

# Forward Motion Yoga

Reimagining the yoga studio's website to enhance customer enrollment in classes

## My Role

UX Strategist  
UI Designer

## Duration

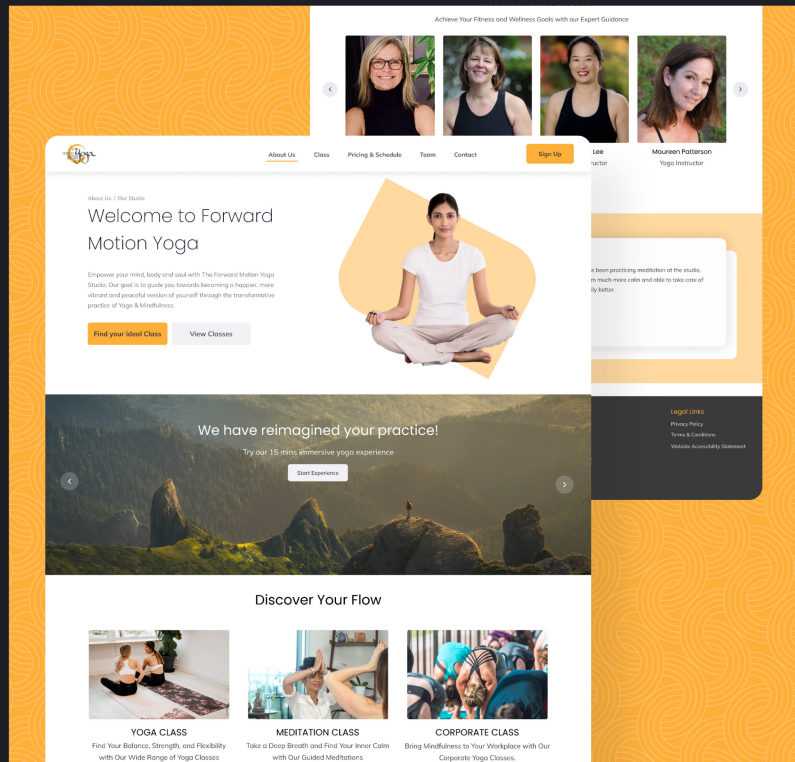
14 weeks

## Team

4 UX Designers &  
Front-end developer

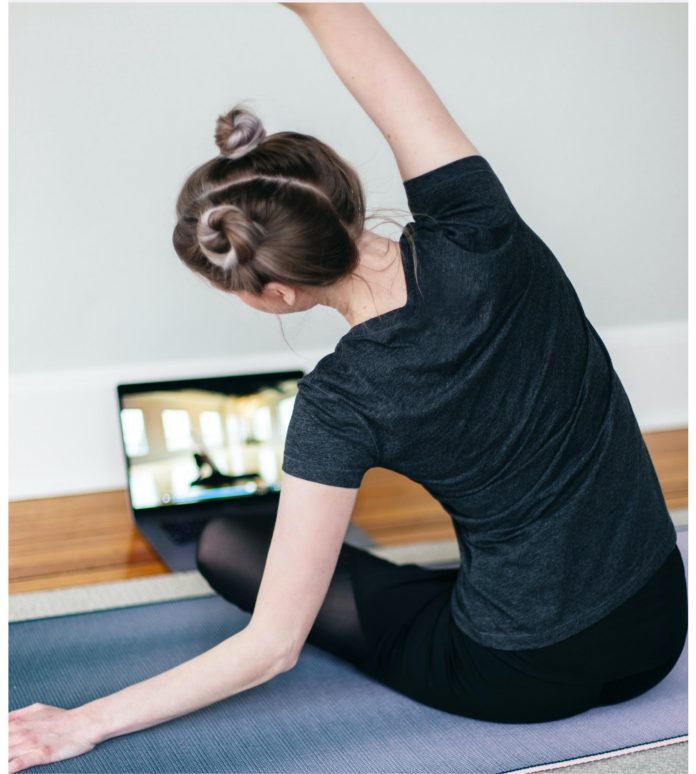
## Tools & Softwares

Figma  
Adobe Photoshop  
Adobe Illustrator  
Invision



## BACKGROUND OR CONTEXT

Forward Motion Yoga, a successful yoga studio in Markham, Toronto, faced a **decline in business during the pandemic and sought to revamp its online presence for growth.** The company aimed to expand its reach by offering online yoga and mindfulness classes and launching B2B corporate wellness programs.



# Client's Goal

## **Boost Customer Participation**

Boost customer participation in online yoga and mindfulness classes through long-term subscriptions and customer loyalty.

## **Improved User Experience**

Enhance website layout and user experience while maintaining organized content for easier navigation.

## **Increase Public Awareness**

Raise public awareness of the benefits of yoga and mindfulness through marketing efforts and highlight the benefits of wellness living to users.

## **Standout among Competitors**

Distinguish from competitors by promoting the new B2B corporate wellness programs.

## THE PROBLEM

# Inconsistencies in the website layout and lack of clear navigation for users

The website has been facing several challenges related to its user experience (UX), including weak navigation structure, inconsistent content across pages, slow loading speeds, and limitations with the existing booking system (Wellness Living).

How might we improve the websites to increase the customer enrollment to the Forward Motion Yoga online classes?

