



What are we talking about today?

Research

Working process

Design

App demo

Feedback

Introduction to us:



Arin



Elsa



Shelly



Mote Light

MoteLight is an immersive meditation app inspired by Tai Chi and Qi gong's use of thoughtful, intentional movement to encourage users to get in touch with their bodies



Research

What issue will our app solve?



- **People feel more anxious and unsupported than ever**
- **This is because there is a lack of privacy**
- **This app will help people to unwind in a healthy environment**
- **They will feel supported**



When would a person use this app?

- When they feel the need to move or exercise
- Want guidance
- Want a visual break
- Just to meditate

Limitations:

- restricted space to move

User example:



Sam, 34

She is a single mother of 2

Challenges: a stressful environment

Current Solution: unwind with friends

**Use of app circumstance: to relax and
let out her energy**





Inspired by Tai Chi & Qi Gong

Tai Chi and Qi Gong





The popularity of Tai Chi and Qi Gong

- Tai chi is a traditional Chinese martial art that originated in the 17th century.
- The earliest evidence of qigong is a Neolithic pottery figure around 5,000–8,000 years old.
- It's practiced by people of all ages and ethnic groups.
- Tai chi is considered one of the world's most popular physical activities
Estimates of the number of people who practice tai chi worldwide range from 250 million to 300 million

<https://www.nytimes.com/2023/06/20/well/move/tai-chi-workout.html#:~:text=With%20around%20250%20million%20practitioners,century%20as%20a%20martial%20art.>

Tai Chi in a chair





Talking with Practitioners



Guolan

Tai Chi Instructor

Was working a tech desk job for 30 years and turned to Tai Chi in her retirement.

She now teaches multiple classes predominantly focusing on the elder generation and those recovering from injuries.

“Tai Chi is equal parts physical and mental, powerful for finding peace in modern life pacing.”



Shang-Tai

Tai Chi, martial arts lecturer

Instructed Tai Chi and his own invention sets of slow paced martial arts exercises in Sichuan, China.

“The core idea of Tai Chi is to balance body’s yin and yang, the constant movement derived from these exercises is what align our energy with the universe.”



Accessibility Features

How we are working to include people

- Subtitles, consistent with the user's Apple settings - using head or eye movement instead of hand movement
- Eye tracking to select options
- Image to text, reading out how to interact in different modes
- Supporting a range of movement abilities (less arm mobility, amputees, elders with stiff joints.. etc)



