YOGCAR USER GUIDE

Yogcar user guide version 1.0

How to use Yogcar

Welcome to Yogcar.

Our intention is that these exercises support your experience of driving and alertness on the road. The exercises are designed to encourage simple gentle movement that will enhance your physical and mental wellbeing in the task of driving.

AN IMPORTANT SAFETY MESSAGE

While using the Yogcar app you will be driving a vehicle. Your primary concern at all times should be road safety. Please observe the following when using Yogcar:

1. Yogcar is primarily an audio app – you only need to listen to it while driving. You should set up and start your Yogcar session before you start your journey. The app is designed so that you do not need to use the touch screen of your phone while you are driving – Yogcar is designed for 'hands-off' use. If you want to stop listening to the app simply turn down the volume of your car audio system or select another input such as your radio
2. Keep your primary focus on traffic and your driving at all times and when you are undertaking driving actions such as turning corners, changing lanes, parking, looking for an address etc, just let the Yogcar instructions go completely. The exercises will come around again, and safety is your main priority.
3. If you would like to delay the start of your session to prepare for your journey you can set a 'Session prelude' duration in the settings section (range: 15 seconds to 5 minutes).

Yogcar's Dynamic Session Composition

It is helpful for you to understand what a Yogcar session is. When you select a session from the Home screen, Yogcar's Dynamic Session Composition system constructs a session based on your current preferences in the Settings Section. This means that each Session will be different with exercises and other content played to you in different sequences. Experiment from time to time changing your settings and see how the Sessions change. It's fun and it works.

Types of Yogcar content

During a Yogcar session you will experience a sequence of Yogcar content of different types mostly being Yogcar exercises but also including 'Mindful moments', 'Yogcar thoughts' and 'Yogcar safety tips'. You can change the frequency of Yogcar content types in the Settings section. Remember you can also change the lengths of your short, medium and long Yogcar sessions in this same section.

HOME: CHOOSE A SESSION SCREEN

From the Home screen you can choose a Yogcar session.

Choose a session (eg):
Short: 10 mins
Medium: 15mins
Long: 60mins

Default session duration can be changed on the settings screen

Select an Area of Body Focus

Change the Area of Body Focus setting directly from the home screen

Lower navigation

PLAYER SCREEN

From the Player screen you can play a session. Please note that the Player screen is designed to require minimal interaction while driving. Please set your session customisations prior to beginning your session and starting your journey.

End session and return to previous screen

Session name, date, time and duration display

Add the current session to favorites

Play or Pause session

Step forward through content items

Replay current content item

'Tap' to adjust volume level

RECENTS SCREEN

The Recents screen shows the sessions you have recently played.

Select and play a recently played session

This session has been added to the Favorites list

Add session to the Favorites list

Number of sessions listed can be set in the settings screen

RECENTS

LONG (01:04:18)
2:12pm 8 Mar 2017

MEDIUM (00:16:26)
2:12pm 8 Mar 2017

LONG (01:06:20)
2:11pm 8 Mar 2017

ENDLESS (05:28:12)
2:11pm 8 Mar 2017

SHORT (00:10:55)

