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Yoga Pose Assessment Method using Pose Detection

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Abstract: *This paper presents the design, development, and implementation of a Yoga Pose Detection System that integrates computer vision and machine learning techniques to analyze and assess yoga postures. The system aims to enhance the quality of yoga practice by providing practitioners with real-time feedback on alignment, form, and overall wellness. Leveraging advanced image processing algorithms, the system identifies and extracts key body landmarks from images or videos of individuals performing yoga poses. Through a trained machine learning model, the system accurately recognizes and classifies different poses, offering feedback on alignment, balance, and posture. This solution is designed to support a range of users, from beginners seeking guidance to experienced practitioners refining their skills*

Keywords: Self-learning, Machine Learning, Yoga Pose Detection