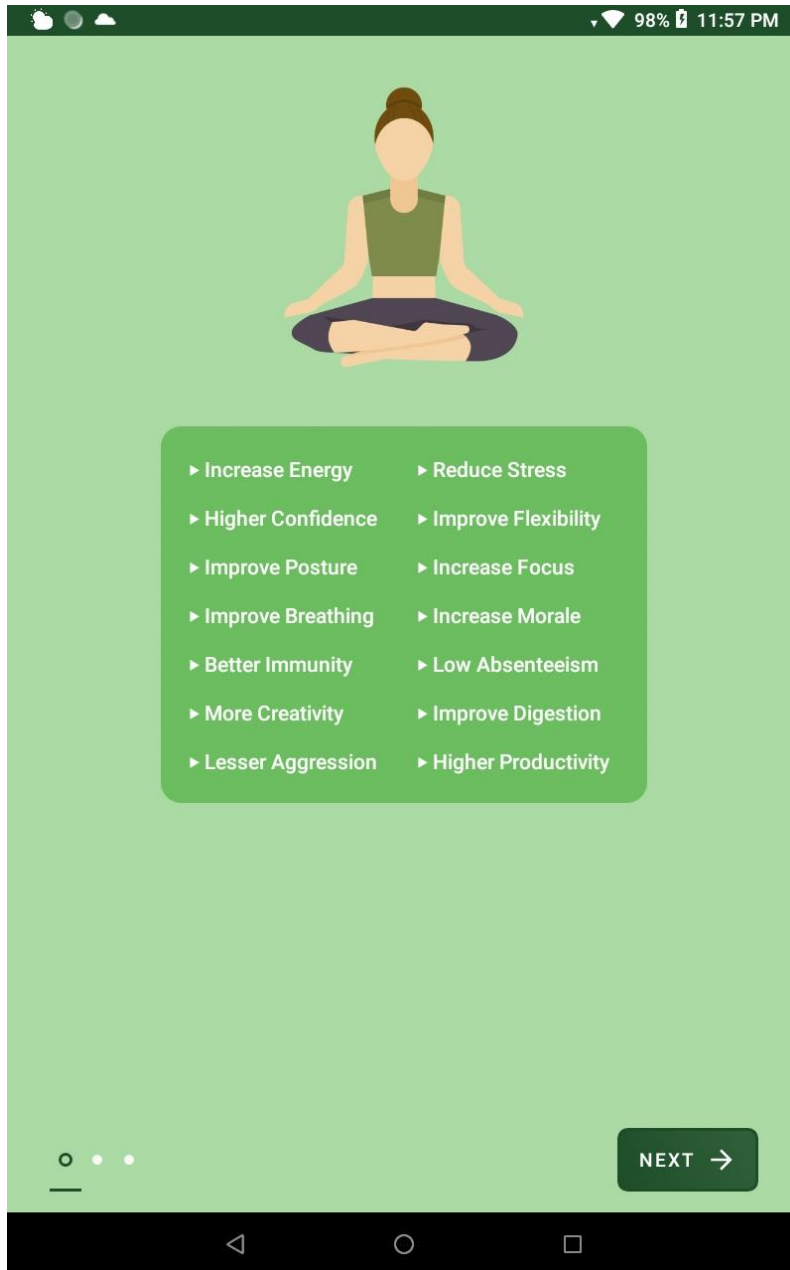