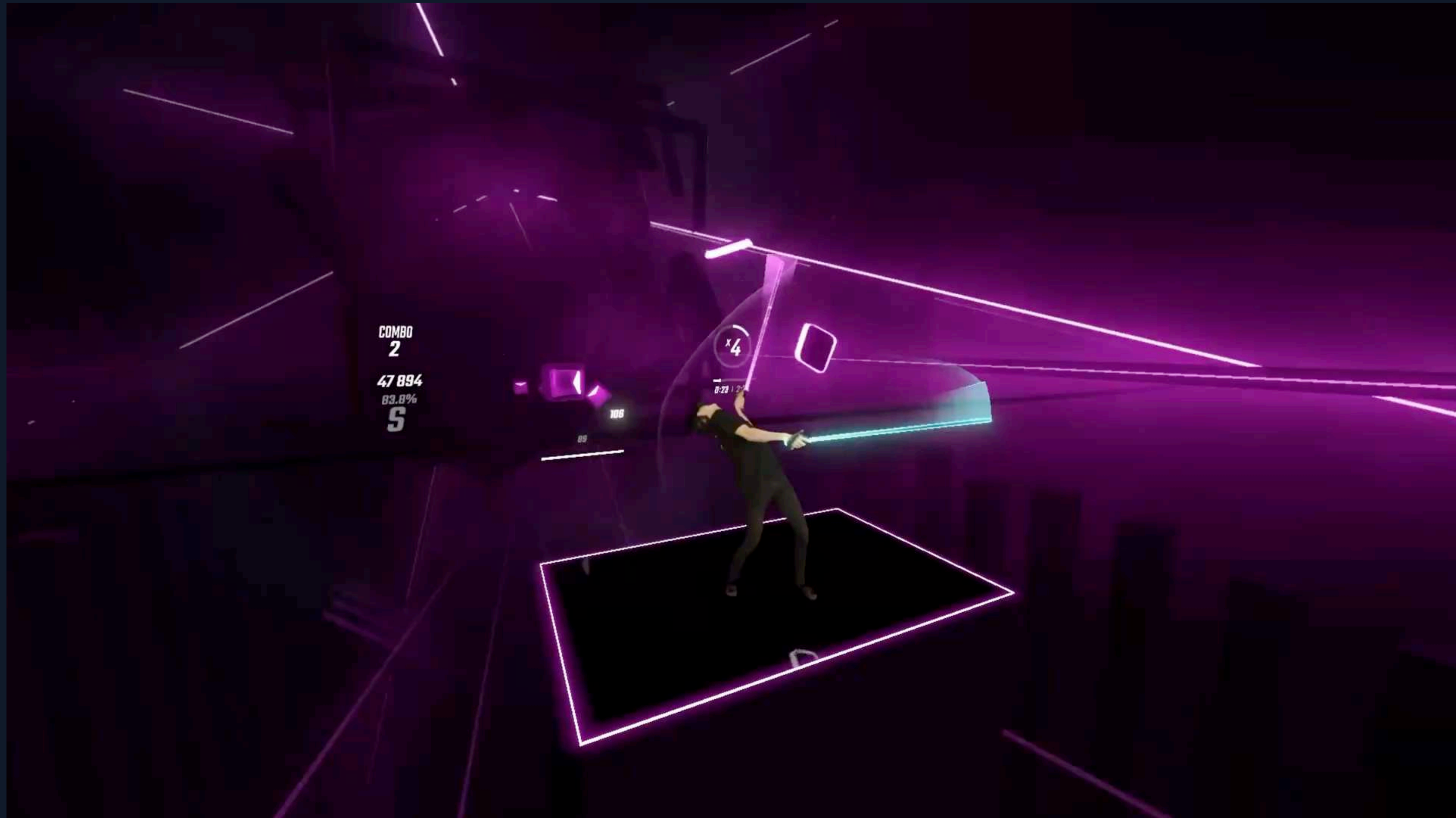
Influences

App influence: RingFit



The screenshot displays the RingFit app interface. On the left, a white panel titled "Warrior I Pose" shows a glowing yellow silhouette of a person in the Warrior I yoga pose. Below this panel is a circular timer showing "00:26". The main area is a 3D game environment where a character in a blue tank top and light blue shorts is performing the pose with yellow resistance bands. At the top, a boss health bar for "Green Sufferfish" is shown with a red progress indicator and a green leaf icon. The text "Advantage!" is visible next to a small green icon. A large green spiky ball is on the right, with the text "Great! 172" above it. At the bottom, a yellow progress bar shows the number "8" and a yellow instruction box says "Be sure not to tilt forward or backward!". A small robot icon and five pink hearts are also visible at the bottom right.

