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

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