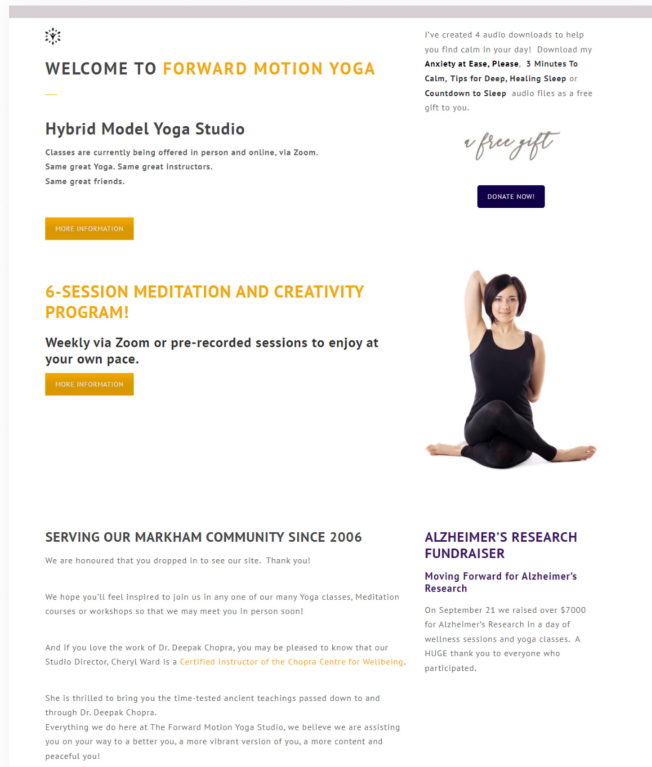


Image showcasing the inconsistencies in existing website



## THE OPPORTUNITY

User Research methodologies employed for the project were Heuristic Analysis and User Interviews

# Opportunities identified from User Research

## Intuitive Navigation and Layout

To design straightforward navigation, feedback, and intuitive layout and improve user experience with search bars and filters

## Improve Credibility

Enhance credibility by making instructor page more detailed and consistent and improve accessibility to make the website more inclusive.

## Easy & Convenient Booking

Implement user-friendly booking and scheduling of classes.  
Provide more visibility to different classes offered to attract more customers

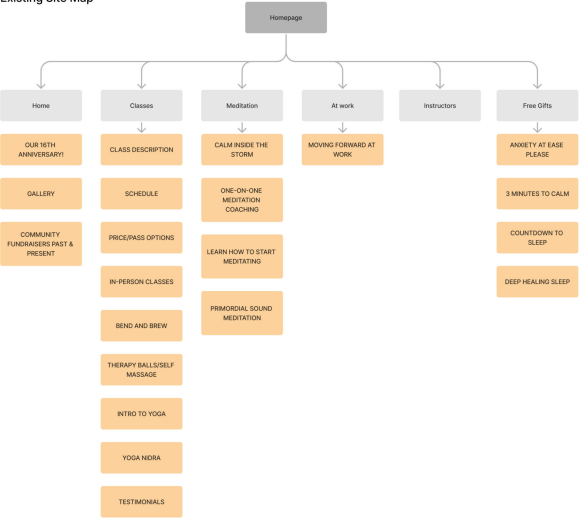


*Image showcasing the heuristic analysis conducted on the existing website*

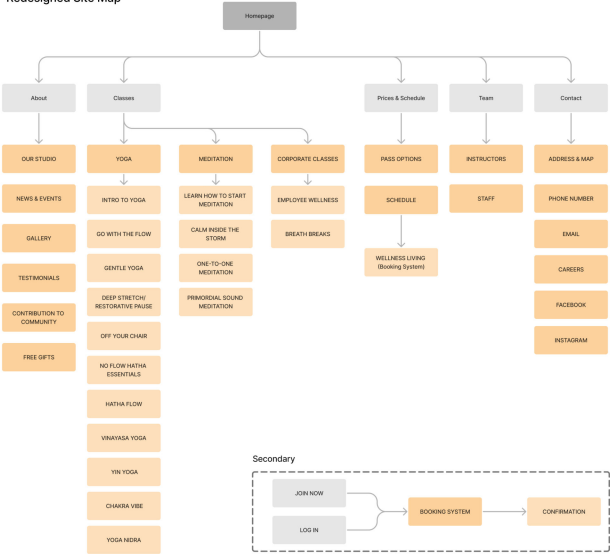
# Enabling easy navigation

Based on the findings, we made strategic changes to the site map to improve user navigation and functionality. The revamped site map clearly **highlights the different class offerings**, providing users with easy access to information and class schedules.

