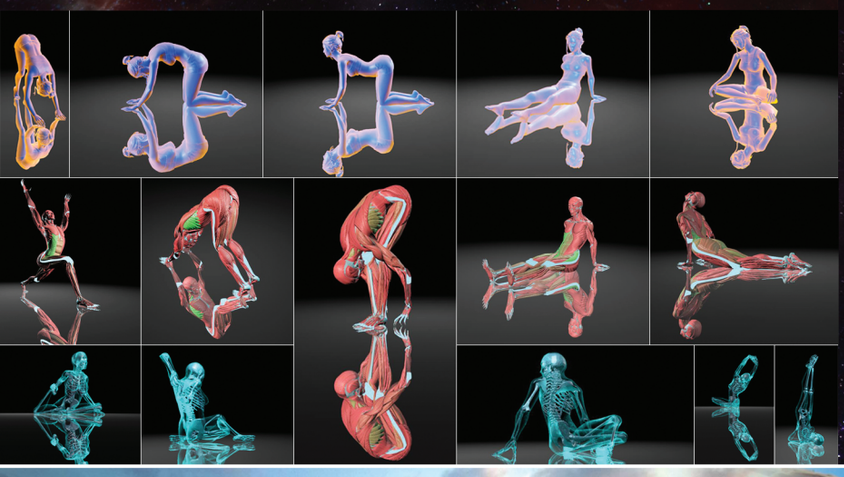




VirtuaLiron

Immersive Yoga practice

Welcome to our virtual yoga practice. The session we've built is suitable for everyone, both beginners and those already on the yoga path.During the practice we want to strengthen our attentiveness. We practice to the exact extent of our abilities at this moment, and from the principle of non-injury, or Ahimsa. During the practice we are attentive to our bodies, especially our breathingm, it directs us. Practice is performed unhurriedly quietly. Yoga is restraining the fluctuating consciousness, without tension and without strength. If during the VR session you experience dizziness, discomfort or pain, it's always possible to stop and take off the headset. The session will stop automatically and will resume when the headset is put on again. The more we recruit our awareness during the session, the more the practice will be complete and deeper.

The VirtuaLiron yoga practice package includes 3 sessions of different length. 30, 60 and 90 minutes. You can choose the form of the teacher from 3 different avatars: A female body avatar where subtle changes in the body colors indicate the breathing sequence. A muscle model avatar where you can see during the practice which muscles are exerting force, and a skeleton avatar that shows the bones structure, engulfed in a transparent body envelope.

The teacher will always be in your field of view, regardless where your head is pointing to. This is a fundamental advantage over practice in the real world. You do not need to exit the posture or the flow of movement in order to see what the teacher is doing. While you practice, your head rotation also determines the angle you will see the teacher from.

RELEASE PLAN
We aim to release a beta cycle in the coming month. Once evaluated, launch for Oculus Quest and Go will occur soon after. Porting to OVR headsets is planned also in Q4 2019. Porting to mobile will be evaluated based on performance results. If those prove positive, Its likely to happen in Q1 2020.



OPTIMAL USE OF THE TECHNOLOGY

VirtuaLiron project makes full use of the Oculus quest capabilities. Users are free to practice in their space without being limited in any way. There is no need to use the controllers during the practice as the UI for choosing the practice options is created using gaze only.

VirtuaLiron Immersive yoga practice project is offered in two languages English and Hebrew. The practice embeds the Vinyassa yoga stream and is created with high-resolution full body motion capture of Liron Michaeli a certified yoga teacher with over 20 years' experience.

The project is release first on Oculus headsets (Quest, Go and Rift).and soon on Htc vive headsets, In the future it will also be released for mobile devices.
The project was created in Unity3D. It is compatible with Unity Versions 2019.1 and up.

OBJECTIVES

* Practice Yoga to become attentive to your body and your breath.
* Learn basic and advanced Yoga techniques and motion flow.
* Practice to the exact extent of your ability at the moment.
* Enjoy, focus and become happier.

