glow

light your way to a balanced life
An interactive yoga mat with visual guidance and balance feedback
key needs

“How do you think a yoga mat could help you learn yoga?”

1. Hand/foot Placement
   - Cover basic yoga poses
   - Adjust to different body proportions

2. Balance Feedback
   - Sense weight distribution
   - Offer real-time feedback

Balance feedback 36%
Hand/foot placement help 38%
Upper body guidance 16%
Other 9%
**CUSTOMERS:** beginner to intermediate yogis  
**MARKET:** yoga market

<table>
<thead>
<tr>
<th>CUSTOMER NEED</th>
<th>PRODUCT ATTRIBUTE</th>
<th>ENGINEERING SPECS</th>
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</thead>
<tbody>
<tr>
<td>Fits customers of different heights</td>
<td>Adjustable lights</td>
<td>Usable for people from 5&lt;sup&gt;th&lt;/sup&gt; to 95&lt;sup&gt;th&lt;/sup&gt;% in height</td>
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<tr>
<td>Balance feedback</td>
<td>Accurate balance sensing</td>
<td>Sensor contact spacing, less than 2” apart</td>
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<tr>
<td>Portability</td>
<td>Size</td>
<td>24” x 72” x 0.25”</td>
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<td>Flexibility</td>
<td>Radius of roll?</td>
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key findings: lights

Determined where to put lights on the mat

Found the optimal spacing for individual LEDs
key findings: lights

LED strips embedded in a grid are most effective
key findings: balance feedback
key findings: balance feedback

weight distribution within a hand/foot
key findings: balance feedback

weight distribution within a hand/foot
remaining concerns

+ combining lights and pressure sensors
+ scaling up
+ user comfort
  - material of the mat
  - brightness/color of lights
+ power
+ costs (aiming for $150-$200)
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