Existing Site Map

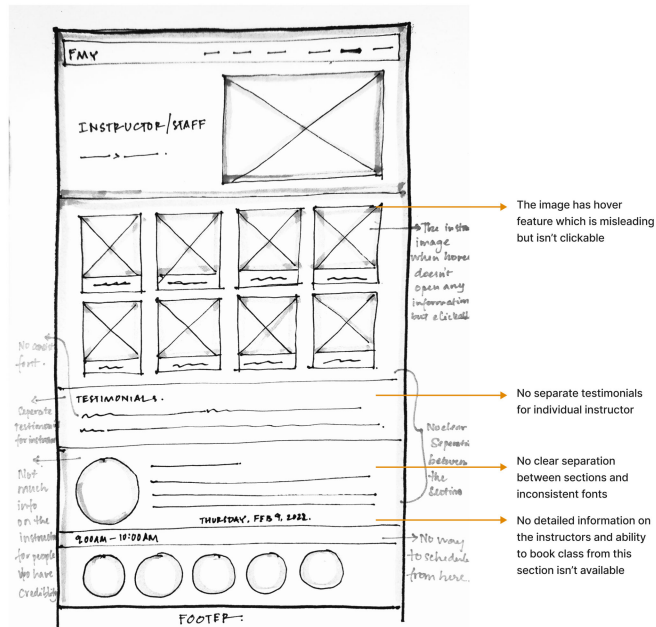


Redesigned Site Map

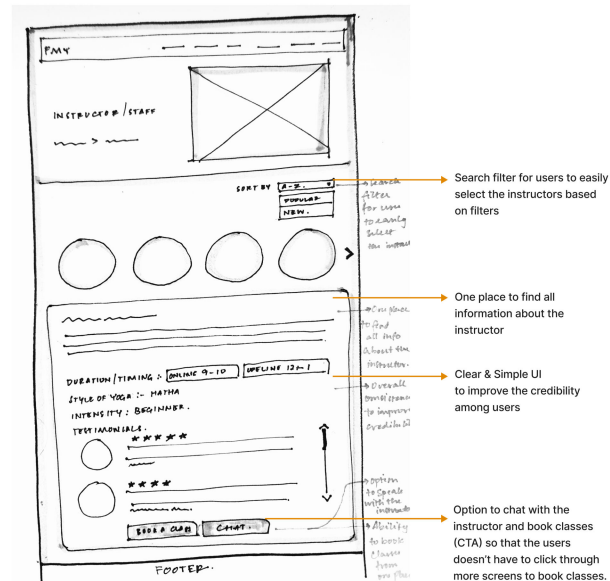


# Redesigning Instructor page to be consistent

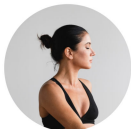
Existing Instructor Page Layout



Redesigned Instructor Page Layout

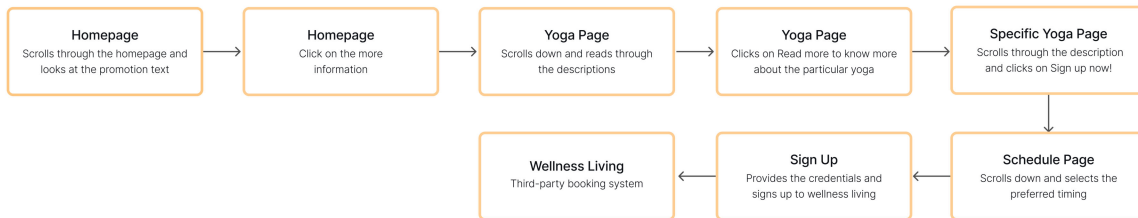


# Reducing the click-through for users to schedule class

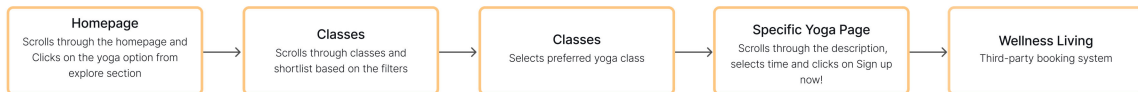


Clara is a 30 year old artist & homemaker who prioritizes her health and wellness. Sarah values convenience and flexibility in her yoga studio and is willing to invest in quality classes. Sarah is looking for a yoga studio that supports her physical and mental well-being and provides a welcoming and supportive community

## Clara's user flow to book a class in existing website

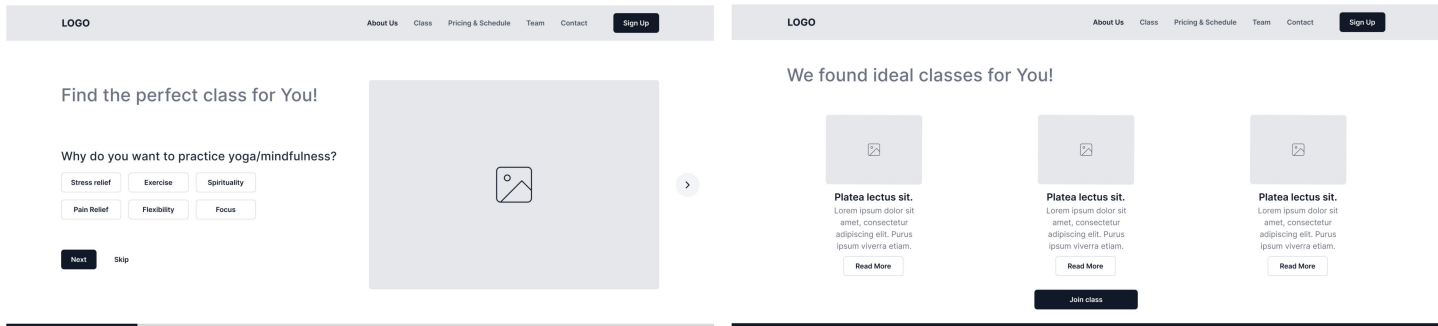


## Clara's user flow to book a class in redesigned website



# Questionnaire for users to find the ideal class

We proposed the integration of an **interactive questionnaire at the top of the landing page**. The questionnaire is designed **to assist users in finding their ideal class based on their specific needs and preferences**. By implementing this feature, we aimed to **reduce the friction in the class selection process and eliminate the burden of having to navigate through a multitude of options**.



SOLUTION

# Style Guide

To cater to a **diverse user base**, we created a style guide that maintains the consistency of the Forward Motion Yoga brand while ensuring **inclusivity and accessibility in the website design**.

