**Purity Yoga Studio Introductory Course – Creating Your Daily Practice**

**Target Audience:** New Purity Yoga Studio Members

**Learning Objectives**:

1. Define what yoga is
2. Identify the health benefits yoga has to offer
3. List the items needed for a successful yoga practice
4. Identify key tips for creating your own yoga practice

**Seat Time:** 20 minutes

**Outline:**

* Welcome
* Navigation
* Getting Started
* Learning Objectives
* What is Yoga
* Benefits of Yoga
* Knowledge Check
* Essential Items
* Creating a Daily Practice
* Quiz Introduction
* Review
* Congratulations

**Directions:**

* The layout above will be used. Design may change slightly on some slides. All slides will show a custom top heading box and the Purity Yoga Studio logo in the top right corner.
* Slide dimensions are 16:9 ratio with slide size (1280:720)
* Color palette is shown below
* Classic Story Player in Storyline
* Studio setting photo (pictured to the right) to be used

where noted

**Color Palette:**

**Module Resources/References:**

* <https://www.yogabasics.com/practice/yoga-for-beginners/yoga-tips-for-beginners/>
* <https://www.artofliving.org/yoga/yoga-for-beginners/8-tips-improve-your-yoga-practice>

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| **Slide [1.1] Menu Title: *Welcome***  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Heading box in the left cornerLogo will be larger on this slide and in the top right No bottom borderImage: A yoga pose photo with similar colors to the custom color palette chosen.Welcome text box to the left side under the headingNavigation and start button in the bottom in right corner  | [Slide Title] Purity Yoga Introductory Course[Buttons]StartNavigation[Text Box]Welcome!We are here to help you get the most out of your new yoga practice! | [Audio Text] – NarratorWelcome to Purity Yoga studio. This course was designed to help our new members get the most benefits out of yoga and their studio practice. We want you to feel empowered as you learn new postures, gain strength and flexibility, and build your practice. We are glad you are here!If you are familiar with how this course works, click on the start button to continue. If you need some help navigating before you begin, please click on the navigation button. Let’s get started. | The Welcome text box will fade in with the beginning of the VO audio. Semi transparentThe Start and Navigation buttons will fade in timed with their reference in the VO audio.The Start button will jump to slide 1.3 when clickedThe Navigation button will jump to slide 1.2 when clicked |
| **Slide [1.2] Menu Title: *Navigation***  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Heading box in top left corner. No logo or bottom border design.Image: A yoga pose photo with similar colors to the custom color palette chosen.Player menu will show on the left side.Buttons and arrows pointing to each feature | [Slide Title] Navigation[Buttons] Menu, Play/Pause, Seekbar, Replay, Volume, Previous, Next, Resources | [Script Text] NarratorAlong this left hand side you will see a menu showing you the slides that you are about to visit as you work through this course. To pause or play the slide you are viewing, you will click here. The seekbar will show you your progress as you view each slide. If at any time you feel the need to replay the current slide, you will click here. To adjust the volume, click here. If you need to return to the previously visited slide you may click the previous button, here. To continue from slide to slide you will click the next button after viewing each slide’s information. For additional resources provided, please click on the resources tab located in the top right. And now that you know how to navigate this player, click on the next button to get started. | Each button and corresponding arrow will fade in timed to their reference in the VO audio.Next button will be free to click on at any time during the audio.Next button will jump to slide 1.3 |

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| **Slide [1.3] Menu Title: *Getting Started*** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Heading box in top left corner, logo in top right and full bottom borderImage: Studio setting photoAvatar: Sarah in semi casual attire situated to the right side of the studio setting. First avatar talking with both hands gesturing forward.After caption 2, Sarah changes to one hand gesturing up and one waist level.Callout bubble, centered on slide, with white background for text. Black font  | [Slide Title] Getting Started[Sarah text]Hi! I’m Sarah! Starting your yoga practice can be a bit intimidating! Joining Purity Yoga Studio was the first big step.I’m excited to be your guide through this course. Yoga has many levels to benefit any fitness level or physical limitation.By creating your own daily yoga practice, you will grow your abilities inside and out of the studio.The benefits of yoga reach far beyond learning postures and gaining flexibility…let’s get started learning more! | [Script Text Sarah]Hi! I’m Sarah! Starting your yoga practice can be a bit intimidating! Joining Purity Yoga Studio was the first big step.I’m excited to be your guide through this course. Yoga has many levels to benefit any fitness level or physical limitation.By creating your own daily yoga practice, you will grow your abilities inside and out of the studio.The benefits of yoga reach far beyond learning postures and gaining flexibility…let’s get started learning more! | Slide starts with Sarah already on the screen.Each text callout fades in timed with the VO audio.Slide automatically advances to slide 1.4 after the timeline ends. |

