

Abstract

The limited place of yoga in certain areas often makes yoga participants look for yoga places that are very far from the location where they live. Therefore, yoga participants must spend not a little time on the journey to the location of yoga and sometimes to do yoga exercise is only available at a certain time and may interfere with someone's activity time. So, it is possible for yoga participants to call the coach to come home just to exercise. With the increasingly sophisticated technological developments in this day and age, it can be further helped by using IoT (Internet of Things) technology that is applied to Kinect devices consisting of sensor and cameras.

Object that are read by the camera will be integrated as users who will carry out yoga movements, then each user's movement will be read by a sensor that has been set to follow the movement, if the user and movement matches then the time will be held to hold the movement and finished, the user has finished doing the move.

Keywords: yoga participants, yoga places, sensors, cameras, time