App influence: Beat Saber



Gesture tracking



Drawing

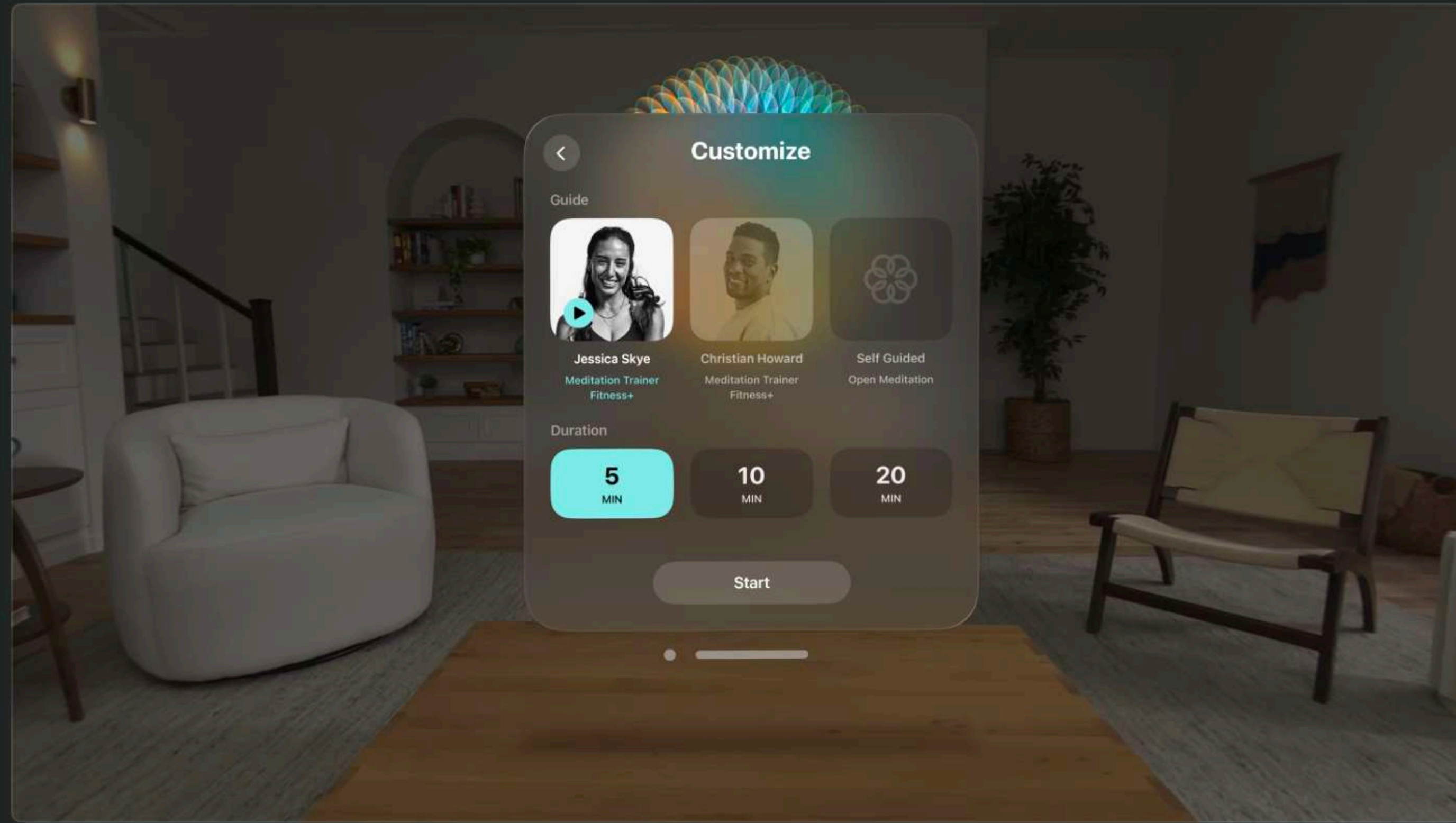




Competition

Competition

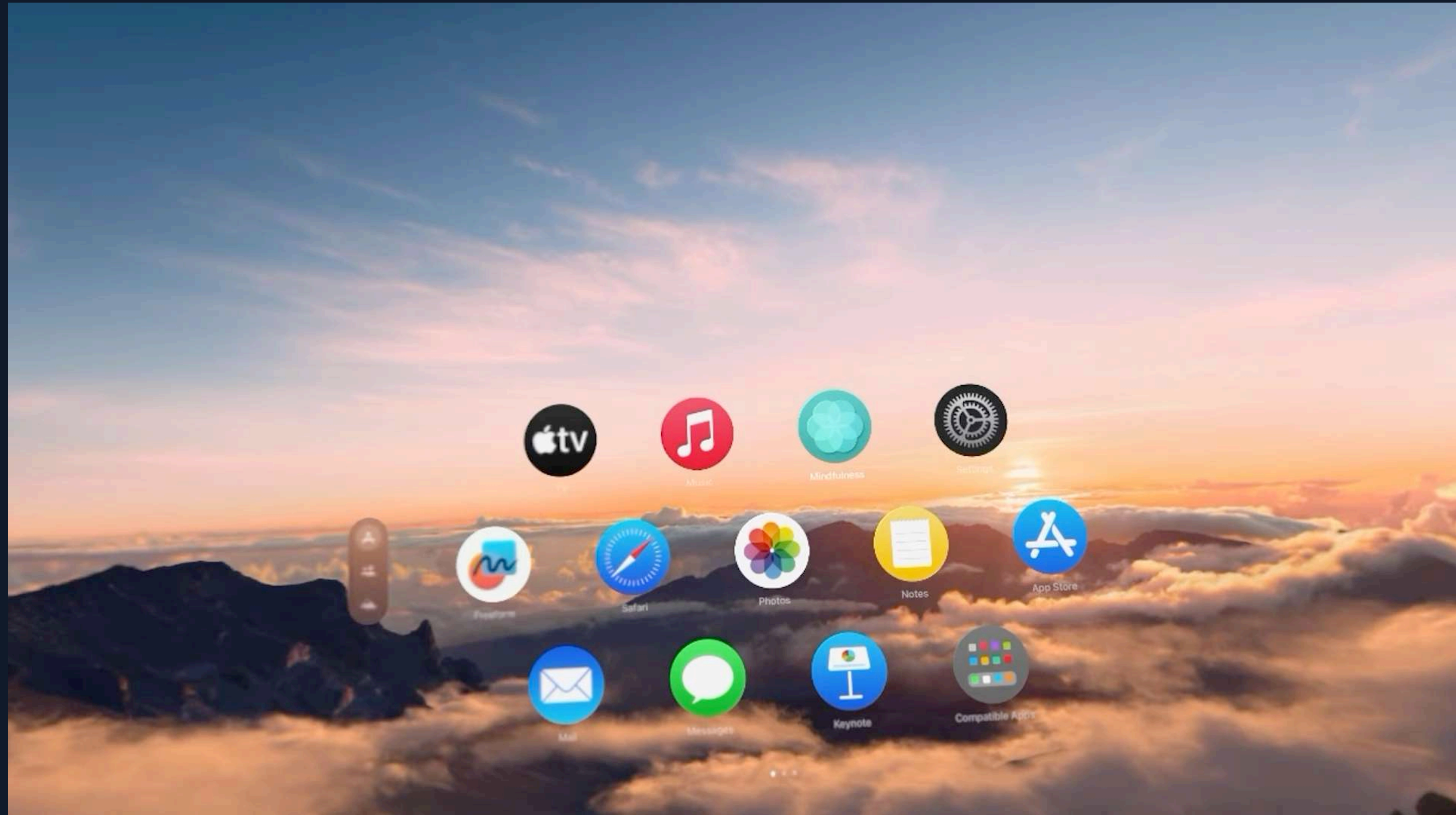
App name: Mindfulness



This app encourages people to set aside a few minutes a day to focus on breathing and reflection.

This experience includes guided meditations or a self guided sessions. Also immersive on VisionOS

App name: Mindfulness



Competition

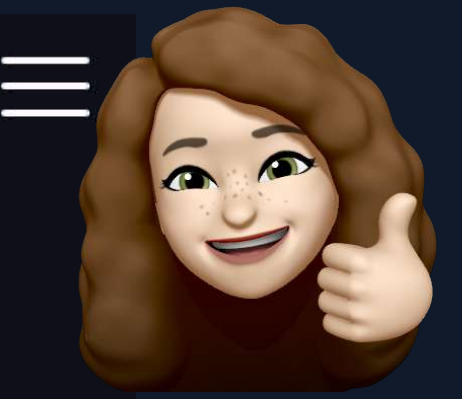
App name: Portal

This app provides sound scapes for focus, sleep, and escape.

The key moment is when they deliver different location information and a visualise location of their recorded ambiences.