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| **Slide [1.4] Menu Title: *Learning Objectives*** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Same visual layout as slide 1.3Sarah starts in same position but changes to hand gesturing out to the right before she presents the learning objectives. Large white box with rounded corners for the learning objectives, situated to the left side of the slide. | [Slide Title] Learning Objectives[Sarah text] By the end of this course, you will be able to:Define what yoga isIdentify the health benefits yoga has to offerList the items needed for a successful yoga practice, in and out of the studioIdentify key tips for creating your own yoga practice | [Script Text - Sarah]By the end of this course, you will be able to:Define what yoga isIdentify the many health benefits yoga has to offerList the items needed for a successful yoga practice, in and out of the studioIdentify a structure for your own yoga practice(Directions – Narrator]Click the next button to continue | Text fades in with VO AudioLearning objective box fades in time with VO audioEach learning objective is bulleted and fades in as the VO reaches where it is referenced |

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| **Slide [1.5] Menu Title: *What is Yoga?***  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Same visual design as slide 1.4.Sarah starts with her left hand out and right hand on hip.When her speaking ends her avatar changes to listening and looking to her right towards the boxes that appear. Boxes are labeled, Meditation, Breathing and Postures and have an icon on each that represent the title. They will be to the left of the avatar. Directions box is above the clickable boxes. | [Slide Title] What is Yoga?[Sarah text]Let’s define what yoga is…Yoga is an ancient practice that brings together the mind, body and soul. There are 3 key components to yoga. These three components focus on the importance of meditation, deep breathing and specific postures. | [Script text - Sarah]Let’s define what yoga is…Yoga is an ancient practice that brings together the mind, body and soul. There are 3 key components to yoga. These three components focus on the importance of meditation, deep breathing and specific postures.[Script text – narrator]Click on each box to learn more. When you have finished viewing each one, click the next button to continue. | Script text is timed with the VO audio.Three boxes and directions fly in from the right.Learner is restricted from clicking on one until the timeline is near the end. Each of the 3 topic boxes have a visited and viewed state.Next button appears after learner has visited each layer. |

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| **Slide [1.5a]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Slide layer will be the same as the base layer except the clickable box with image, Meditation, will be situated to the left to allow for a video to show in the center. Meditation box is not clickable on this layer, only a visual reminder of the item they are viewing.Sarah will still be in the same spot, turned hands folded and listening.Custom yoga mat icon will be used for the next button to return to base layer.  | [Slide Title] What is Yoga?(Video with soothing music and background images of meditative poses and calm environments will play and show the text)Meditation is the art of clearing your mind.Learning mindfulness to be present in the moment.Relaxing your entire being, mind and body.To achieve a mentally and physically calm and stable state. | [Script Text Narrator]Meditation is the art of clearing your mind. Learning Mindfulness to be present in the moment. Relaxing your entire being, mind and body. To achieve a mentally and physically calm and stable state.Click the yoga mat to continue. | Custom yoga mat icon will appear at the end of the video to close the layer. |

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| **Slide [1.5b]**  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Slide layer will be the same as the base layer except the clickable box with image, Breathing, will be situated to the left to allow for a video to show in the center. Breathing box is not clickable on this layer, only a visual reminder of the item they are viewing.Sarah will still be in the same spot, turned hands folded and listening.Custom yoga mat icon will be used for the next button to return to base layer. | [Slide Title] What is Yoga?(Video with soothing music and background images of meditative poses and calm breathing will play and show the text)Text: The breath is the life force of the body. Yoga teaches us to control our breath as we move through the postures. | [Script Text – Narrator]The breath is the life force of the body. Yoga teaches us to control our breath as we move through the postures. | Custom yoga mat icon will appear at the end of the video to close the layer. |

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| **Slide [1.5c]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Slide layer will be the same as the base layer except the clickable box with image, Postures, will be situated to the left to allow for a video to show in the center. Postures box is not clickable on this layer, only a visual reminder of the item they are viewing.Sarah will still be in the same spot, turned hands folded and listening.Custom yoga mat icon will be used for the next button to return to base layer. | [Slide Title] What is Yoga?(Video with soothing music and background images of yoga flow poses in a calm studio environment will play and show the text)[Slide text]Specific postures are designed to build strength and flexibility. Yoga postures are used to cultivate prana, the life-force energy that flows through the body. | [Script Text - narrator]Specific postures are designed to build strength and flexibility. Yoga postures are used to cultivate prana, the life-force energy that flows through the body. | Custom yoga mat icon will appear at the end of the video to close the layer. |

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| **Slide [1.6] Menu Title: *Benefits of Yoga*** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Branching Scenario with slides 1.7, 1.8, 1.9 Heading box in top left corner, logo in top right and full bottom borderImage: no studio setting, background is a light blueAvatar: Sarah in semi casual attire situated to the right side. First avatar talking with both hands gesturing forward. She is shown larger this time, as if she has moved closer. After the finish of her speaking text, she changes to face towards the clickable circles and hands folded in front as if she is listening.3 circles appear with an icon representing Mind, Body, and Soul, with a direction box above and center from the 3 circles.  | [Slide Title] Benefits of Yoga[Text – Sarah]Now that we have an idea of what yoga is, let’s explore in depth the many health benefits yoga has to offer.As we learned previously, yoga can benefit our mind, our body and our soul in positive ways.[Directions]Click on each circle to learn more | [Script Text – Sarah]Now that we have an idea of what yoga is, let’s explore in depth the many health benefits yoga has to offer.As we learned previously, yoga can benefit our mind, our body and our soul in positive ways.[Script Text – Narrator]Click on each circle to learn more | Sarah changes from talking to listening after her speaking completes.Circles with their icons and the directions fly-in from the top right as the narrator gives the directions.Each circle has a hover state and a visited state.The circles will take them to slides 1.7, 1.8 and 1.9 when clicked. Icons chosen on each should represent the Mind, Body and Soul. The next button is restricted until all 3 circles have been visited. The next button will take the learner to slide 1.10 |