**Main Color**

HEX #FDAF3A

**Darker**

HEX #F19100

**Lighter**

HEX #FFBE5E

**Subtle**

HEX #FFD9A0

**Dark 1**

HEX #3A3A3C

**Dark 2**

HEX #6B7588

**Dark 3**

HEX #8F90A6

**Dark 4**

HEX #C7C9D9

**Light 1**

HEX #DDE5E9

**Light 2**

HEX #EBEBF0

**Light 3**

HEX #F2F2F5

**Light 4**

HEX #FAFAFC

Aa

Poppins

Google font

Extra Light

Bold

Mulish

Google font

Regular

Semibold

Small

Vertical padding 12px

Horizontal padding 24px

Font size 14px

Medium

Vertical padding 14px

Horizontal padding 32px

Font size 16px

Large

Vertical padding 16px

Horizontal padding 48px

Font size 18px

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Medium

Medium

Medium

→ Medium

Medium →

Large

Large

Large

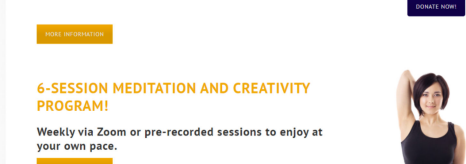
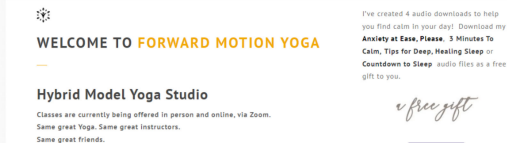
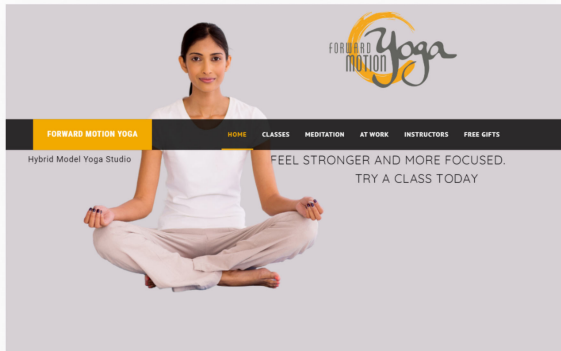
Large →

→ Large

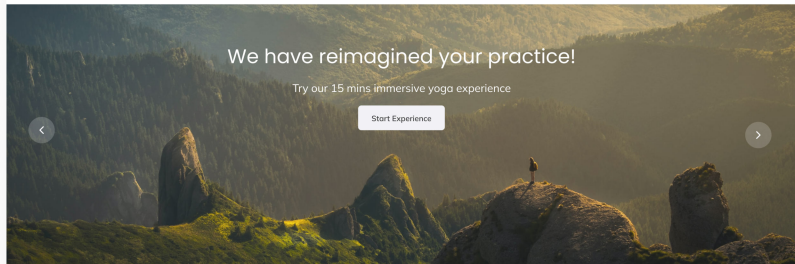
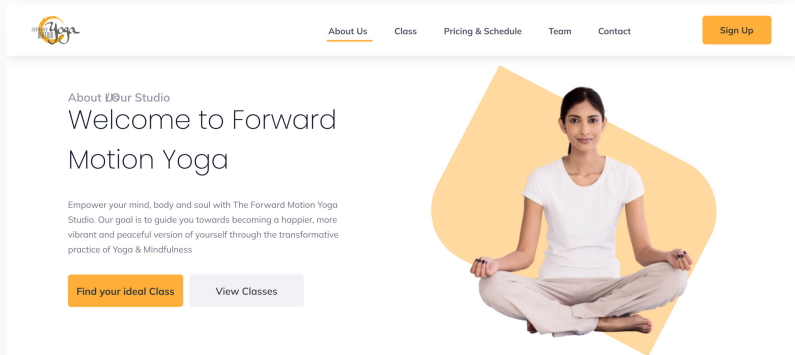
## SOLUTION

# Before & After Images of the Website

### Existing Homepage



### Redesigned Homepage





SOLUTION

# Before & After Images of the Website

Existing Classes page with inconsistent information

FORWARD MOTION YOGA

HOMECLASSES

MEDITATION


AT WORK

INSTRUCTORS

FREE GIFTS

CLASS DESCRIPTION


[Home](#) > [Class Description](#)



**Hatha Flow**

Ready to feel amazing? A beautiful Hatha Yoga class flowing the body from one posture (asana) to the next, linking both the breath with the body, meditation in motion. This class will increase your energy, calm your mind, strengthen your body and will leave you feeling stronger, longer, open and ready to take on whatever lies ahead of you in


[Read more](#)



**Chakra Vibe**

Chakra Vibe With the intention of feeling great, clearing sluggish energy in the body and mind, these "Chakras Vibe" yoga classes will help to balance, rejuvenate and energize! Classes will consist of a variety of Asanas (poses) for a variety of Chakras (energy centres), what they are responsible for, their colours and their sounds. Perhaps a little Meditation and Chakra


[Read more](#)



**Deep Stretch/Restorative Pause**


Deep Stretch/Restorative Pause/Deep Stretch/Restorative Pause/Winding down/On-doing kind of Yoga Class. This class will simply and comfortably stretch out the tight spots from a day of do-ing, preparing you for restful sleep. Your practice will include some deep stretches for tired legs, arms and shoulders followed by relaxing restorative postures that will allow for healing and rest. Props and bolsters

[Read more](#)




**Go With The Flow**

Go With The Flow Get ready to move! We're flowing the body from one posture (asana) to the next, linking both the breath (pranayama) with the body;




**Vinyasa Groove**



**Gentle Yoga**

Gentle Yoga A great stretch for those who may be new to yoga, pregnant,

Redesigned Classes page with filters and sorting options



About UsClassPricing & ScheduleTeamContact

Sign Up

Find your flow

Choose the Best Class for Your Needs

Sort By 

Newest to Oldest

Instructors

☒ All Instructors

☐ Cheryl Ward

☐ Mark Drudge

☐ Louise Lee

☐ Lorraine Li

☐ Janessa Gazeman

☐ Morag Donald

☐ Melody Field

☐ Maureen Patterson

Difficulty

☒ Any

☐ Beginner

☐ Moderate

☐ Intermediate

☐ Advanced

Delivery

☒ Both

☐ Online

☐ Offline



**HATHA YOGA**

Ready to feel amazing? A beautiful Hatha Yoga class flowing the body from one posture (asana) to the next, linking both the breath with the body, meditation in motion.



**DEEP STRETCH / RESTORATIVE YOGA**

Deep Stretch Yoga Class will simply and comfortably stretch out the tight spots from a day of do-ing, preparing you for restful sleep



**CHAKRA VIBE**

Chakra Vibe Yoga Classes will help to balance, rejuvenate and energize! at the end you will feel great, clearing sluggish energy in the body and mind,



**GO WITH FLOW**

Get ready to flow the body from one posture (asana) to the next, linking both the breath (pranayama) with the body; meditation in motion.



**GENTLE YOGA**

A great stretch for those who may be new to yoga, pregnant, postnatal or for those seeking something gentle on the body.




