Yoga Classification

Using modern tech to unveil the subtleties of an ancient practice

The Yoga Industry

Types of Yoga Classes

Vinyasa

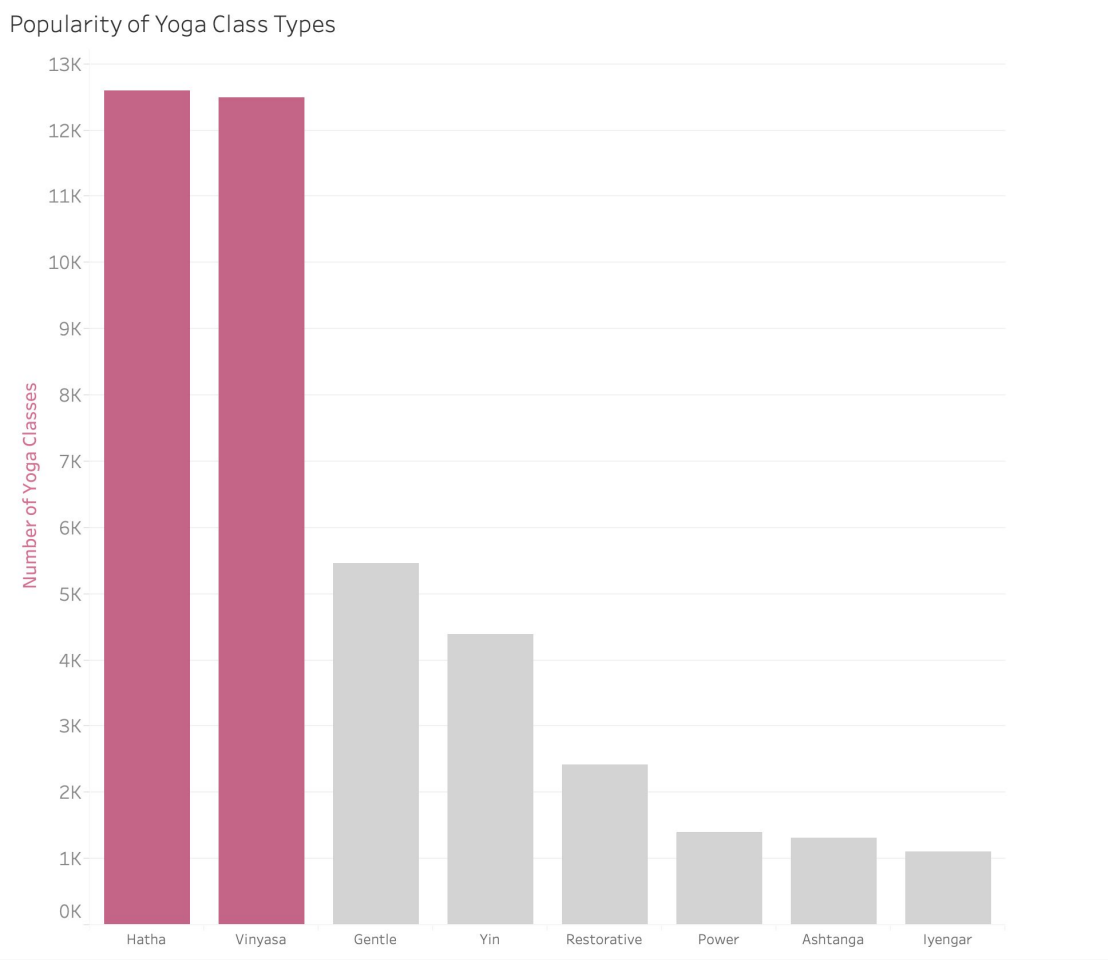
Power
Iyengar
Ashtanga

Gentle
Restorative
Yin

Hatha

Hatha & Vinyasa comprise more than 60% of all yoga classes.

Across 40k yoga classes created by individual yoga teachers from all over the world.