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| **Slide [1.7]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Same background display as slide 1.6. Slides 1.7, 1.8, 1.9 will all be visually the same.Sarah continues to be listening as the audio plays.  The circles are no longer displayed, along with the directions to click on each. Instead there is a subheading box with a smaller icon (same icon as in the clickable circles) appears.Below the subheading box is an image of a person meditating, inside of a larger rectangle that will house the bullet points of the slide text. | [Slide Title] Benefits of YogaSubheading box: Yoga and your mind.Encourages a calm, relaxed and peaceful mind.Teaches mindfulness, to be present in the current moment.Decreases anxiety and depression symptomsReduces Restlessness and stress levels | [Script text – narrator]Yoga encourages a calm, relaxed and peaceful mind. Teaches mindfulness to be present in the current moment. Decreases anxiety and depression symptoms. Reduces restlessness and stress levels.Click next when you are ready to continue | Calm music plays at the start of the slide and continues until the end.The subheading box and larger rectangular box, housing the image and text, fade in as the timeline starts. Text information shows as timed with the VO audio.The next button is disabled until the audio finishes.The next button will return the learner to slide 1.6 |

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| **Slide [1.8]**  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Same background display as slide 1.6. Slides 1.7, 1.8, 1.9 will all be visually the same.Sarah continues to be listening as the audio plays A subheading box with a smaller icon (same icon as in the clickable circles) appears.Below the subheading box is an image of a person holding a yoga pose, inside of a larger rectangle that will house the bullet points of the slide text. | [Slide Title] Benefits of YogaSubheading box: Yoga and Your Body.Improves balance and flexibilityReduces heart rate and blood pressureBuilds strength and improves muscle toneEases back pain and arthritic symptoms | [Script text – narrator]Improves balance and flexibility.Reduces heart rate and blood pressure.Builds strength and improves muscle tone. Eases back pain and arthritic symptoms.Click next when you are ready to continue | Calm music plays at the start of the slide and continues until the end.The subheading box and larger rectangular box, housing the image and text, fade in as the timeline starts. Text information shows as timed with the VO audio.The next button is disabled until the audio finishes.The next button will return the learner to slide 1.6 |

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| **Slide [1.9]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Same background display as slide 1.6. Slides 1.7, 1.8, 1.9 will all be visually the same.Sarah continues to be listening as the audio plays A subheading box with a smaller icon (same icon as in the clickable circles) appears.Below the subheading box is an image of a person who appears happy and calm, inside of a larger rectangle that will house the bullet points of the slide text. | [Slide Title] Benefits of YogaSubheading box: Yoga and Your Soul.Improves your outlook on lifeClears your emotional energy blocksCultivates daily gratitudeEnhances intuition as you connect to your mind and body | [Script text – narrator]Improves your outlook on life.Clears your emotional energy blocks.Cultivates daily gratitude. Enhances intuition as you connect to your mind and body.Click next when you are ready to continue | Calm music plays at the start of the slide and continues until the end.The subheading box and larger rectangular box, housing the image and text, fade in as the timeline starts. Text information shows as timed with the VO audio.The next button is disabled until the audio finishes.The next button will return the learner to slide 1.6 |

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| **Slide [1.10] Menu Title:  *Knowledge Check*** | **Objective #2** |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Same visual background as slide 1.6Image: no studio setting, background is a light blueAvatar: Sarah in semi casual attire situated to the right side. First avatar talking with both hands gesturing forward, as the text appears. She is shown larger this time, as if she has moved closer. After the finish of her speaking text, she changes to face towards the question and answer choices with her hand on her chin as if she is thinking. | [Slide Title] Knowledge CheckMultiple choice slide[Text – Sarah]Now, let’s take a minute and check your knowledge about what you’ve learned so far | [Script Text - Sarah]Now let’s take a minute and check your knowledge about what you’ve learned so far.Click the submit button when you are finished.Which of the following are benefits that can be attained by practicing yoga? Check all that applyLowered stress levels (correct)Decreased appetite (incorrect)Increased flexibility ( correct)Feelings of peace and gratitude (correct) | Sarah’s text times in with the VO audio.Question and answer choices appear as she is giving the directions to click submit when finished. Her avatar changes to listening after she gives the directions to submit. Answer choices will automatically shuffle with each attempt.Learner will be given two tries to get a correct answer. The next button is disabled until the audio finishes.The next button will return the learner to slide 1.6 |
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| **Slide [1.10a]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Background: no studio setting, background is a light blue, same as the base layerAvatar: Sarah in semi casual attire situated to the right side. She will appear excited and talkingText callout box centeredContinue button below the text box  | [Slide layer] Correct[Text – Sarah]That’s right! Yoga can help to lower stress, create feelings of peace and gratitude, and increase our flexibility. | [Script Text - Sarah]That’s right! Yoga can help to lower stress, create feelings of peace and gratitude, and increase our flexibility. | VO audio will play at the start of the layer.Text box fades in timed to the audioContinue button will fade in after the audio completes.Continue button takes the learner to slide 1.11 |

