Desk Yoga - App Summary

What it is

Desk Yoga is a React Native (Expo) app that guides short, desk-friendly yoga sessions with illustrated poses and timed transitions. Users can start a custom flow or pick a preset; premium unlocks full access via in-app purchases.

Who it's for

People who sit at a desk for long stretches and want quick stretch breaks during the workday (including discreet sessions during meetings).

What it does

- Create a session by choosing posture (sitting/standing/any) and duration (1-120 minutes).
- Pick curated presets from the home screen; presets route to a paywall when not paid.
- Show each pose with an image, name, and step-by-step instructions (supports left/right variants).
- Auto-advance poses on a per-pose timer; pause, skip, or go back at any time.
- Session settings: time per pose, focus area, camera visibility filter, and transition sound toggle.
- In-app purchases: weekly/monthly/yearly/lifetime, restore purchase, and promo code redemption.

How it works (repo-based)

- Navigation/UI: Expo Router screens in app/*, styled with NativeWind + Gluestack UI; splash + custom fonts.
- Content: static pose catalog in src/data/poses and preset definitions in src/types/presets.
- Session engine: src/utils/poseEngine selects the next pose from the catalog using session config (posture/focus/camera) plus sessionHistory; unpaid users get a curated free-tier sequence.
- Timing/animation: usePoseTimer triggers transitions; useSessionDuration ends the session; Reanimated glow overlay drives the pose swap.
- State/services: MMKV (src/utils/storage) persists userName, hasPaid, and sound setting; expo-av plays the chime.
- Backend/API: Not found in repo.

How to run (minimal)

- npm install
- npm run start (Expo dev server)
- Run on iOS: npm run ios
- Run on Android: npm run android