LENGTH & PRICE

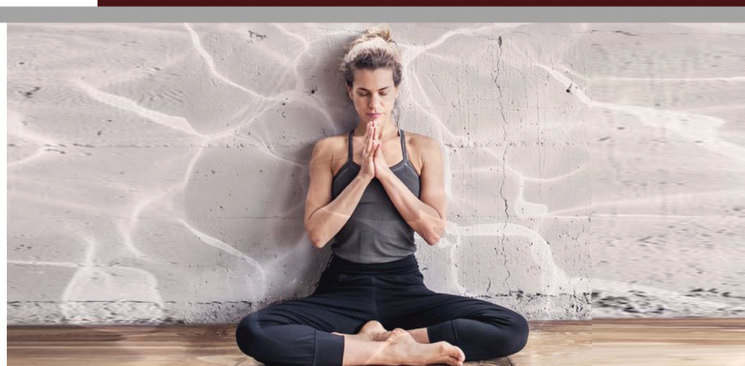
While the sessions are limited to 30, 60 and 90 minutes, practicing repeatendly is the key to improvement. Duration can be a lifetime...

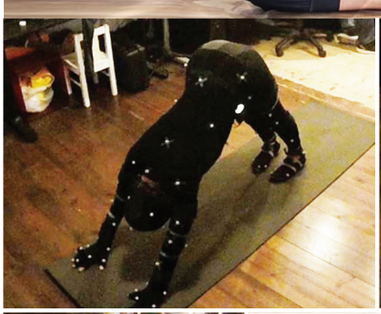
We aim at a starting price of 60$ when shipping, but we'll probably release it for free for a limited time.

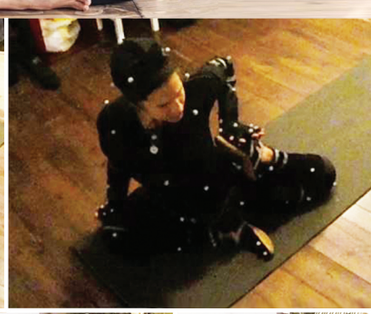
EXPERIENCE

This is the first project that Oshri Even Zohar is releasing as an individual developer. Oshri has however extensive experience in both the Entertainment industry and the Medical field. Oshri is the founder of Motek medical and motek entertainment (www.motekmedical.com , www.motekentertainment.com) in Amsterdam, The netherlands.

Liron Michaelli is a certified Yoga teacher and practitioner for over 20 years. She has developed her own methodology, emanating out of the Vinyassa yoga stream with other elements she embeds in her lessons. Liron has her own studio in Israel where she teaches daily next to teaching across the globe in different workshops and related events.







WORK INVESTED

Concept creation and planning took about 1 month, afterwards, we designed the 3 practice sessions to be captured, the session builds and the custom marker setup to be used during the motion capture sessions enabling high accuracy, high flexibility range of movement and accurate finger capture. This took approximately 2 month.

We proceeded in parallel with creating the sound tracks (voiceovers in 2 languages and the music tracks for 30, 60 and 90 minutes). This was also going to be the guides for the mocap sessions. This stage was completed in about 2 weeks. The actual motion capture was done in 1 day

Then we started on the avatars modeling, Unity programming, motion retargetting, motion edits, lighting, shading and texturing. This work involved several people and was completed in about 6 month time (not working full time)

The project was worked on by all involved as a "downtime" project and folks worked on it in-between other different projects.

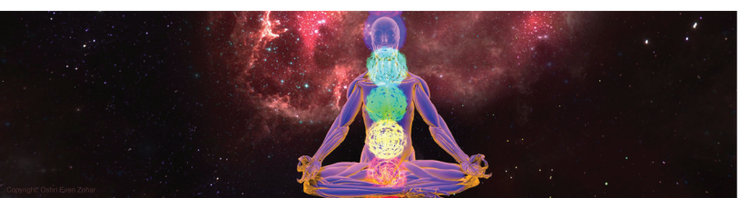
In total, it took about 2 years from conception to the stage where we are now.

TEAM

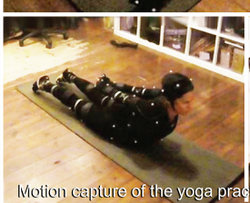
Concept & realization:	Oshri Even Zohar Liron Michaeli
Voiceover:	Liron Michaeli (Hebrew) Gabiella Lewis (English)
Music:	Israel Kasif
Motion capture:	Oshri Even Zohar
Programming:	Doron Weiss

Special thanks to:

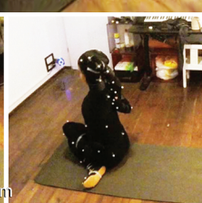
Mao lin Liao, Michiel van Iperen, Marco Mepschen, Daniel ben Tal, Vicon, Motek medical, Itai Argaman, Amit Nichtberger, and to all of Liron's students that participated in the development tests.



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Motion capture of the yoga practice sessions using VICON optical system