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| **Slide [1.10b]**  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Background: no studio setting, background is a light blue, same as the base layerAvatar: Sarah in semi casual attire situated to the right side. She will appear neutral or thinking and talkingText callout box centeredContinue button below the text box  | [Slide layer] Incorrect[Text- Sarah]Not quite right! Yoga will lower your stress levels, increase flexibility, and increase feelings of peace and gratitude. | [Script Text - Sarah]Not quite right! Yoga will lower your stress levels, increase flexibility, and increase feelings of peace and gratitude. | VO audio will play at the start of the layer.Text box fades in timed to the audioContinue button will fade in after the audio completes.Continue button takes the learner to slide 1.11 |
| **Slide [1.10c]**  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Background: no studio setting, background is a light blue, same as the base layerAvatar: Sarah in semi casual attire situated to the right side. She will appear neutral or thinking and talkingText callout box centeredTry again button below the text box  | [Slide layer] Try again[Text – Sarah]Not quite right! Let’s try again. | [Script Text - Sarah]Not quite right! Let’s try again. | VO audio will play at the start of the layer.Text box fades in timed to the audioTry again button will fade in timed with the VO reference.Try again button will hide the layer to return the learner to the base layer to retry. |

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| **Slide [1.11] Menu Title: Essential Items** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Heading box in top left corner, logo in top right and full bottom borderImage: Studio setting photoAvatar: Sarah in semi casual attire situated to the right side of the studio setting. First avatar is talking with one hand raise  | [Slide Title] Essential Items[Text – Sarah]When practicing here at Purity Yoga Studio, we strive to create the most serene environment possible for your workouts.Some equipment is provided while here, practicing in the studio. Some items you will need to purchase for personal use.Let’s take a look at what you will need, and what you may want to consider for your practice… | [Script Text - Sarah]When practicing here at Purity Yoga Studio, we strive to create the most serene environment possible for your workouts. Some equipment is provided while here, practicing in the studio. Some items you will need to purchase for personal use. Let’s take a look at what you will need, and what you may want to consider for your practice… | Text callouts are timed with the VO reference.Slide automatically advances to the next slide after the audio completes. Next button is hidden. |
| **Slide [1.12]**  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Background: no studio setting, background is a light blue, same as the base layerAvatar: Sarah in semi casual attire situated to the right side. She will appear neutral or thinking and facing to the left towards the photosEach clickable square will have a picture representing the following: Yoga mats, yoga attire, Hydration bottles and a practice space.One larger square will house the 4 photos and be to the left on the slide  | [Slide Title] Essential ItemsDirections: Click on each item to learn more | [Script Text - Narrator]Click on each item to learn more | Four square photos and larger square will ‘grow and spin’ in from the top right, along with a text box directions.Each photo will have a hover state displaying the text:Yoga Mats, Attire, HydrationPractice SpaceEach photo will fade/become partly transparent in their viewed state.The next button will be hidden until all 4 photo layers are viewed. The next button will then advance the user when clicked to the next slide 1.13 |

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| **Slide [1.12a]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Sarah is situated to the right side. She will appear to be talking with one hand raised.A large rectangular box takes up most of the slide. Inside, at the top left will be the subheading ‘Yoga Mat’ along with a photo of a person on a yoga mat, below the subheading. To the right of the photo and inside the rectangle the text will appear.  | [Slide Title] Essential Items[Subheading] Yoga Mat[Slide text - narrator]Mat length – consider your heightThickness and density of the materialGrip of the material | [Script Text - Sarah]When researching yoga mats, remember all mats are not made the same. You may ask a studio employee for some recommended brands to explore. Of great consideration for your purchase is the mat length. Be sure to get one at least 6 inches taller than you are, more if possible. Next, thickness and density of the material. The thicker the material the more comfortable it will be to hold poses for extended periods of time. And, think about the grip of the material. Slippery surfaces make postures very difficult to manage and hold. You don’t want your hands and feet slipping as you glide from pose to pose, or when holding a pose.[Script text – narrator]Click the yoga mat to continue | A rectangular box with the subheading and photo will fly in from the top right as the audio starts.The text will fly in from the bottom timed with the VO reference.A custom yoga mat icon will fade in timed with the VO reference.The custom yoga mat icon will close the layer to return to the base layer. |

