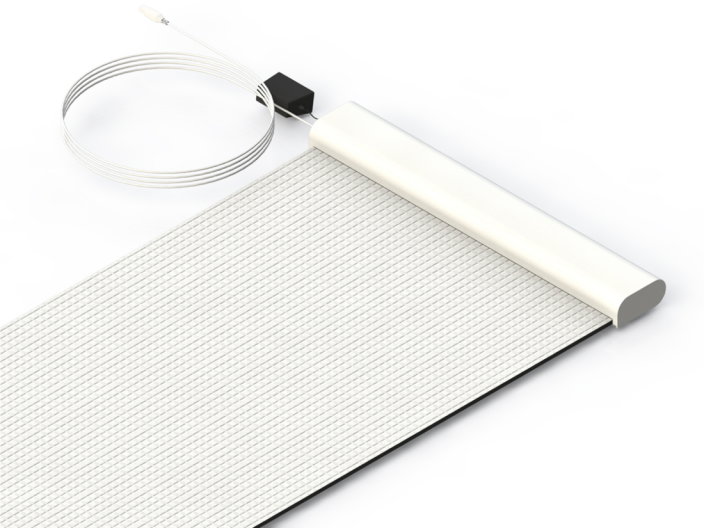
what is GLOW?

An interactive yoga mat that provides instruction and feedback

GLOW transforms your home into a yoga studio offering a new personalized yoga experience.



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GLOW

light your way to a balanced life

MIT 2.009 **Yellow Team**
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GLOW

INTERACTIVE YOGA MAT

light your way to a balanced life

user interface

User Profile

Users can customize their personal yoga experience. The mat can be calibrated to the user's height.

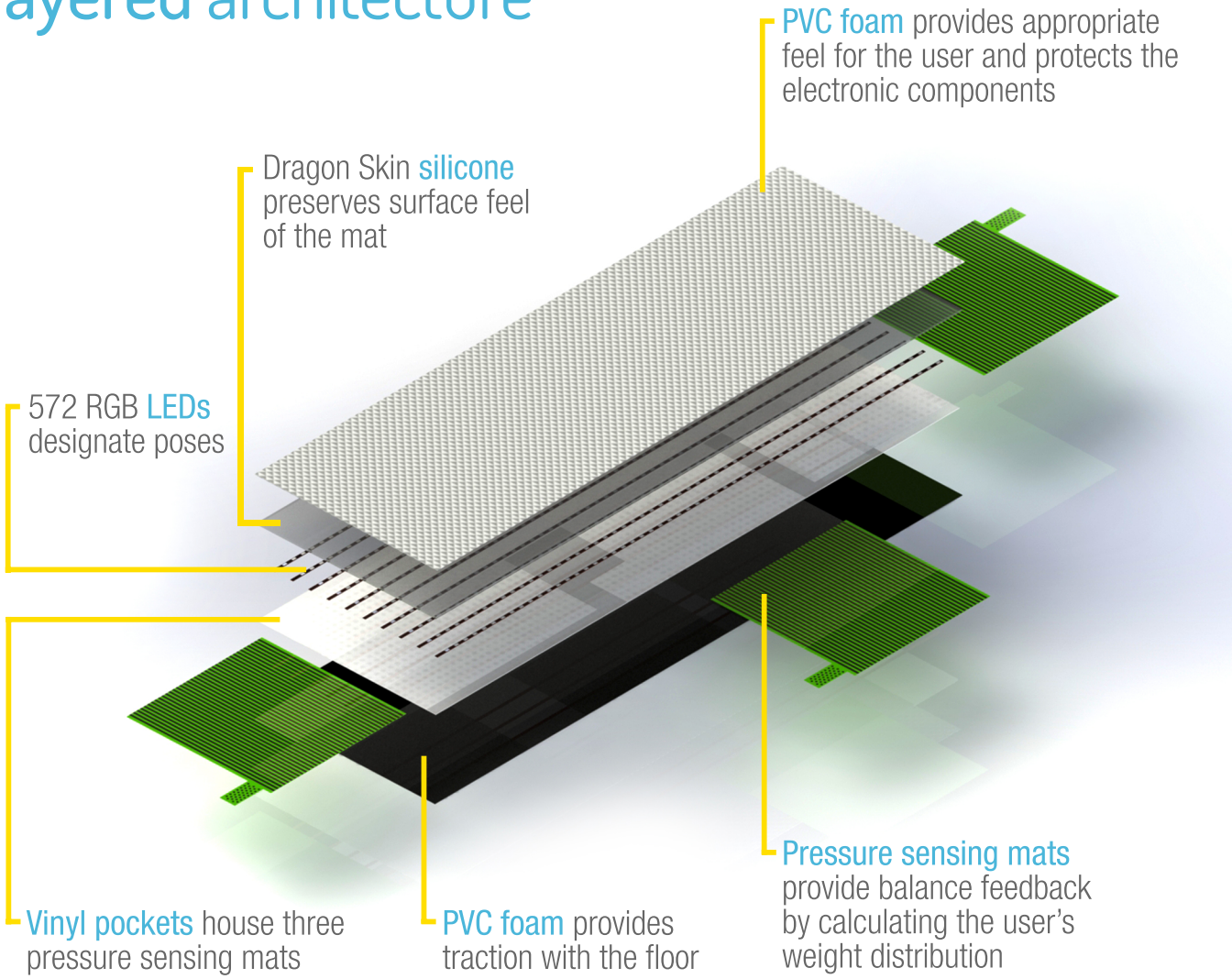
Poses & Sequences

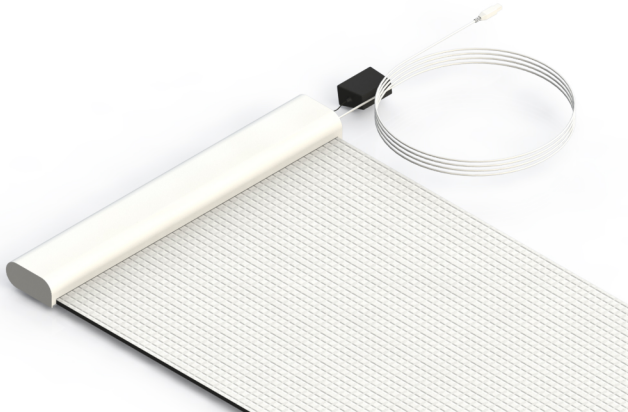
Users receive visual and audio instruction from videos and the mat's LEDs. As in a full yoga class, they can choose a specific pose or a sequence of poses to practice.

Workout Summary

During each pose, the mat provides pressure feedback that can be saved. With these data, users can visualize their progress over time and improve their yoga.

layered architecture



GLOW also comes with..

- USB cable for connectivity
- standard home power supply