HOME   FAVORITES   RECENTS   SETTINGS
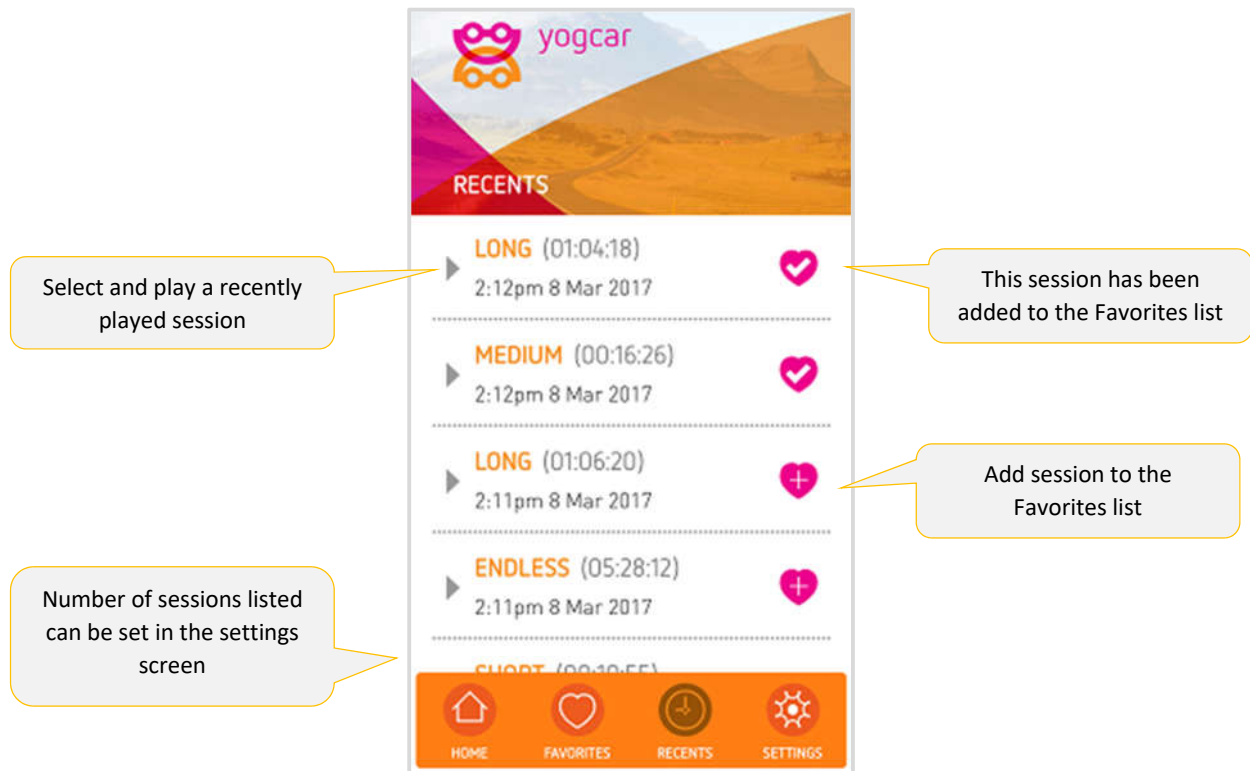
FAVORITES SCREEN

From the Favorites screen you can name, rename, reorder or delete a session.

Select a session to Play. Displays session name and duration

Reorder session list

Left swipe to reveal edit (rename) and delete icons

FAVORITES

Commute to work (00:10:55)

ntry cruise (01:04:18)

Drive home (00:18:10)

Neck and shoulders (00:16:26)