**VINYASA GROOVE**

Vinyasa Groove Poses are sequenced in a way to slowly open your body with emphasis on moving with breath (pranayama).

# Before & After Images of the Website


## Existing Instructor page with class schedule



### A FEW KIND WORDS...

"We had a great class this morning. So THANK YOU for consistently hiring such talented, kind and knowledgeable instructors." MP

"Thank you and the professional instructors you have selected to represent you for the positive difference you have made in my life and my body." June



**Cheryl Ward**

"Yoga and meditation!"

"There is nothing more amazing to calm the mind, soothe the body and free the spirit." says Cheryl Ward E-RYT, Dip. Cheese, Forward Motion Yoga Studio. "

"Your life is unique. Live in an authentic & embracing space." This was the motto used on Cheryl's first parson. ...creative painting, a new fitness business which she ran successfully for more than 10 years. She attributes the practical practice of Yoga, and the transformative breath work taught in Yoga for Learning with a strong belief, very physical career. Cheryl is the Director of the Forward Motion Yoga Studio which opened its doors in 2008.

**A MESSAGE FROM CHERYL:**

A 28 year practicing yogini and a 31 year practicing meditation, I began Yoga and Meditation to make sense as well as to deal with some physical challenges. I had the wonderful Yoga Alliance North American 200 hour teaching certificate in Vancouver before Yoga for Learning Life Yoga.

Thousands of study hours training with world leaders such as Sean Cerne, Monica Voss, Shasta Townsend, Michael Sobot, Jennifer Hays & Leslie Karmaliif enabled me to share a wide variety of teachings with my amazing students! Even 200 to present moment, I practice the absolute practice and honour to be trained by Dr. Deepak Chopra and Dr. David Simon of the Chopra Centre in Carlsbad, California in Personal Sound Meditation, Ayurveda & Yoga. My most recent studies were through Narm Singh, Sri Satish Chandra Meditations and Stress Reduction 1 week teachings.

Attempting to bring in my own unique style, sense of humour, creativity and compassion to each class, I embrace the yogic philosophies, aiding students in finding that "real good" place within themselves... sense.

"Your life is unique. Live in an authentic & embracing space."

Cheryl has lived and worked and raised her family here in the community of Markham since the age of 8!

**Monday February 15, 2021**

12:30 - 1:30 [\[Y\]](#) IN-PERSON Slow Flow/Meditative Yoga

4:45 - 6:45 [\[Y\]](#) Gentle Yoga

6:15 - 7:15 [\[Y\]](#) IN-PERSON Unwind After Work Yoga








**Tuesday February 16, 2021**


6:50 - 7:10 [\[Y\]](#) Sunrise Wake Up

**Thursday February 18, 2021**

1:30 - 2:30 [\[Y\]](#) IN-PERSON Gender Yoga

6:45 - 8:45 [\[Y\]](#) IN-PERSON Unwind After Work Yoga





## Redesigned Instructor page with easy scheduling for users

Cheryl has lived and worked and raised her family here in the community of Markham since the age of 8!

<

Feb 10

Feb 11

Feb 12

Feb 13

Feb 14

Feb 15

Feb 16

>

09:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00


18:00

19:00

20:00


☐

12:30 - 13:30 Slow Flow Yoga / Meditative Yoga




☐

16:45 - 17:40 Gentle Yoga



☒

18:15 - 19:15 Unwind after Work Yoga



Join Class

Chat with Instructor

Forward Motion Yoga

Cheryl@forwardmotionyoga.com

+1 555 000 5234

1213 Action Avenue

Welcome to Our Community

Join our email list!

Your Email Id

Quick Links

Contact Us

About

Class

Legal Links

Privacy Policy

Terms & Conditions

Website Accessibility Statement

# Follo

A single-window navigation application for newcomers enabling ease and convenience to navigate TTC

## My Role

Product Designer  
Project Manager

## Duration

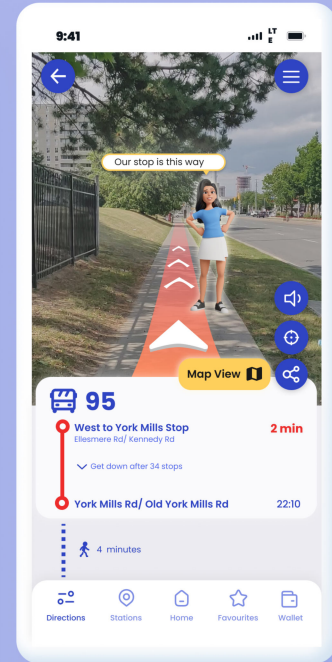
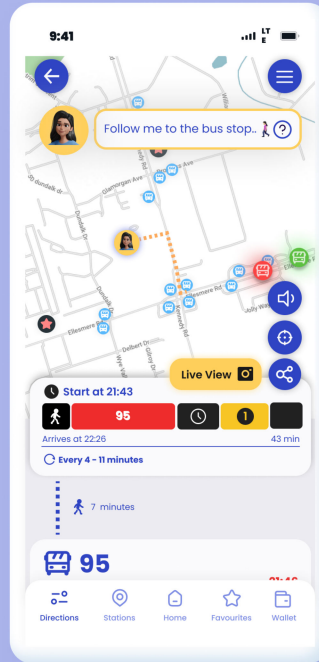
14 Weeks

## Team

Solo Designer

## Tools & Softwares

Figma  
Sketch  
Adobe Photoshop  
Adobe Illustrator  
Invision



# Transforming a personal struggle into a platform for empowering others

As a student who immigrated from India to Canada **a year ago**, I understand the challenges of adapting to a new country and navigating its culture, systems, and transportation.

Many newcomers in Canada, facing financial constraints, **heavily rely on Toronto's public transit for their day-to-day commute**. However, the city's size and complexity make it difficult to comprehend, often resulting in boarding the wrong transit or heading towards the wrong platform within stations and it becomes **even more challenging especially during the harsh winters**.