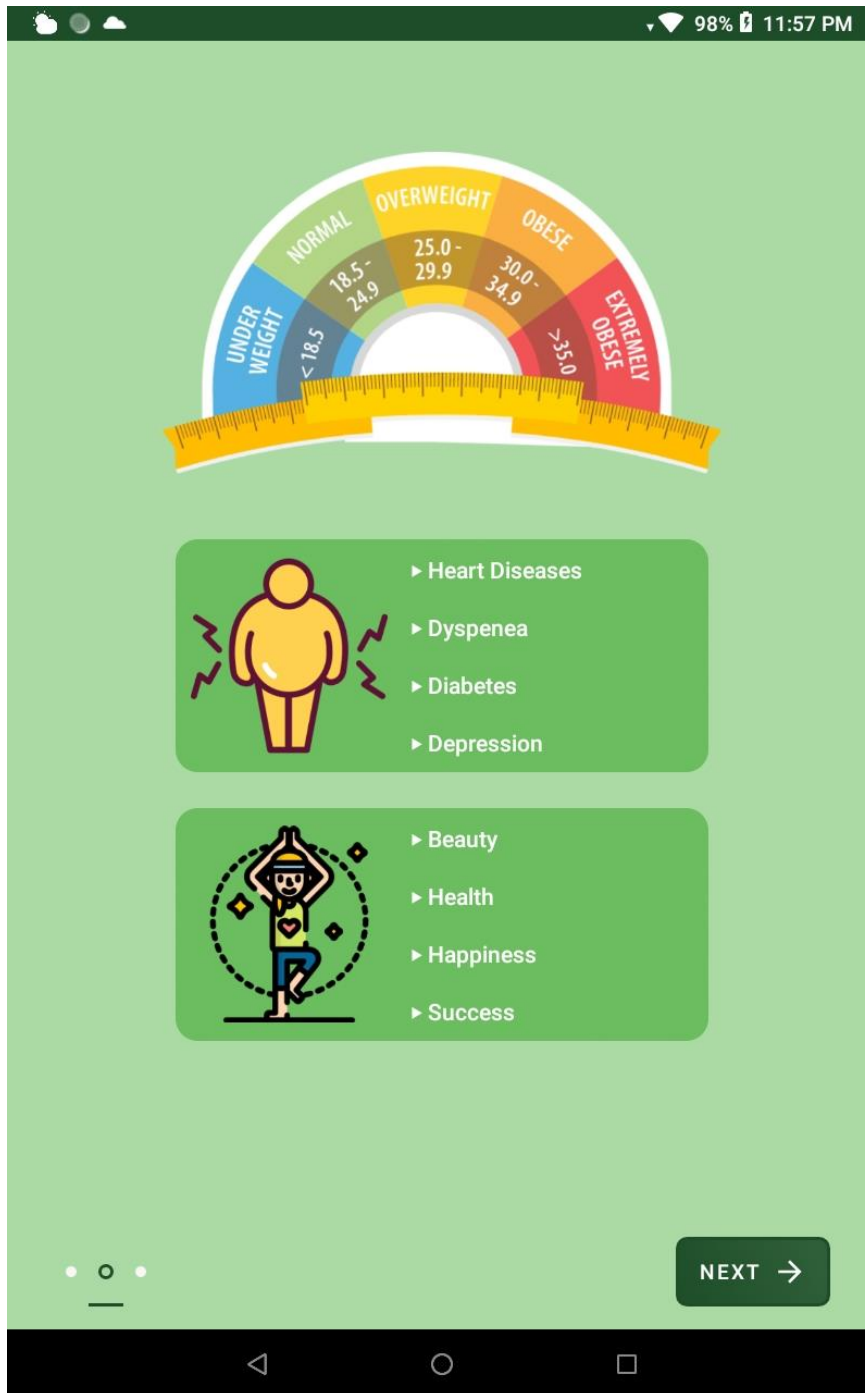