Goal & Methods

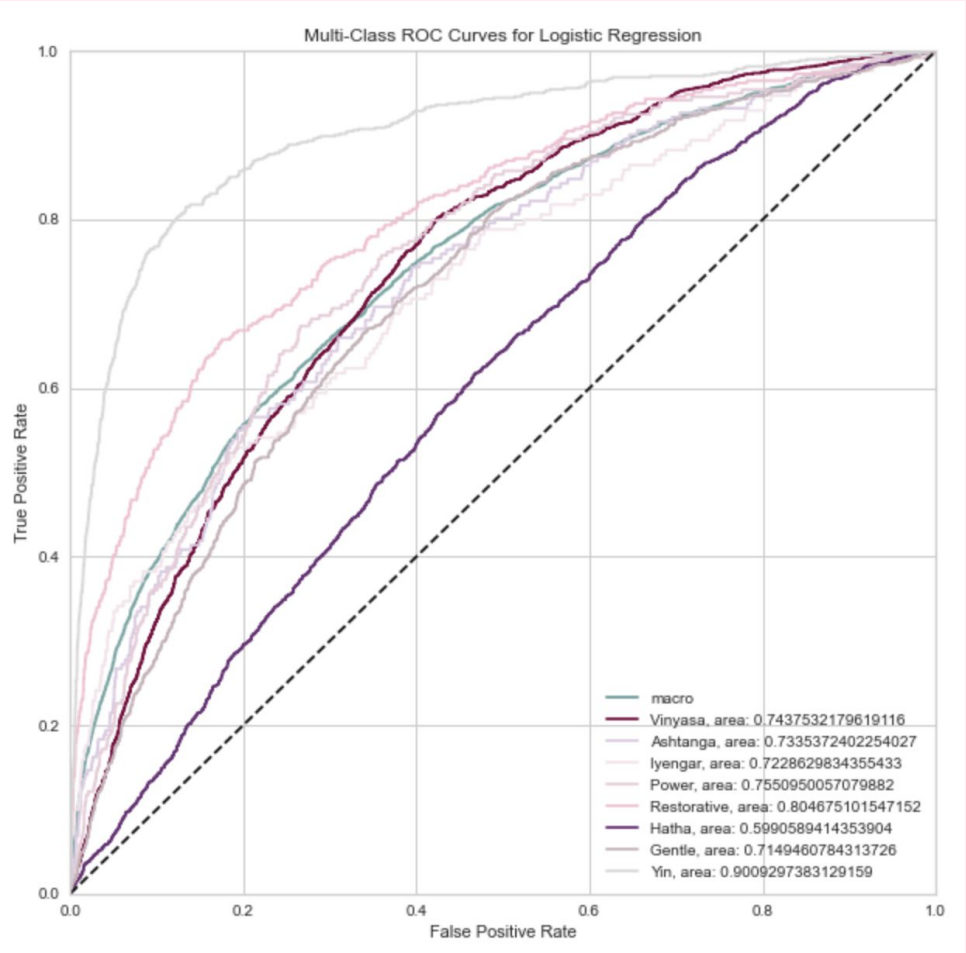
1. Collect yoga classes
2. Gather diagnostic info about every yoga pose
3. Quantify % of each class spent in each type of pose
4. Fit classification algorithms & optimize **recall**

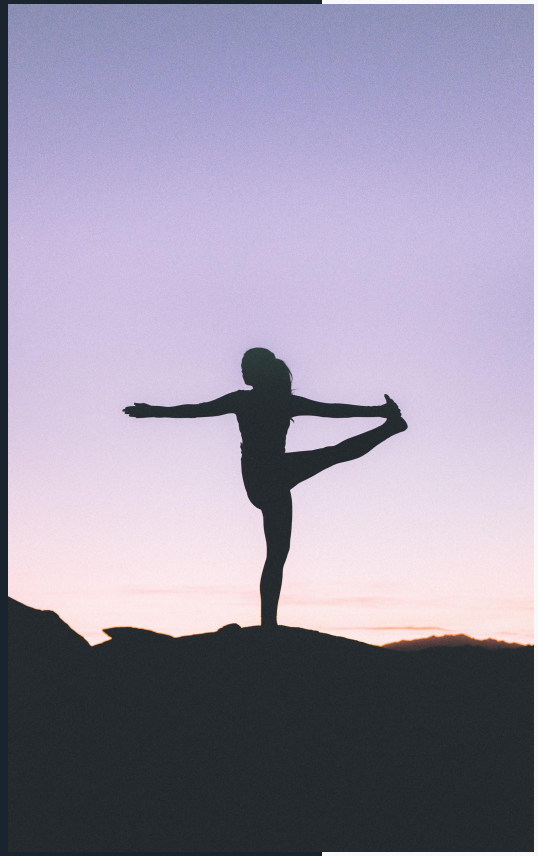
Create an App

For Yoga Teachers to create and diagnose classes

- Better understand their practice
- Market themselves more accurately

Logistic Regression





Great Recall on all but Hatha...

