

8.6 SUGGESTIONS FOR FUTURE STUDIES

Further research would be needed to expand this technique for other advanced postures for pose estimation and correction using the same methodology which involves simple tools with better accuracy to assist individuals practicing Yoga postures as a self-evaluation as well as a bio-feedback mechanism.

- Using this technology Pose Estimation and correction can be adopted into mobile technology and the same can be evaluated with a mobile application.
- This work can be extended to other fields such as Gym, Zumba, Aerobics, Physiotherapy for particular health conditions and effectively treating a few chronic diseases through proper yoga therapy.
- Considering more than one camera and non-local sensors (under a Yoga mat etc.,) can improve the estimation accuracy to train the posture.