

# YOGA 3D

Interactive Learning  
*with Anna Ashby*



## Quick Reference Guide

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## Getting Started

Thank you for purchasing Yoga 3D, interactive learning by Media Insight and Anna Ashby.

This manual is a quick reference guide for “The Learning” DVD which is disc 2 of your purchased 2 DVD disc set. The Learning DVD contains the interactive 3D pose guide which covers 19 key postures for home study.

Although we have tried to make the user experience as intuitive as possible this short manual is designed to cover any areas of possible confusion and serve as a reference tool.

### Minimum System Requirements

This DVD is designed to work on both Macs & PCs provided they meet the minimum system requirements as recommended below:

#### PC

Windows XP or later  
Pentium 4 - 1.6Ghz or faster  
512MB of RAM  
Soundcard  
Videocard  
DVD-ROM Drive

#### Mac

OS X or later  
1.2-1.25 Ghz Power PC G4  
512MB of RAM  
Soundcard  
Videocard  
DVD-ROM Drive

Note that although the above requirements are tested minimums, smoother playback and faster loading times etc... will be experienced with newer machines. On slower/older machines you may experience slow loading times between menus or chapters and this is normal.

## How to start the program

With PCs, windows should give you the option to run the program as soon as you insert the DVD into your DVD-ROM drive. If you have autorun options disabled, simply open the DVD-ROM drive via Windows Explorer or via My Computer, and double click on the Yoga3Dlauncher icon to start the program.



For Macs, copy the contents of the Yoga 3D app folder onto your hard drive and run it from there by double clicking on the icon. This process will take a minute or so depending on the speed of your DVD-ROM drive. Note you **WILL NOT** be able to run the program directly from the DVD-ROM drive. Once copied to your local hard disk, you must keep the original DVD disc in your DVD-ROM drive in order to work the application.

## Options

Access the options menu at any time whilst in the program by clicking on the following icon:



Clicking on this button will instantly pause the program wherever you are and take you to the options menu which looks like this:



**Exit program** Exits to your desktop

**Resume program** Takes you back to where you were

### **Support**

Links you to the support section of the Yoga 3D website – note this only works if your firewall enables web access to the program AND you are connected to the internet, otherwise close the program and visit [www.yoga-3d.com](http://www.yoga-3d.com) for more help and information.

### **Volume Slider**

Note that the volume is defaulted at maximum. You can move the slider to change the volume up or down.

## Graphical Options

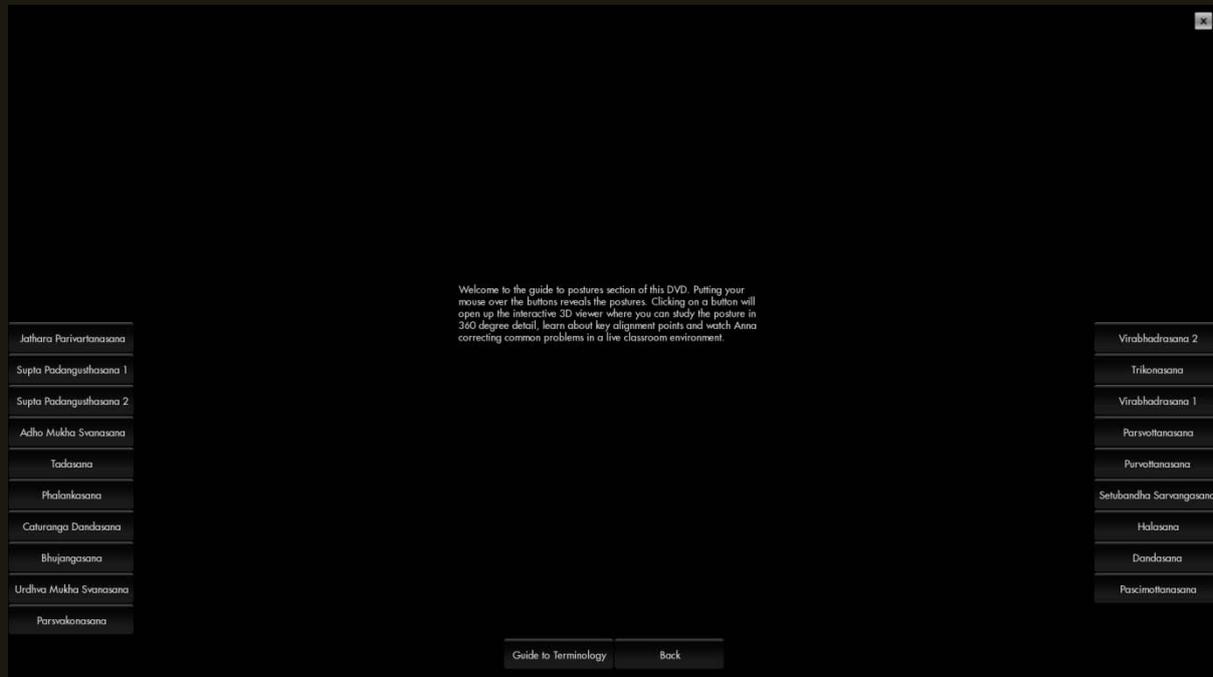
The default graphical options are for high quality. This is best for fast machines. Anything purchased within the last 24 months should be able to handle this.