HOME   FAVORITES   RECENTS   SETTINGS
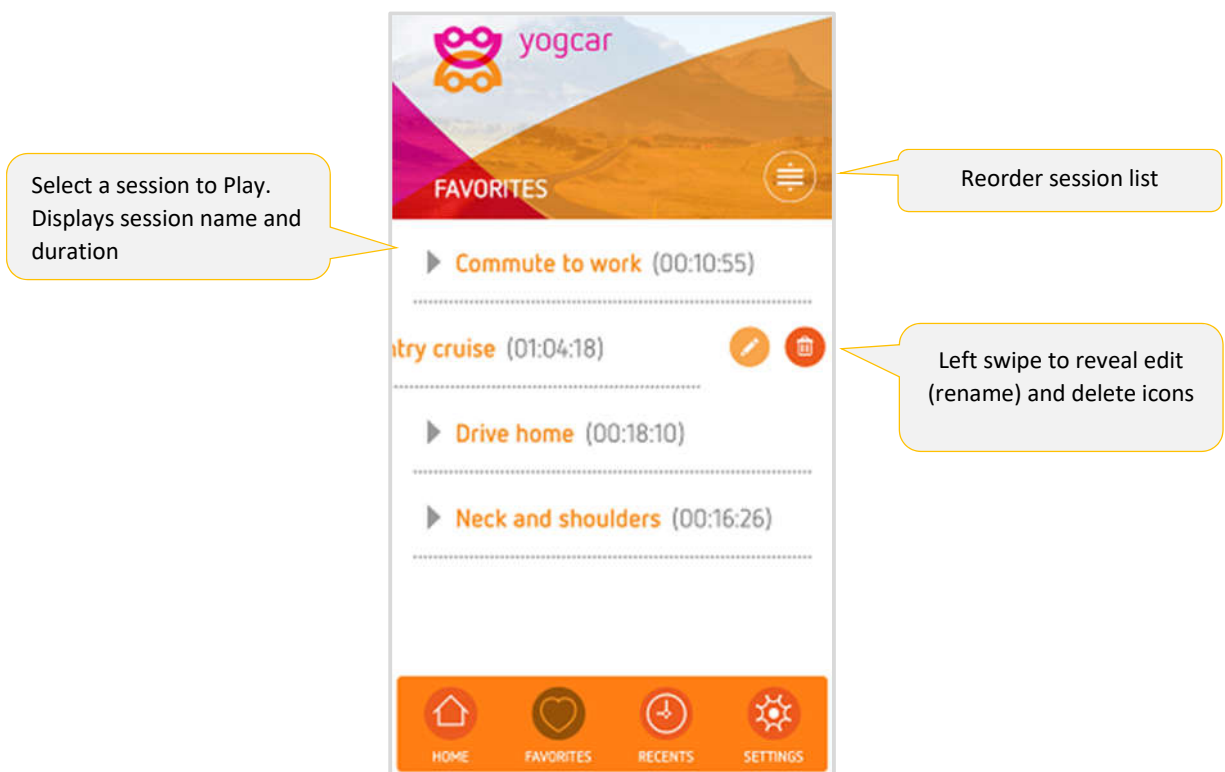
SETTINGS SCREEN

From the Settings screen you can customise your Yogcar sessions by adjusting the settings of the various types of content.

yogcar

SETTINGS

INTRODUCTION AND OVERVIEW ▶

Play the Introduction and overview audio (audio user manual)

DEFAULT SESSION DURATIONS >

Set the default session duration

Set the Area of Body Focus

AREA OF BODY FOCUS >

AREA OF BODY FOCUS

ALL

HIPS

NECK ✔

SHOULDERS ✔

BACK ✔

ABDOMINAL

SAFETY TIPS >

Set the frequency of Safety tips

YOGCAR THOUGHTS >

Set the frequency of Yogcar Thoughts

HOME FAVORITES RECENTS SETTINGS

FREQUENCY

HIGH

MEDIUM ✔

LOW

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SETTINGS

MINDFUL MOMENTS >

Set the frequency of Mindful Moments

Set the frequency of Using Yogcar Tips

USING YOGCAR TIPS >

AMBIENT GUITAR TRACKS >

Set the frequency of Ambient Guitar tracks

Set the Voice player prompts on or off

VOICE PLAYER PROMPTS >

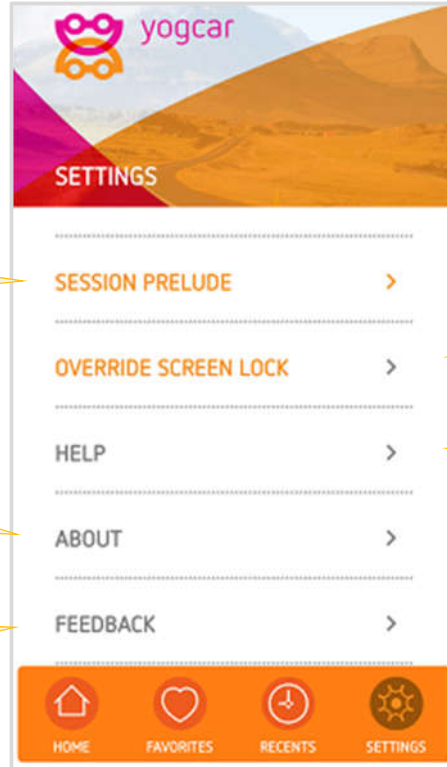RECENT SESSION SETTINGS >

Set the number of recent sessions to display

HOME FAVORITES RECENTS SETTINGS

SETTINGS SCREEN

SESSION PRELUDE

OFF

15 SECONDS

30 SECONDS ✔

1 MINUTE

2 MINUTES
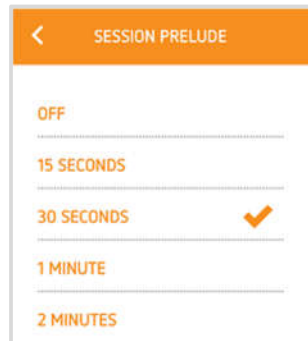
Set the Session Prelude duration

SETTINGS

SESSION PRELUDE >

Turn the Override Screen Lock setting ON or OFF

OVERRIDE SCREEN LOCK >

Access Yogcar Help resources

HELP >

About Yogcar and the team

ABOUT >

Send email feedback to Yogcar

FEEDBACK >

HOME   FAVORITES   RECENTS   SETTINGS

HELP

We have provided the following Help resources to assist you in using Yogcar.

INSTRUCTIONAL SCREENS >

INTRODUCTION AND OVERVIEW ▶

YOGCAR USER GUIDE >

YOGCAR VIDEO >