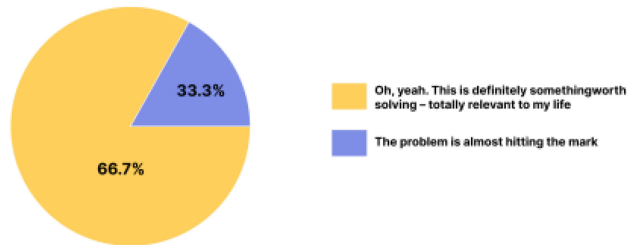
## THE PROBLEM

# Lack of an effective navigation tool for newcomers traveling in the TTC

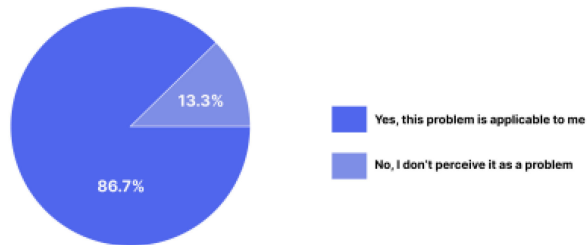
This project aims to fill a significant gap in navigation tools by developing a user-friendly application that addresses both external and internal navigation within Toronto's public transit system. The goal is to provide newcomers with an efficient and intuitive tool to navigate the city's transit system with ease.

**How might we provide directional guidance and improve newcomer's commute in TTC convenient and less anxious?**

Is this a problem worth solving in your world?



If the problem is applicable to you?

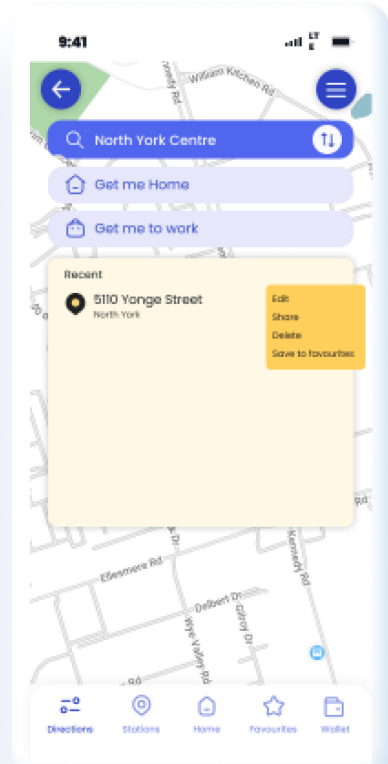
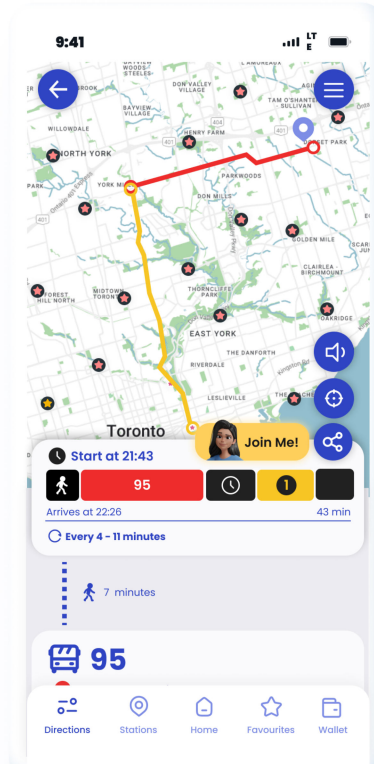


*Hypothesis validation results gained from user survey among a sample of 15 individuals within the target user group*

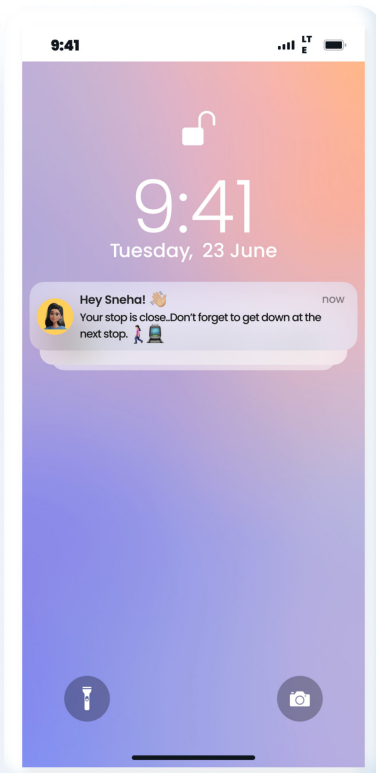
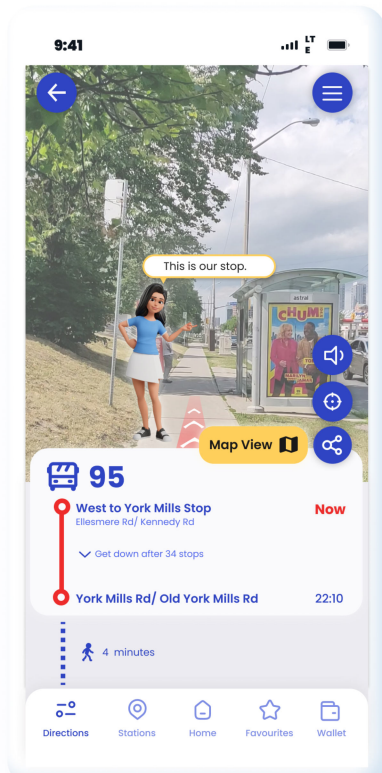
## SOLUTION

### Route from Point A to Point B

- Efficient transit transfer options and accurate directions from point A to point B, ensuring a smooth and hassle-free journey for the users
- Helps users to save their favorite routes for quick and convenient access, eliminating the need to search repeatedly