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| **Slide 1.12b]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Sarah is situated to the right side. She will appear to be talking with one hand raised.A large rectangular box takes up most of the slide. Inside, at the top left will be the subheading ‘Attire’ along with a photo of a performing a pose in yoga attire, below the subheading. To the right of the photo and inside the rectangle the text will appear.  | [Slide Title] Essential Items[Subheading] Attire[Slide text - narrator]Moisture wicking materialFitted tops and tanksLong yoga pants, no shorts | [Script Text - Sarah]When choosing your yoga attire, moisture wicking material is highly recommended. We often hold warm, and hot temperature classes. This type of material will keep you more comfortable during practice. Make sure you wear tight fitting tanks and tops. When doing inversion poses, this becomes essential. Long yoga pants are necessary, rather than shorts. This is due not only to accommodate certain postures, but if you take a warm, or hot class, sweat on your skin makes your body to slippery to hold postures as well. [Script text – narrator]Click the yoga mat to continue | A rectangular box with the subheading and photo will fly in from the top right as the audio starts.The text will fly in from the bottom timed with the VO reference.A custom yoga mat icon will fade in timed with the VO reference.The custom yoga mat icon will close the layer to return to the base layer. |

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| **Slide [1.12c]** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Sarah is situated to the right side. She will appear to be talking with one hand raised.A large rectangular box takes up most of the slide. Inside, at the top left will be the subheading ‘Hydration’ along with a photo of a water or water bottles, below the subheading. To the right of the photo and inside the rectangle the text will appear.  | [Slide Title] Essential Items[Subheading] Hydration[Slide text - narrator]Water is a great choiceElectrolyte drinks and water additivesAvoid coffee and other diuretics | [Script Text - Sarah]Be sure to hydrate, before, during and after your workout. Water is always a great choice. Electrolyte drinks and water additives are another option if you have a hard time getting enough water intake daily. Avoid coffee and other diuretics before your workout. [Script text – narrator]Click the yoga mat to continue | A rectangular box with the subheading and photo will fly in from the top right as the audio starts.The text will fly in from the bottom timed with the VO reference.A custom yoga mat icon will fade in timed with the VO reference.The custom yoga mat icon will close the layer to return to the base layer. |
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| **Slide [1.12d]/ Menu Title: Essential Items** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Sarah is situated to the right side. She will appear to be talking with one hand raised.A large rectangular box takes up most of the slide. Inside, at the top left will be the subheading ‘Practice Space’ along with a photo of a yoga practice space, below the subheading. To the right of the photo and inside the rectangle the text will appear.  | [Slide Title] Essential Items[Subheading] Practice Space[Slide text]Set up a quiet spaceCreate a ‘home’ for the items you use regularlyFind a guided yoga app or listen to music | [Script Text - Sarah]In the studio we strive to create a quiet, relaxing space for practice. For your home practice, find and set up a quiet space where you can build on your studio practice. Create a home for the items you will use regularly. This will help with time and ease of practice. Find your favorite guided yoga app for pose sequences to follow, or simply play some music as you create your own flow. [Script text – narrator]Click the yoga mat to continue | A rectangular box with the subheading and photo will fly in from the top right as the audio starts.The text will fly in from the bottom timed with the VO reference.A custom yoga mat icon will fade in timed with the VO reference.The custom yoga mat icon will close the layer to return to the base layer. |

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| **Slide [1.13]/ Menu Title: Creating a Daily Practice** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| Background: no studio setting, background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border.Slide will be comprised of an accordian taking up the entire width of the slide, and the height between the heading and base border. The accordian cover will be a photo of people doing yoga poses in a studio. The accordion will have 4 vertical rectangular tabs on the left hand side. Each tab should be a different palette color.A directions box will be situated between the heading and logo. | [Slide Title] Creating a daily practice[Tabs]TimeStart SmallPosesGrace[Slide text]Practice makes permanent! | [Script Text - Narrator]Practice makes permanent! It is said that it takes approximately 21 days for a new routine to become a habit. Click on each tab to see what small intentional steps will lead to big results in your yoga practice. | The learner will be restricted from clicking on the tabs until the timeline on the baselayer finishes.Slide text will be in a semi-transparent rectangle and fade in on the top left of the cover photo. Direction box will grow in with the VO reference.Each tab will open and close along a motion path to show the layers. User can click freely between the tabs. Audio will pause on each layer when the tabs are clicked.The next button will be disabled until the learner clicks all 4 tabs. Next button will advance the learner to slide 1.14 when clicked. |
| **Slide [1.13a]/ Menu Title: Creating a Daily Practice**  |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| **Time Layer**A photo representing time, such as hands checking a watch, will cover the according space on this layerThe Time rectangle will now be on the right hand side. The other rectangle tabs will be visible on the left. | [Slide Title] Creating a Daily Practice[Time layer] [Slide text]Set a daily time | [Script Text - Narrator]Time. Set a daily time. Think about what time during your day is most realistic to keep a consistent schedule. Prioritize that time for your workout, whether it’s at home or the studio. | When the user clicks on the time tab the Time rectangle and cover photo will glide to the right to reveal the layer photo.The text box will fade in timed with the VO reference.The learner is free to close this tab by clicking on the Time tab again to return to the base layer, or may click another tab to display a different layer.The audio will pause on this layer when another tab is clicked or this layer is closed. |
| **Slide [1.13b]/ Menu Title: Creating a Daily Practice** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| **Start Small Layer**A photo representing taking steps, such as a person walking up some stairs, will cover the according space on this layerThe Time and Start Small rectangle will now be on the right hand side. The other rectangle tabs will be visible on the left. | [Slide Title] Creating a Daily Practice[Start Small layer] [Slide text]Small steps lead to big changes | [Script Text - Narrator]Start Small. Small steps lead to big changes. Create your foundation and add small amounts of time as you go. | When the user clicks on the time tab the Start Small, this along with the Time rectangle and cover photo, will glide to the right to reveal the layer photo.The text box will fade in timed with the VO reference.The learner is free to close this tab by clicking on the Start Small tab again to return to the base layer, or may click another tab to display a different layer.The audio will pause on this layer when another tab is clicked or this layer is closed. |
| **Slide [1.13c]/ Menu Title: Creating a Daily Practice** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| **Poses Layer**A photo showing a person performing a yoga pose will cover the according space on this layerThe Time, Start Small and Poses rectangle will now be on the right hand side. The Grace rectangle tabs will be visible on the left. | [Slide Title] Creating a Daily Practice[Poses layer] [Slide text]Choose a couple starting poses | [Script Text - Narrator]Poses. Choose a couple starting poses from some of those found in the sun salutations. Add more to your flow or sequence as you gain comfort, balance and strength. | When the user clicks on the Poses tab, this along with the Time, Start Small rectangle and cover photo will glide to the right to reveal the layer photo.The text box will fade in timed with the VO reference.The learner is free to close this tab by clicking on the Poses tab again to return to the base layer, or may click another tab to display a different layer.The audio will pause on this layer when another tab is clicked or this layer is closed. |

