential part of humans since ancient times and now in this tough times practice of yoga has become a life saviour. So I , a very curious UX learner am researching on how close people can get to the actual knowledge of yoga and naturopathy techniques that are present in the classical texts of indian culture. I am interested in creating a digital product for yoga and naturopathy learners who are willing to put into practice yoga and naturopathy techniques in their daily routine.

**RESEARCH QUESTIONS**

1. What is essential for yoga practice in daily routine?
2. How do yoga practioners currently practice yoga? (
3. How many of them are willing to practice meditation, Shatkarma and Naturopathy techniques?
4. How much knowledge do they have about yoga?

**QUESTIONNAIRE**

1. Currently are you using any app to learn yoga? If yes what requirements do you expect in a yoga learning app?
2. Can you tell us something about yoga?
3. Where did you take your very first lesson?
4. When was the last you practiced yoga? What did you learned?
5. How was your experience using the digital platform/ digital product?
6. Why did you decide to switch to using digital products? Could you show me some of asanas?
7. Could I take photographs of these poses?
8. Would you like different features in the application showing your flexibility levels, breath holding capacity, stress levels in the application?
9. Did you attend any yoga sessions or competition in the previous year?

* If yes what type of session have you attended?
* What were your learning objectives?
* Make a list

1. A/B tests
2. Do you prefer meditation along with yoga in your daily routine/ you would like to practice only yoga?