If you are experiencing slow or jerky playback in the 3D pose guide you may choose to change the graphical quality to "low". This removes special effects such as shadows and lighting amongst others and should enable smooth playback for all machines within the minimum specifications.

# Pose Guide

From the main menu click on the “pose guide” button.

This is what you will see:



Note that the actual layout may vary slightly depending on your monitor’s resolution. The above screenshot was taken from a high resolution monitor.



Simply mouse over the buttons on either side of the screen to reveal which posture is which. Once you have decided on a posture to study, click and this will open up the 3D viewer and the Pose Guide itself. There are 19 postures included in this guide:

01 Jathara-parivartanasana	Revolved Abdominal Pose
02 Supta-padangusthasana 1	Reclined Foot Toe Pose
03 Supta-padangusthasana 2	Reclined Foot Toe Pose
04 Adho-mukha-svanasana	Downward Dog
05 Tadasana	Mountain Pose
06 Phalankasana	Plank Pose
07 Caturanga-dandasana	Four Limbed Staff Pose
08 Bhujangasana	Cobra Pose
09 Urdhva-mukha-svanasana	Upward Facing Dog Pose
10 Parsvakonasana	Side Angle Pose
11 Virabhadrasana 2	Warrior Pose
12 Trikonasana	Triangle Pose
13 Virabhadrasana 1	Warrior Pose
14 Parsvottanasana	Intense Side Stretch Pose
15 Purvottanasana	Intense Eastward Stretch Pose
16 Setu-bandha-sarvangasana	Bridge Pose
17 Halasana	Plough Pose
18 Dandasana	Staff Pose
19 Pascimottanasana	Intense Westward Stretch Pose

Once you've entered the 3D viewer you will see a virtual Anna on your screen along with the following buttons on the top right hand side. A short introduction audio guide will play describing the posture you are looking at.



The hide mat option hides the yoga mat that virtual Anna is standing on which is useful when you need to view postures from below.



The Home Button takes you back to the pose guide menu so you can pick another posture or go to the guide to terminology.

## Drag & Rotate

In a conventional video tutorial you are stuck to one camera angle. The advantage of 3D is in being able to rotate around Anna at will to gain the best vantage point. This is especially important when viewing the arrows in the Learn Mode. Sometimes an arrow may appear to be in one place when viewed from a particular angle but this may not be correct as you are working in 3 dimensions and not 2. It's up to the viewer to adjust their camera angle appropriately to gain a full picture.

To do so simply click on the screen and holding the mouse button drag in any direction to rotate the view. You will see the view change but you will also notice that the cursor changes from:



to >

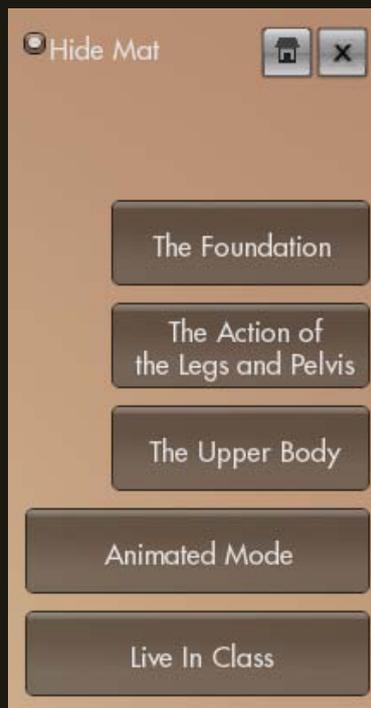


which indicates the drag and rotate function is enabled.

## Learn Mode

Learn mode activates an audio and visual walkthrough, describing and explaining how to reach the key alignment points of each posture. The idea is to listen to Anna's audio guide – look out for the arrows which will show up to highlight areas to focus the attention on whilst moving the camera around as appropriate to gain the best view.

The key alignment points for each posture are broken down into 3 main areas and you will see a menu like this:



Clicking on any of the 3 buttons begins a new audio and visual guide pertaining to the particular area of study – for instance the upper body or the legs.