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| **Slide [1.13d]/ Menu Title: Creating a Daily Practice** |  |
| **Visual / Display:**  | **Slide Text:**  | **Narration / Voiceover:**  | **Animation / Interaction:**  |
| **Grace Layer**A photo representing grace or being grateful will cover the according space on this layerThe Time, Start Small, Poses and Grace rectangles will now be on the right hand side.  | [Slide Title] Creating a Daily Practice[Grace layer] [Slide text]Give yourself grace as you learn | [Script Text - Narrator]Grace. Give yourself grace as you learn. We do yoga to become, strong, confident and flexible. Not because we already are. | When the user clicks on the Grace tab, all the rectangular tabs along with the cover photo will glide to the right to reveal the layer photo.The text box will fade in timed with the VO reference.The learner is free to close this tab by clicking on the Poses tab again to return to the base layer, or may click another tab to display a different layer.The audio will pause on this layer when another tab is clicked or this layer is closed. |
| **Slide [1.14]/ Menu Title: Quiz Introduction** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Heading box in top left corner, logo in top right and full bottom borderImage: Studio setting photoAvatar: Sarah in semi casual attire situated to the right side of the studio setting. She will be talking with both hands gesturing forward.Callout text box, centered on slide, with white background for text. Black fontTwo buttons situation towards the bottom center: Quiz and Review | [Slide Title] Quiz Introduction[Text – Sarah]Hopefully you now have a better understanding of how to make your yoga practice a success!The quiz that follows will be comprised of 5 questions to test your knowledge of what we just learned in this course. You must answer all 5 questions and score 80% or higher in order to pass. Otherwise, you will need to retake the quiz.If you are ready to start the quiz, click on the Quiz button below. If you’d like to review the information first, click Review. | [Script Text - Sarah]Hopefully you now have a better understanding of how to make your yoga practice a success! The quiz that follows will be comprised of 5 questions to test your knowledge of what we just learned in this course. You must answer all 5 questions and score 80% or higher in order to pass. Otherwise, you will need to retake the quiz. If you are ready to start the quiz, click on the Quiz button below. If you’d like to review the information first, click Review. | The text boxes will fade in time with the VO reference.Quiz and Review grow in together as she reference the quiz button in the VO.Learner is restricted from clicking either button until the timeline ends.Quiz button will take the learner to the first quiz slide question 1.16.The Review button will take the learner to slide 1.15 |
| **Slide [1.15]/ Menu Title: Review** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Background: no studio setting, background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border.A rectangle with directions will be between the heading and logo4 Clickable rectangles will be across the top to take the learner to layers.At the bottom will be a clickable rectangle to let the user Start the Quiz  | [Slide Title] Review[Clickable rectangles]DefineHealthItemsPracticeStart the quiz[Directions]Click on each tab to review | [*Insert Script Text*]No narration or script text on this slide.An audio with meditative or relaxaing music will play for the duration of the slide and on each layer. | All the rectangles and the directions box will grow in at the start of the slide.The music audio will start right away and continue to play for the duration of the slide and its layers.The learner may freely click between the tabs.The next button is hidden on this slide. The learner may click the Start the Quiz button at any time. This button will be visible on all the layers and jump the learner to slide 1.16 when clicked. |
| **Slide [1.15a] Menu Title: Review** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Define LayerBase layer directions, heading, logo, bottom border, all rectangular tabs and Start the Quiz button will be visible.A large rectangle with the color matching the tab will appear to house the text. | [Slide Title] Review[Define layer]Yoga is an ancient practice that brings together the mind, body and soul.The 3 primary components focus on meditation, breathing and specific postures-Meditation – art of clearing your mind, mindfulness-Breathing – controlling our breath through the postures-Postures – used to build strength and flexibility | No narration or script text on this slide.An audio with meditative or relaxing music will play for the duration of each layer. | A large rectangle will appear below the 4 clickable topic rectangles. Text will be displayed inside the rectangle.The tabs not being viewed will be grayed out to help indicate which tab is being viewed.The learner may click freely between all the tabs.The learner may click the Start the Quiz button at any time. This button will be visible on all the layers and jump the learner to slide 1.16 when clicked. |

