

I am conducting research on modern yoga users (primarily Prenatal and postnatal yoga) for my UX design course project. If you in some capacity practice yoga, I would appreciate your taking the time to complete the following questionnaire.

Thank you for your time and help.

Set of questions for the survey:

1. Do you think that “Yoga” is beneficial for women’s health?
 - ☐ Yes
 - ☐ No
2. Approximately, How many time you practice the yoga?
 - ☐ Everyday
 - ☐ 2 to 3 days a week
 - ☐ 4 to 5 days a week
 - ☐ I don’t do yoga
3. Are you using any mobile app or website to learn and practice yoga? Which?
4. From whom you learn yoga?
 - ☐ By self-learning through online
 - ☐ Taken classes from expert
 - ☐ By watching TV shows
 - ☐ Attended the yoga seminar
5. Which type of Yoga excuses (Asanas) you like to perform?
6. Where you prefer do practice yoga?
 - ☐ At Home
 - ☐ At Park
 - ☐ At yoga studio
7. Which device you mostly prefer to use?
 - ☐ Mobile
 - ☐ Computer desktop / laptop
 - ☐ Notepad

This is a list of questions prepared for User interviews

1. How do you use app/ a website that help you to do yoga?
2. What are your favourite features of currently using a yoga app that you use for your practising? Why?
3. Which is your favourite mobile app and how often you use it? Why?

4. How do you establish the trust on qualified Yoga expert (Experience, Rating and reviews, Payment)
5. How do you like to schedule an appointment and which method you prefer for booking an appointment?
6. What will be the fair way for payments and which one you most prefer?
7. Do you like to write reviews and feedback on the service that you had taken?
8. What is your opinion about Prenatal yoga?