## SOLUTION



## Interactive AR guides

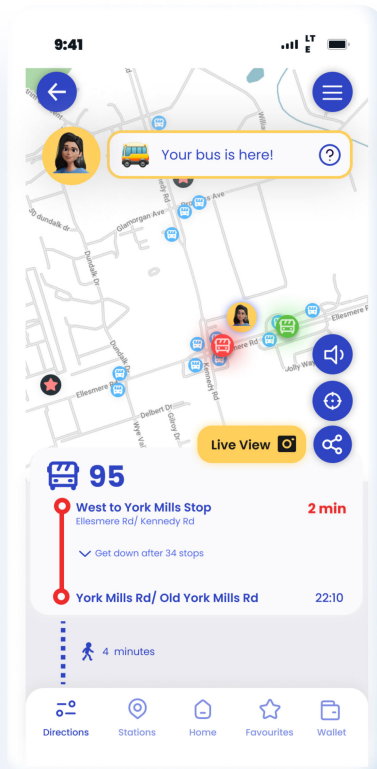
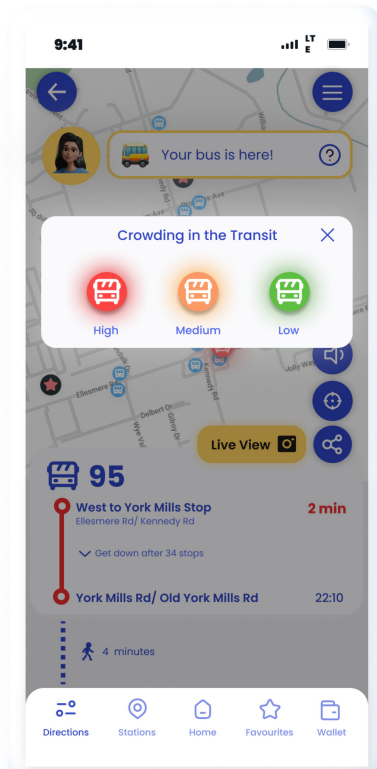
- Dynamic conversational 3D guide avatars accompanying the user throughout the journey
- Personalized guidance from virtual companion as the user navigates in the transit
- Sense of ease as the interactive guide provides a comforting presence, making the user's journey more enjoyable and stress-free.
- Customizing option for the virtual companion to suit the user's preferences, creating a unique and tailored navigation experience.



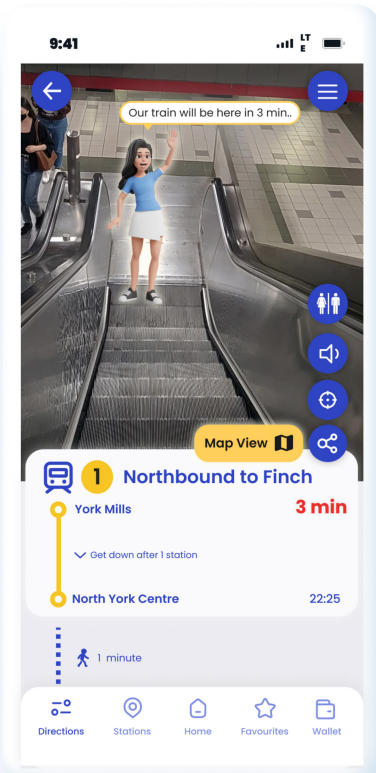
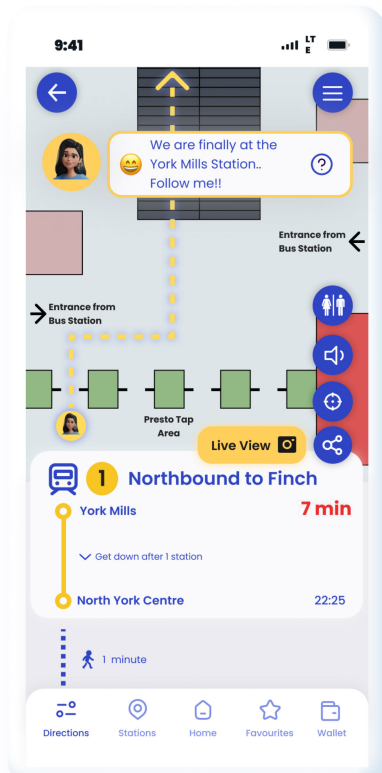
## SOLUTION

### Realtime Transit Information

- Access to real-time GPS updates for the user's transit route, ensuring accurate and reliable information on arrival times, delays, and route changes.
- Crowding information with live data on transit vehicle capacity and crowd levels, allowing user's to choose less crowded options or plan your journey accordingly.
- User contribution to the community by sharing real-time updates on transit conditions and crowding, helping fellow users make informed decisions.



## SOLUTION



## Indoor Wayfinding

- Access to detailed maps of subway stations, providing clear and intuitive visual guidance to help users understand the layout and navigate efficiently.
- Precise step-by-step directions with transit updates from 3D avatars to guide users through the maze of corridors, platforms, and amenities within subway stations, ensuring users reach their desired transit quickly.

User Research methodologies employed for the project were secondary research and user surveys

## Major pain points identified from User Surveys

### Wayfinding difficulties within subway stations

The availability and visibility of signage within the stations are inconsistent, making it challenging for users to locate themselves effectively

### The northbound confusion

Due to their unfamiliarity with the city's context, users often encounter difficulties in comprehending the directions and routes.

### Frustration waiting for transits

Users express frustration waiting for transits and having to lookup on TTC websites for service alerts or route changes



*"On the very first day of my college, I wasn't able to get to class on time because I didn't know which exit to take from the station"*

## The competitors lack indoor wayfinding features

Taking into consideration the pain points identified from the user survey, I conducted a comprehensive analysis of four competitors in the market. While all competitors offer features for navigating from point A to B and provide transit updates, **none of them address the crucial pain point of wayfinding within the station**, which significantly impacts newcomer's experience.