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| **Slide [1.15b]/ Menu Title: Review** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Health LayerBase layer directions, heading, logo, bottom border, all rectangular tabs and Start the Quiz button will be visible.A large rectangle with the color matching the tab will appear to house the text. | [Slide Title] Review[Health layer][Slide text]Benefits to your mind: less stress, decreased anxiety and depression, reduces restlessness, teaches mindfulnessBenefits to your body: lowered heart rate and blood pressure, improves flexibility and muscle tone, decreased painBenefits to your soul: improves your outlook on life cultivates gratitude, enhances intuition | No narration or script text on this slide.An audio with meditative or relaxing music will play for the duration of each layer. | A large rectangle will appear below the 4 clickable topic rectangles. Text will be displayed inside the rectangle.The tabs not being viewed will be grayed out to help indicate which tab is being viewed.The learner may click freely between all the tabs.The learner may click the Start the Quiz button at any time. This button will be visible on all the layers and jump the learner to slide 1.16 when clicked. |
| **Slide [1.15c]/ Menu Title: Review** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Items LayerBase layer directions, heading, logo, bottom border, all rectangular tabs and Start the Quiz button will be visible.A large rectangle with the color matching the tab will appear to house the text. | [Slide Title] Review[Items layer][Slide text]Essential: yoga mat, proper hydration, moisture-wicking clothing, quiet practice space.Optional: yoga towel, dumbbells, yoga blocks | No narration or script text on this slide.An audio with meditative or relaxing music will play for the duration of each layer. | A large rectangle will appear below the 4 clickable topic rectangles. Text will be displayed inside the rectangle.The tabs not being viewed will be grayed out to help indicate which tab is being viewed.The learner may click freely between all the tabs.The learner may click the Start the Quiz button at any time. This button will be visible on all the layers and jump the learner to slide 1.16 when clicked. |

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| **Slide [1.15d]/ Menu Title: Review** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Practice LayerBase layer directions, heading, logo, bottom border, all rectangular tabs and Start the Quiz button will be visible.A large rectangle with the color matching the tab will appear to house the text. | [Slide Title] Review[Practice layer][Slide text]Set aside a daily practice timeStart small – add larger amounts of time as you goPick a few poses – add to them as your strength and skill buildsGive yourself grace – be kind to yourself as you learn | No narration or script text on this slide.An audio with meditative or relaxing music will play for the duration of each layer. | A large rectangle will appear below the 4 clickable topic rectangles. Text will be displayed inside the rectangle.The tabs not being viewed will be grayed out to help indicate which tab is being viewed.The learner may click freely between all the tabs.The learner may click the Start the Quiz button at any time. This button will be visible on all the layers and jump the learner to slide 1.16 when clicked. |
| **Slide [1.16]/ Menu Title: Final Quiz (hidden from menu)** | **Objective #1** |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| All quiz slides will have the same layout.Background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border.Sarah avatar will be thinking facing the question Quiz question will be presented in a larger white font to contrast with the background.Graded true/false quiz template slide | [Slide Title] Final Quiz[Directions] Select the best answer choice and click Submit[Question]Yoga is an ancient practice that brings together which of the following components: Check all that apply* Mind (correct)
* Body (correct)
* Energy
* Soul (correct)
 | [Audio – narrator]Yoga is an ancient practice that brings together which of the following components: Check all that apply | Learner will get one attempt on each question. No feedback is given until the end of the quiz. They will need to retake the quiz if they score less than 80%Submit button will advance the learner to the next slide.Answer choices should shuffle each time the slide is viewed |

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| **Slide [1.17]/ Menu Title: Final Quiz (hidden from menu)** | **Objective #2** |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| All quiz slides will have the same layout.Background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border. Sarah avatar will be thinking facing the question Quiz question will be presented in a larger white font to contrast with the background.Graded multiple choice quiz template slide | [Slide Title] Final Quiz[Directions] Select the best answer choice and click Submit[Question]Yoga primarily focuses on which of the following:Meditation, deep breathing and specific postures (correct answer)How flexible you are and your balanceThe complexity of the poses you can perform | [Audio – narrator]Yoga primarily focuses on which of the following: | Learner will get one attempt on each question. No feedback is given until the end of the quiz. They will need to retake the quiz if they score less than 80%Submit button will advance the learner to the next slide. |

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| **Slide [1.18]/ Menu Title: Final Quiz (hidden from menu)** | **Objective #2** |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| All quiz slides will have the same layout.Background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border.Sarah avatar will be thinking facing the question Quiz question will be presented in a larger white font to contrast with the background.Graded matching drag and drop quiz template slide | [Slide Title] Final Quiz[Directions] Select the best answer choice and click Submit[Question]Connect the health benefit to the category it matches:Mind – lessened anxietyBody – increased flexibilitySoul – Clears emotional  energy blocks | [Audio – narrator]Connect the health benefit to the category it matches: | Learner will get one attempt on each question. Answer choices should shuffle each time the slide is viewed. No feedback is given until the end of the quiz. They will need to retake the quiz if they score less than 80%Submit button will advance the learner to the next slide. |