## Animated Mode

Animated mode unlocks the full freedom of 3D. In this mode you can view the full animation of Anna moving in and out of the posture. You can zoom in and out and you can refocus the camera to look at particular body parts. Here's what you'll see:



## Zoom Function

In animated mode the zoom function is enabled. To access it simply roll your middle mouse button forwards or backwards. If you have a touch pad use the same function that you would to scroll down a website bar.

## Scroll Bar

The scroll bar works very much like the scrolling function in quicktime or windows media player. Grabbing it with your cursor will pause the animation. Dragging the scroll bar left and right on the screen will move the animation forwards in the timeline or backwards. To reset the animation to the beginning drag the scroll bar to the far left, OR press the reset button.



**RESET BUTTON**

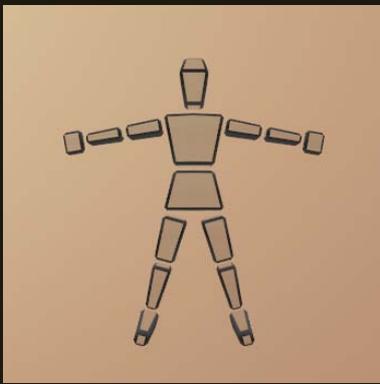
To play the animation simple press the play button on the far right of the scroll bar.



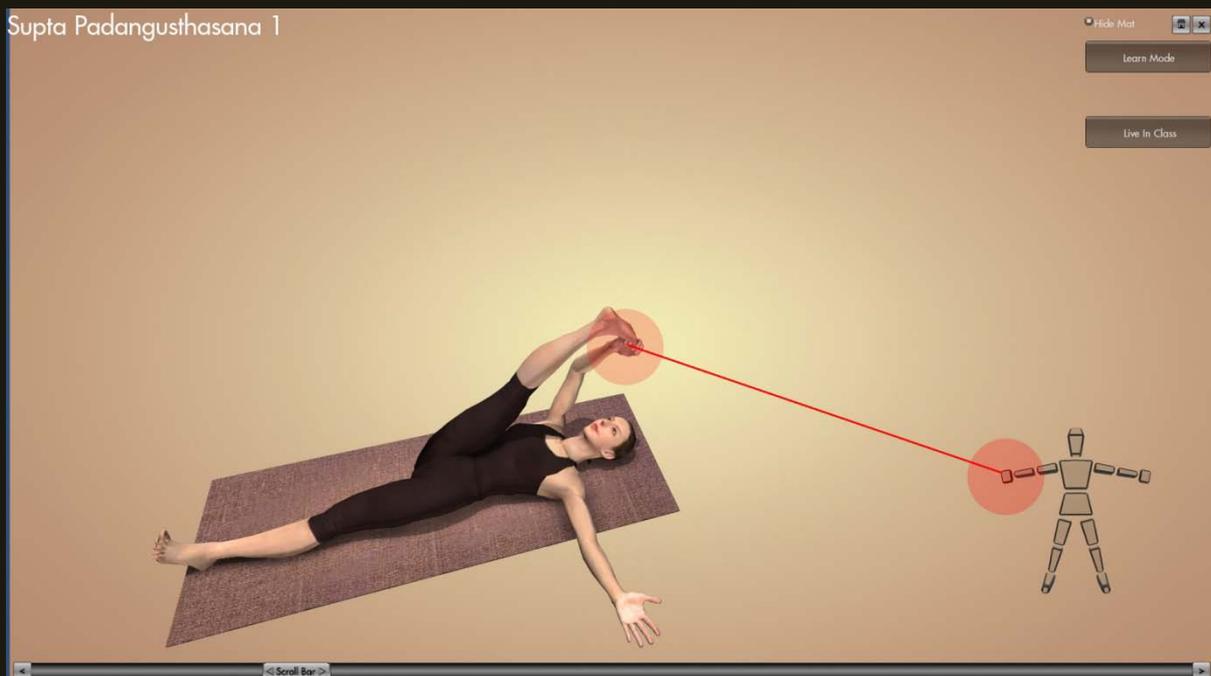
## PLAY BUTTON

## Focus Icon

The focus icon enables you to refocus the camera to look at a particular body part.