Transit



Rocketman



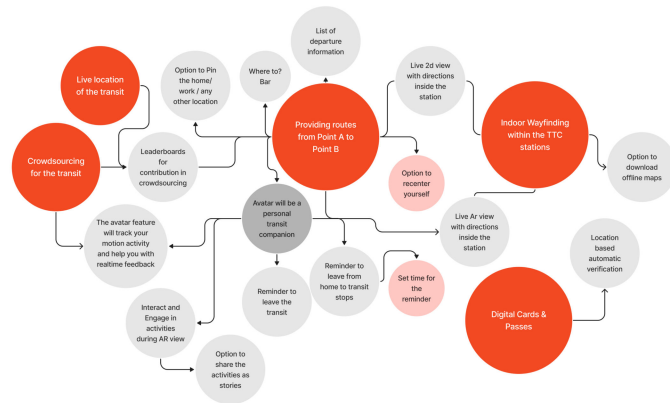
Triplinx



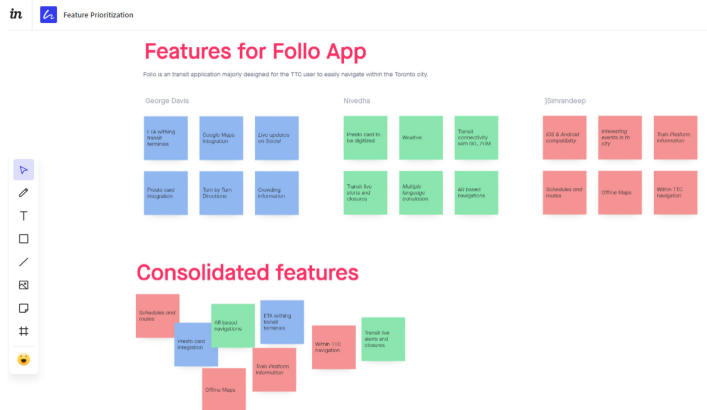
Citymapper

# Challenge - Finding the top features for the app

During the initial stages, as I delved into the user flow and incorporated user feedback, numerous potential features emerged for creating a comprehensive application. However, it became evident that including an excessive number of features could compromise the app's usability and effectiveness as a single-window solution. **So, the final features for the app were derived by conducting a workshop with 3 target user.**



Mindmap of all the possible features for the follo app



Workshop results to finalize the top features of the app

## ITERATION, TESTING AND IMPROVEMENT

Based on feedbacks from 5 target users, peers & mentors. I made 3 major improvement in my final design.

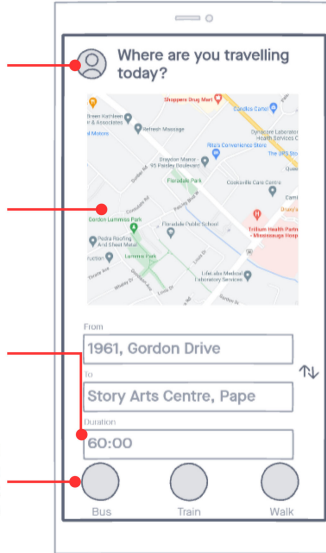
# 1. Making the route input field simple

Users felt there was no way to go back and felt it to be very limiting.

Users felt the map view was too small to understand. Preferred something similar to existing google maps

No users felt the need to enter duration of their transit

Users couldn't understand the transition between the different transit options and felt the options to be useless



Option to exit from every screen (Heuristics #3 User Control and Freedom)

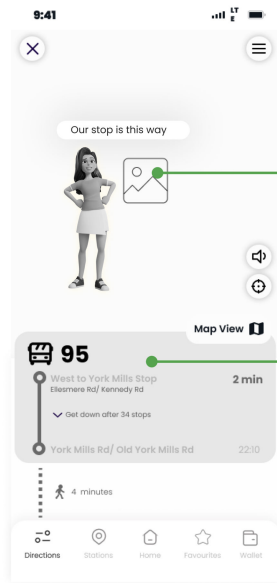
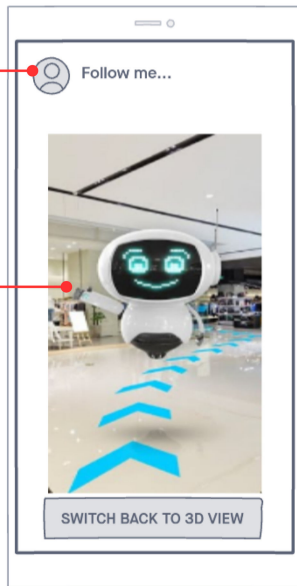
Simple user input fields and extensive view of the map making it similar to other transit apps (Heuristics #2 Match between system and the real world)

Structured main menu to toggle between different transit information

## 2. Making the AR guide screen easily understandable

Users felt the AR guide screens are confusing can be more detailed with the transit information

Users wanted the guide bots to be more personalized



Making the AR avatar more conversational and personalized to engage with the users

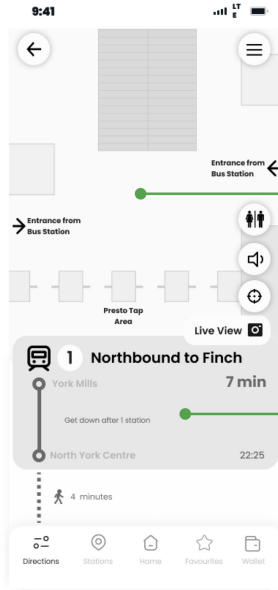
Making the AR view consistent with the other transit screens and informative



### 3. Making indoor wayfinding maps clear

Users felt the indoor wayfinding map to be simple with just the routes to the right platform and amenities location with in the stations

Users felt its unnecessary and confusing to see all the train information



Making the indoor station map enlarged with pointers to entrance and amenities

Just showing the user's current transit information and making it consistent with the other screens

# The final product