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| **Slide [1.19]/ Menu Title: Final Quiz (hidden from menu)** | **Objective #3** |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| All quiz slides will have the same layout.Background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border.Sarah avatar will be thinking facing the question Quiz question will be presented in a larger white font to contrast with the background.Graded multiple response quiz template slide | [Slide Title] Final Quiz[Directions] Select the best answer choice and click Submit[Question]Which of these items are considered to be an essential item needed to practice yoga? Check all that applyYoga Mat (correct)Yoga TowelDumbbellsHydration (correct) | [Audio – narrator]Which of these items are considered to be an essential item needed to practice yoga? Check all that apply | Learner will get one attempt on each question. Answer choices should shuffle each time the slide is viewed. No feedback is given until the end of the quiz. They will need to retake the quiz if they score less than 80%Submit button will advance the learner to the next slide. |
| **Slide [1.20]/ Menu Title: Final Quiz (hidden from menu)** | **Objective #4** |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| All quiz slides will have the same layout.Background is a light blue as previous slides. Slide will have the top heading box and logo and bottom border.Sarah avatar will be thinking facing the question Quiz question will be presented in a larger white font to contrast with the background.Graded multiple response quiz template slide | [Slide Title] Final Quiz[Directions] Select the best answer choice and click Submit[Question]What are some key tips to remember when setting up your own daily yoga practice? Check all that applyMake sure you have snacksStart small with time (correct)Start with a few level-appropriate poses (correct)Perfection is a must  | [Audio – narrator]What are some key tips to remember when setting up your own daily yoga practice? Check all that apply | Learner will get one attempt on each question. Answer choices should shuffle each time the slide is viewed. No feedback is given until the end of the quiz. They will need to retake the quiz if they score less than 80%Submit button will advance the learner to the next slide. |

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| **Slide [1.21]/ Menu Title: Final Quiz Results (hidden from menu** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Background is a light blue as previous quiz slides. Slide will have the top heading box and logo and bottom border.Quiz results box will be situated to the left of the slide. Nothing else on the base layer. This box will show through to the Success and Failure layers | [Slide Title] Your Score %Passing score 80% | No narration audio except on the layers | The results slide will show a Success layer 1.21a when timeline starts if results are equal to or greater than the passing score.Show Failure layer 1.21b when timeline starts if results are less than passing score. |
| **Slide [1.21a]/ Menu Title: Final Quiz Results (hidden from menu)** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Success LayerBackground is a light blue as previous quiz slides. Slide will have the top heading box and logo and bottom border.Sarah avatar will be situated to the right, larger so she looks like she is standing closer than in the studio slides. She will be happy and talking.Text box will be in between the results and the avatar.Below the text will be a Review Quiz buttom | [Slide Title] Final Quiz Results[Success Layer][Text – Sarah]Great job! If you’d like to look at your quiz results, click Review Quiz. Otherwise, click Continue to exit the course and begin your yoga journey | [Script Text - Sarah ]Great job! If you’d like to look at your quiz results, click Review Quiz. Otherwise, click Continue to exit the course and begin your yoga journey! | Text box will fade in with the start of the audio on this slide.Avatar and Review Quiz and Continue Button are there from the beginning.Quiz Review button will jump learner to slide 1.16Continue Button will take learner to slide 1.22 |

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| **Slide [1.21b]/ Menu Title: Final Graded Quiz (hidden from menu)** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Failure LayerBackground is a light blue as previous quiz slides. Slide will have the top heading box and logo and bottom border.Sarah avatar will be situated to the right, larger so she looks like she is standing closer than in the studio slides. She will be neutral or concerned looking with hands folded in frontText box will be in between the results and the avatar.Below the text will be a Review Quiz button | [Slide Title] Final Quiz Results[Failure Layer][Text – Sarah]Not quite right! Click Review Quiz to review your answers before trying again. | [Script Text - Sarah ]Not quite right! Click Review Quiz to review your answers before trying again. | Text box will fade in with the start of the audio on this slide.Avatar and Review Quiz and Continue Button are there from the beginning.Review Quiz button will jump learner to slide 1.21 to show the correct/incorrect answer choicesRetry Quiz button will take the learner back to slide 1.16 to retake the quiz. |

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| **Slide [1.22]/ Menu Title: Congratulations!** |  |
| **Visual / Display:**  | **Slide Text:**  | * Narration / Voiceover:
 | **Animation / Interaction:**  |
| Background photo of yogi’s practicing on a beach with the ocean in the background.Text box in a semi-transparent state is centered on the photo, much larger than previous text boxes. | [Slide Title] Congratulations![Text – Narrator]Congratulations!We look forward to practicing with you at Purity Yoga Studio! | [Script - Narrator]Congratulations on completing this course. We look forward to watching you grow your practice and look forward to practicing with you at Purity Yoga Studio. You may click the close button below to end this course. | Text box grows in with the start of VO audio.Close button grows into the right bottom corner as the audio references it |