App Name: Sivananda

# Todo

* ~~Save/load adjustable class~~
* ~~Display the saved classes~~
* ~~Open adjustable class~~
* ~~Create adjustable class~~
* ~~Generate daily quote~~
* ~~Start a class (play)~~
* ~~Go back to main screen~~
* ~~Fix remove class~~
* ~~Removed asana not shown at start~~
* ~~Number picker doesn’t show well on iphone~~
* ~~play sound~~
* ~~add start and end timings~~
* ~~click asana and jump~~
* ~~set min and increment values in asana row~~
* ~~set proper default values for asana in edit classDefaults/max/min~~
* ~~keep phone screen on during sound~~
* ~~In Edit class disable removal of opening and final prayer~~
* ~~Edit anulom viloma sound file to remove, “we just did X rounds”~~
  + ~~Add Anulom Viloma files for ratio 5,6,7,8~~
  + ~~Need testing~~
* ~~Tutorial (How-to) section~~
  + ~~Some asanas don’t have links, its ok~~
* ~~Change tab bar icons to something useful~~
* ~~Number chooser is slow to respond~~
* ~~show prayer text when prayer is playing instead of image of asana~~
  + ~~image of asana was removed… ignore this for now~~
* ~~sound stops on phone off~~
  + ~~phone is kept awake during playback~~
* ~~In Edit class disable removal of opening and final prayer~~
* ~~Play 60,90,120 class~~
  + ~~Create a screen~~
  + ~~Play in a list~~
* Test sounds to make sure that they flow properly that the right things are being said and there is no improper cutting, and that the looping works well
* Cant publish error 413

Good to Have:

* Adjustable class
  + Kapalabhati retention speech should be shorted second, third... round
  + At the end of anuloma, he says we will do surya namaskar next, that part of the audio should be removed. What if the user removes surya namaskar from the class?

# List of features

* Daily Quote
* Start Practice (Standard Class)?
  + List of exercises
  + Start/Pause Button
  + Edit Class
  + Jump to Exercise Button
* Yoga class page -> List of exercises -> start
  + Standard class, 60, 90min, 120
  + Adjustable class
    - Each posture will have intro, time to hold posture and end
    - Hold time will increase in 15 second intervals
    - Add and remove postures
    - Pranayama
      * kapalabhati – start, units of 10 pumps, recording, end
      * -> retention for set time, 5 sec interval
      * Number of kapalabati rounds, increase by 1,
      * Anuloma - start, rounds increase by 1, end recording
        + Recordings of 4,5,6,7,8 sec
* Meditation timer
  + Counter weekly/daily
* How to page
  + Link to youtube for each asana
* Custom Practice – the user can customize the practice.
  + The user can add exercises to create a practice.
  + Each exercise will have a time or number of repetitions
  + The description of the exercise will be shown (and spoken)
  + To start a practice, the user will click a button
    - The practice can be paused

# Defaults, min-max values

* Kapala round d3 1-5, Pumps: d80, 50-200,Retention: d50, 30-120s
* Anuloma: Round d8, 4-20, Ratio d4 4-8
* Surya: d6, 4-54
* Singlelr d3, 3-6
* DoubleLR d8, 4-20
* Sirshana: d3min, 2-20min
* Sarvang : d3min, 2-20min
* Halasa d90sec, 30-10min
* Matya: d1.5min, 30-10min
* Paschimo: d3min, 2-20min
* Inclined: d30, 30s-60s
* Bhujan,salab,dhanur: d45, 30-2min
* Ardha mat, d1.5min, 30-10min
* Kaka: d45, 30-2min
* Pada ha: d1.5min, 30-10min
* Triko: d45sec, 30-10min

# Notes

* 1 rounds is doing surya namaskar twice (right then left leg first)
* 1 rounds of single leg lifts is right and left