



## O2. TASK 4 - TEMPLATES FOR CONTENTS OF THE YOGA APP

### 1. Program

Program to achieve a set of objectives. It is composed by a set of sessions.

Use the following table to define new programs:

Fields	Information
Name	
Type (select one: Winter, Spring, Exams, Holidays)	
Ordered sessions that compose the program. (Indicate the session name defined previously with the template provided below)	1. 2. 3. ...
Description	
Target	
Program image	





## 2. Session

A session is a set of activities carry out following an order.

Fields	Information
Name	
Category (Select one: Energise, Focus, Connect, Balance, Relax)	
Body (Select one: backward bends, forward bends, twists, inversions, side bends, balance, mind, breath, release)	
Estimated duration	
Minimum experience (none, 3 months, 6 months, 6-12 months, 12 months)	
Set of activities that compose the session (Indicate the activity/posture name defined previously with the template provided below)	1. 2. 3. ...





### 3. Activity

Fields	Information
Name	
Category (Select one: Posture, Breath, Meditations, Reflections)	
Body (Select one: backward bends, forward bends, twists, inversions, side bends, balance, mind, breath, release)	
Minimum experience (none, 3 months, 6 months, 6-12 months, 12 months)	
Description (execution)	
Image	
Video	