...And why this is a good thing

What's In a Yoga Class?

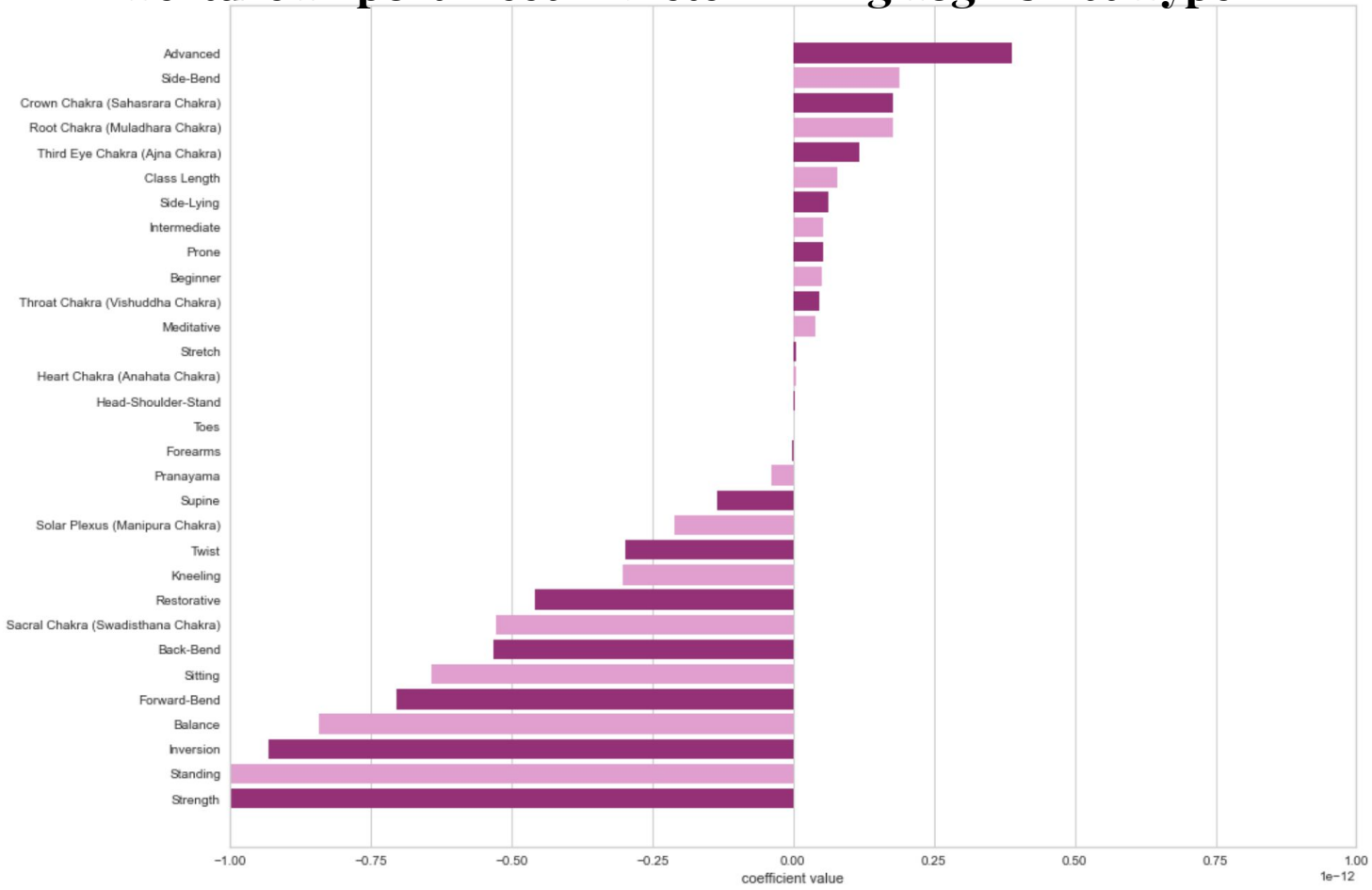
Strength

