glow
light your way to a balanced life
I want to practice yoga but...

- I don’t have time to go to class every week
- Yoga classes = $$$

Maybe I can learn on my own?
there are limited options
introducing... ‘glow’

- “Smart” yoga mat
- Pressure sensors give feedback on balance
- LEDs can teach poses
are the lights helpful for users?

tree  warrior  downward dog
73% of users liked the lights

- 73% good complement to the video
- 18% nice but didn’t make the pose any easier
- 9% distracting
next steps

- Adjustable for users of different heights
- Explore balance feedback feature
- Continue usability testing