# YOGA APP WORKFLOW

## 1. Onboarding




## 2. Second onboard view



### 3. Onboarding – Create Profile

98% 11:57 PM



Name  
Jessi

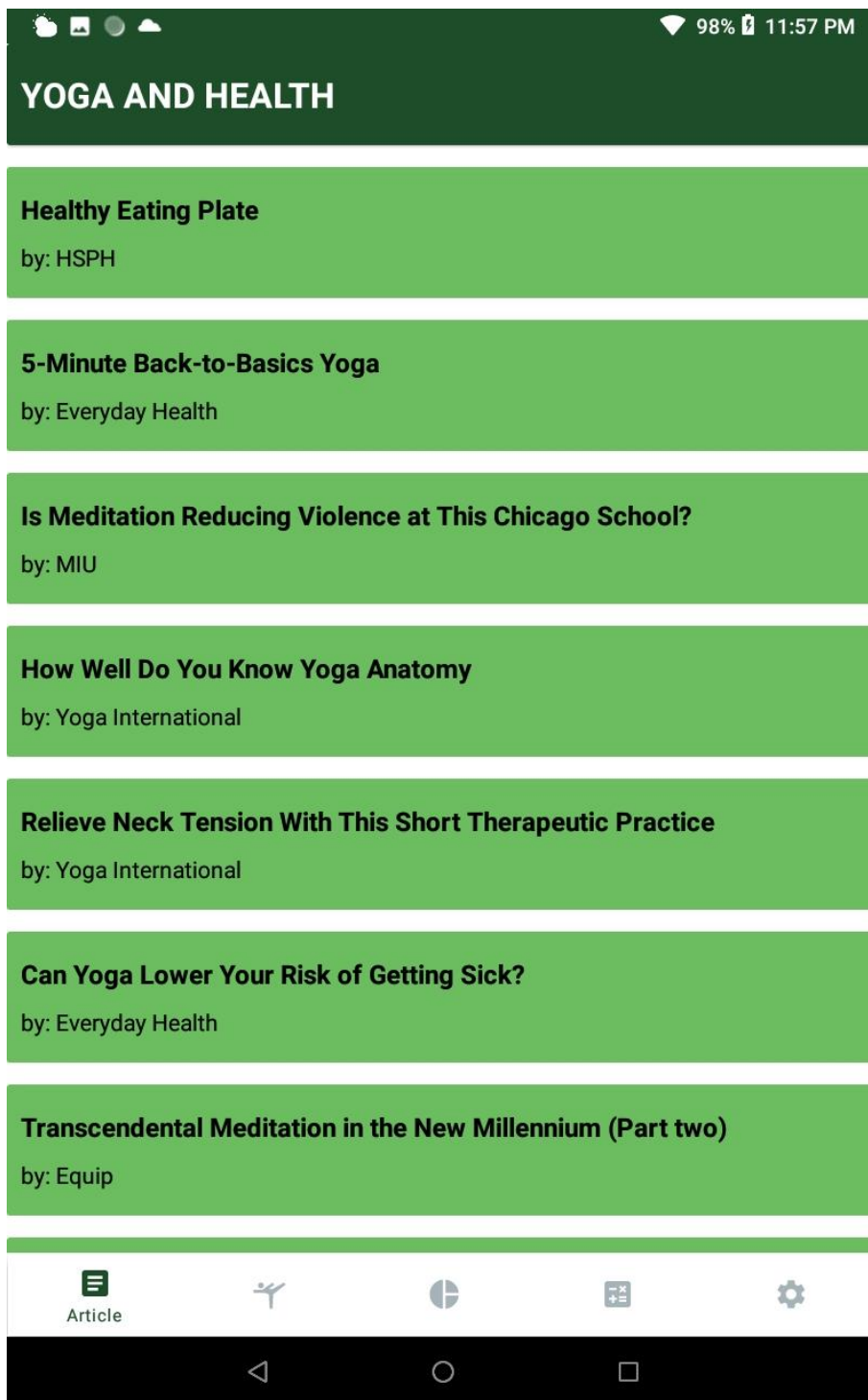
Weight (Kg)  
86

CONFIRM

• • ○

NEXT →

## 4. Articles



## 5. Articles – Inside

98% 11:58 PM

← ARTICLES

≡ EVERYDAYHEALTH

YOGA


# 5-Minute Back-to-Basics Yoga Flow for Beginners

This energizing yoga sequence was designed by the Sweat app instructor Phyllicia Bonanno for those new to yoga or those looking to strengthen their foundational poses.