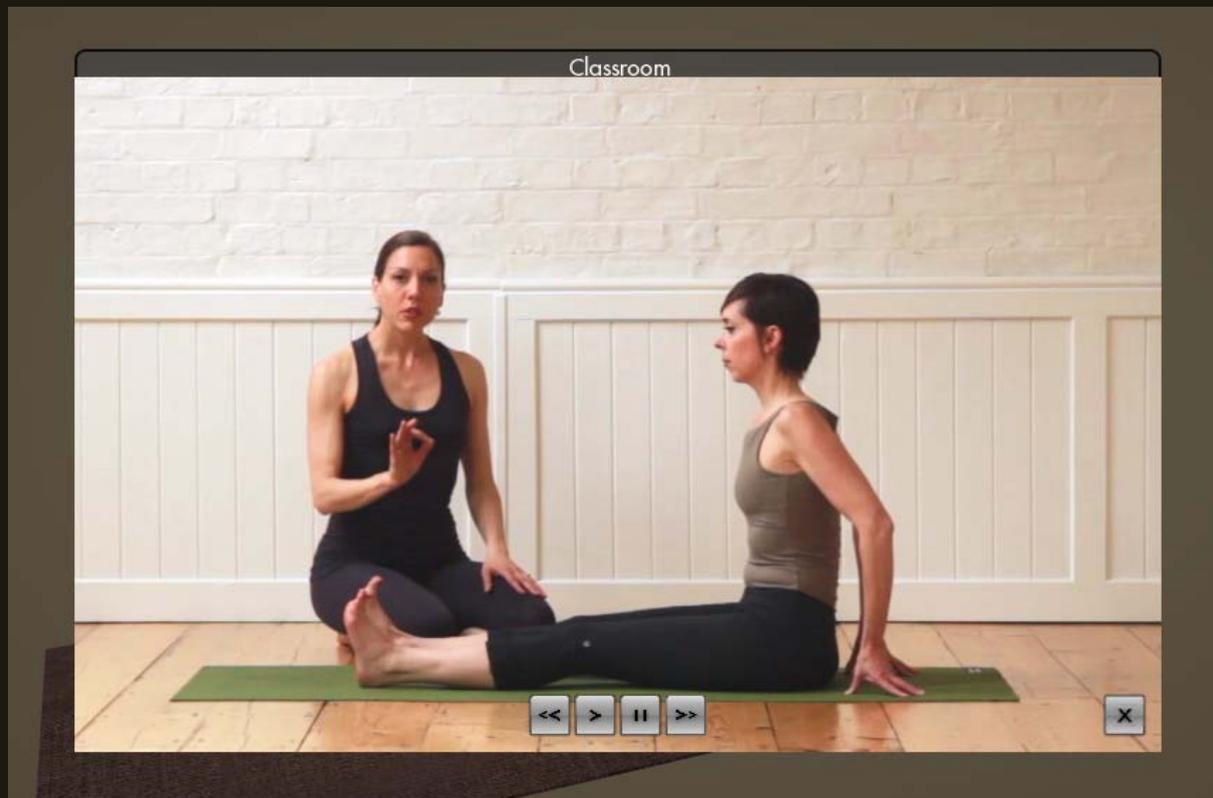


Double-clicking on a body part on the mannequin will change the camera to focus on that part of Anna's body. This is useful if you want to take a closer look at her hands for instance. Once re-focused, all the zoom and rotate functions work as normal.



## Live in Class Mode

Clicking on this button brings up our video player. This is where Anna with the help of a student demonstrates the correct use of props and describes some of the common pitfalls associated with the posture.



The video player functions much like windows media player or quicktime. Each 5-10 minute mini lesson is divided into several sections.

To move forward and backwards through the sections click on the skip and replay buttons



To play press the play button



To pause press the pause button



To exit back to the 3D viewer, press the X button



# Troubleshooting

Although we have tested the software thoroughly and endeavoured to fix all possible issues before release, the fact is that with the almost infinite combinations of hardware and software that exist, there remains the possibility for unforeseen problems. If you encounter any issues whilst using the software - i.e. a crash, cursor disappearing etc... first wait for 60 seconds before doing anything with the computer. On slower machines your computer may simply be loading up the next scene. If nothing happens after 60 seconds then attempt to exit the program by pressing the escape button. Thirdly, in the event that this does nothing, exit the program via your operating system. In Windows press and hold Ctrl-Alt-Del. In Mac OS, press and hold Ctrl-Q.

In general, if your computer exceeds the minimum specifications comfortably, there should be no major issues. Many perceived issues will usually be the result of slow hardware or an inefficient operating system. These issues could be jittery video, slow load times and black screens for long periods. The normal advice applies for system optimisation. Update all your display and sound drivers. De-frag your hard disk (if using Windows). Check to see if there is more than 10% space left in your hard disk and if not, make space by deleting unwanted files. Always make sure you uninstall programs correctly. As our program does not require you to install any software it is unlikely that using it will change the environment of your operating system and be the cause of any problems.

If you are experiencing slowdown in the videos and or sound, you can try copying the contents of the DVD disc onto your computer's hard disk and running the program from there. Note however that you will need to keep the ORIGINAL DVD disc in your DVD-ROM drive for the program to run.

Finally please contact us on the following email:

[questions@media-insight.co.uk](mailto:questions@media-insight.co.uk)

It is important for us to be able to keep track of any potential problems that people are experiencing with our software and of course we welcome your feedback.

Thank you and enjoy the learning experience.

Anna Ashby & the Media Insight Team....