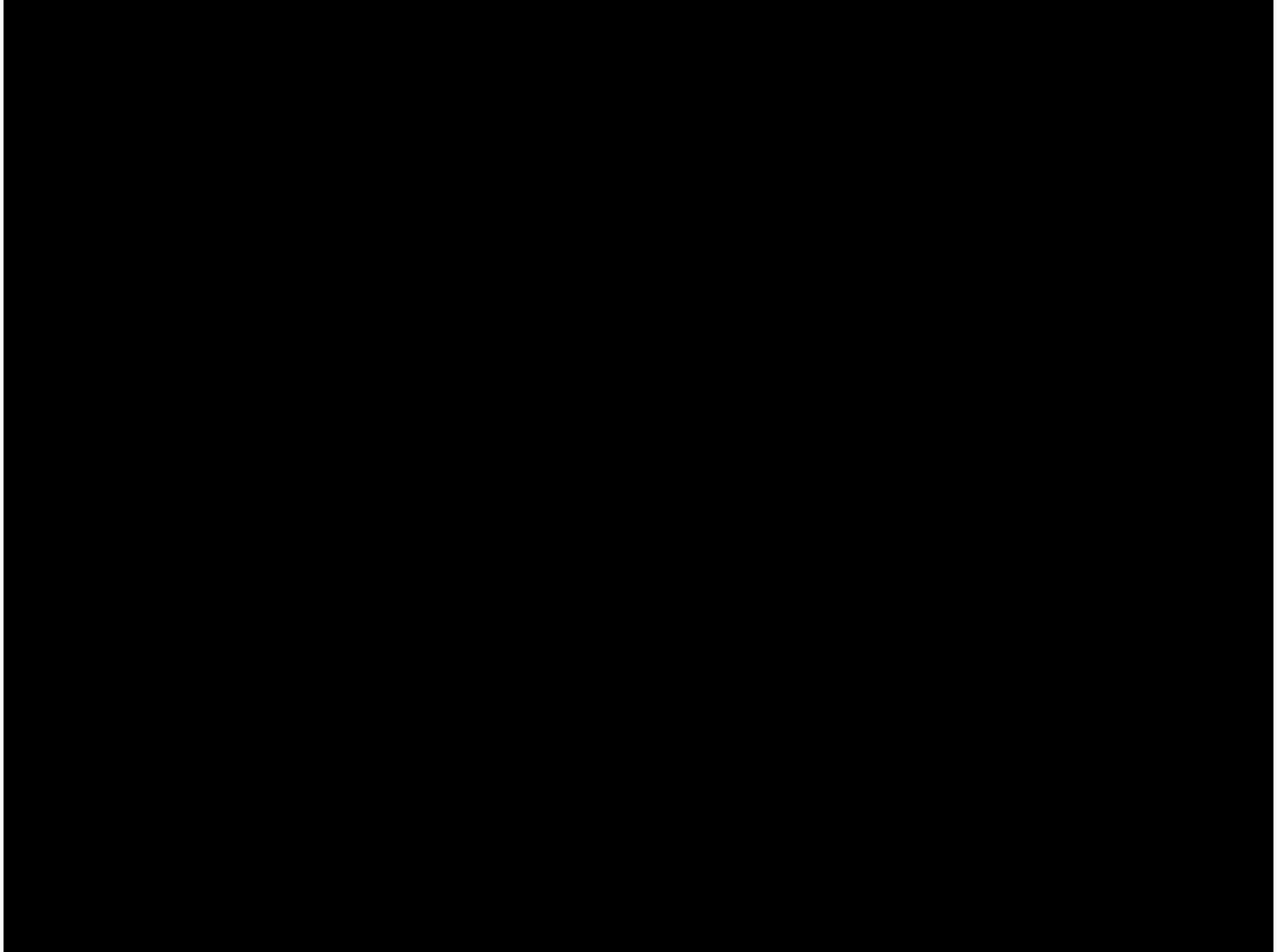
Standing

Inversion

Balance

Feature Importances in Determining Yoga Class Type





Thank You