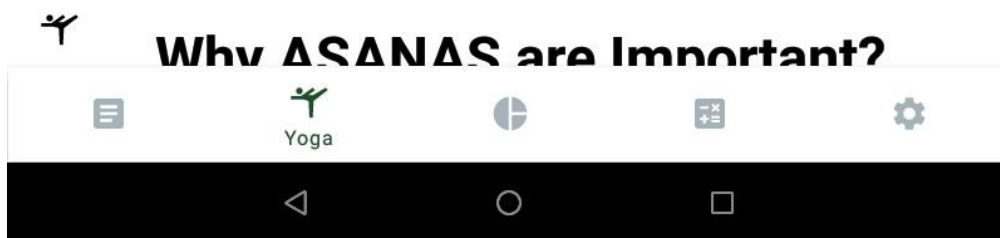
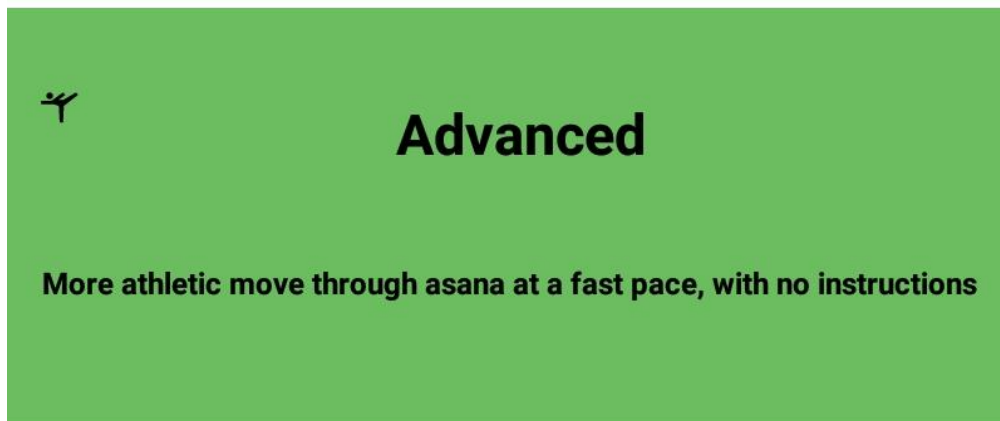
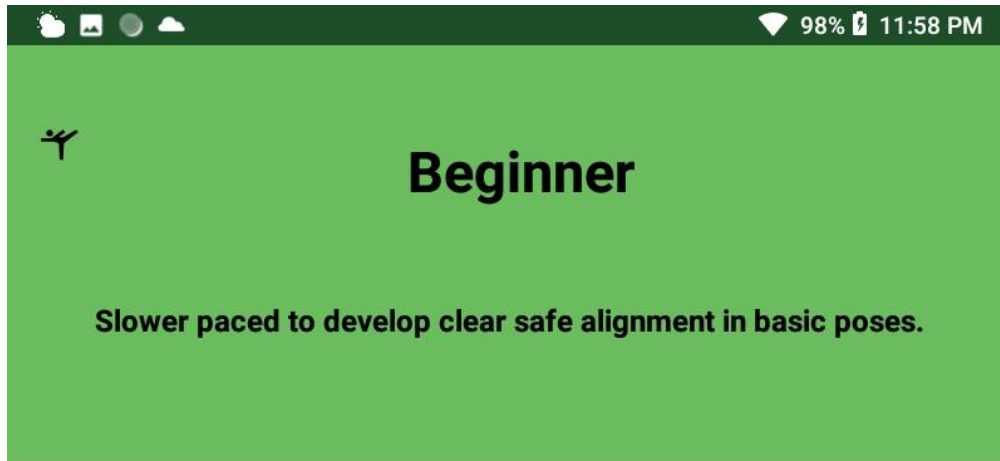
By [Moir Lawler](#)  
Reviewed: May 4, 2021

✓ Fact-Checked

▼



## 6. Yoga Levels Instructions



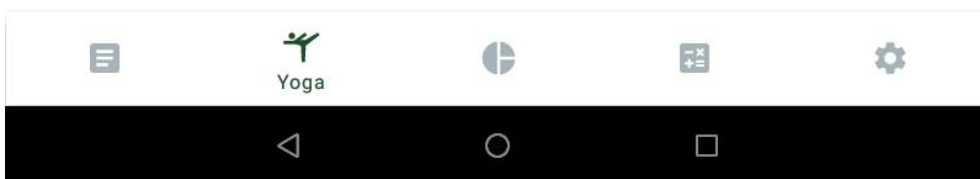
## 7. Yoga Instruction Videos



# Tree



3



## 8. Calories calculator

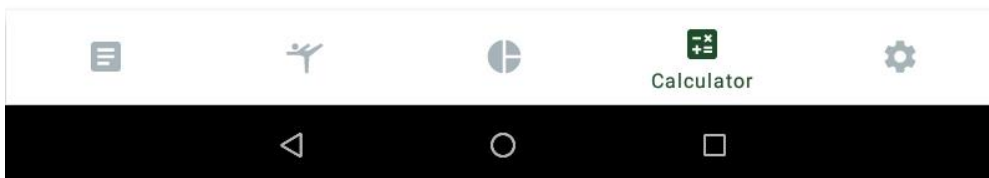


Check how much calories you have lost today:

Weight

Duration

CALCULATE







Check how much calories you have lost today:

Weight

Duration

CALCULATE

CONGRATS! YOU HAVE LOST:

63 CALORIES

## 9. Profile



### Profile Setting



Name

Jonh

Weight (Kg)

120



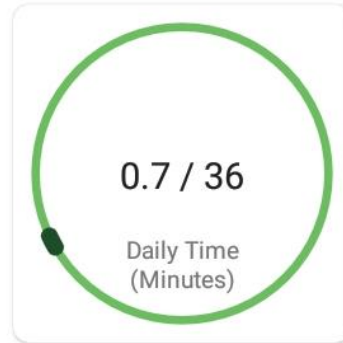
Setting



## 10.Statistics



### Statistics



### Statistics Preferences

Daily Calories Target

12

Daily Time Target (Minutes)

36

SAVE PREFERENCES