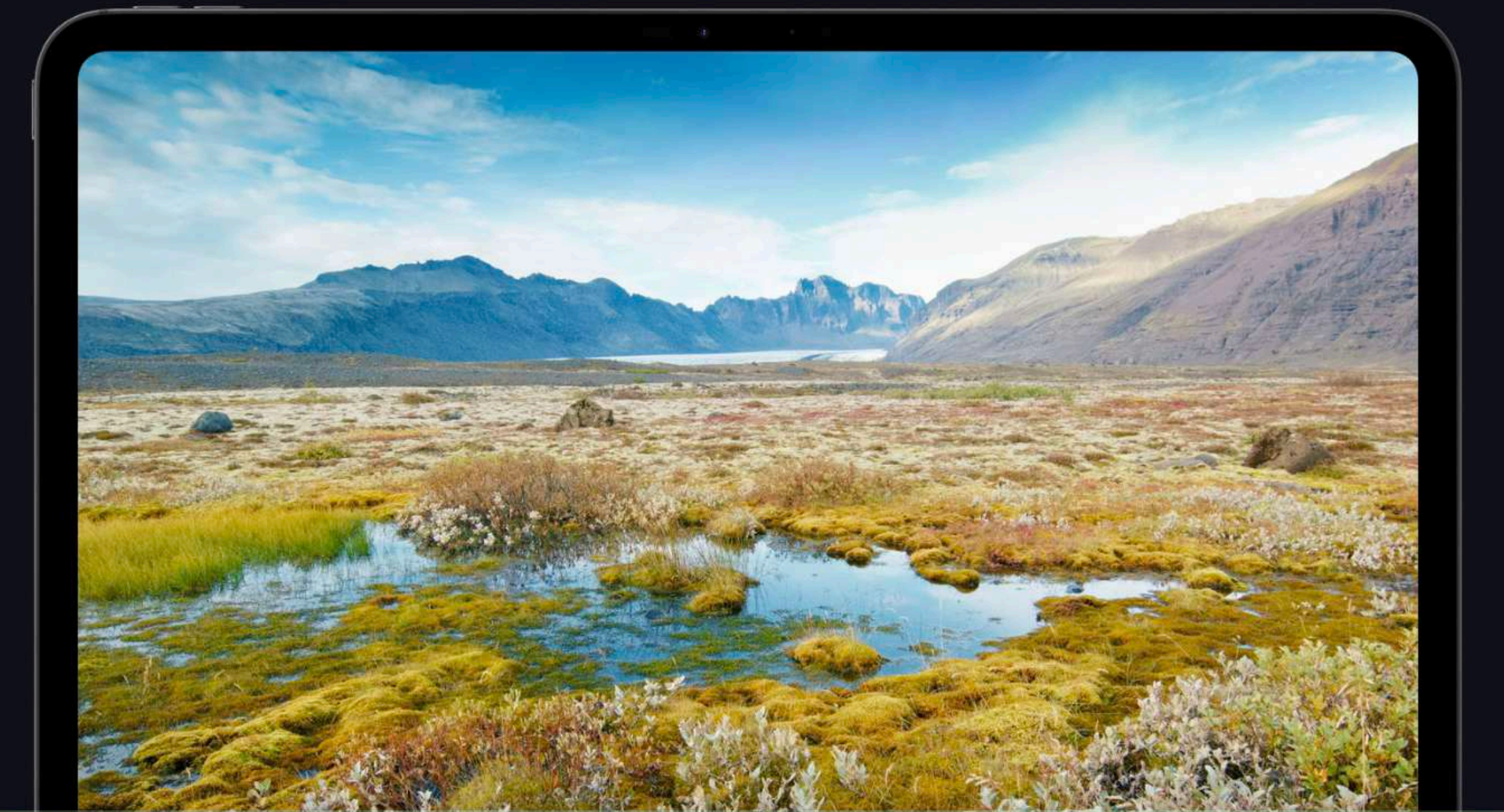
In-App Purchases	
Annual Membership	£39.99
Monthly Membership	£7.99
V2 (No Longer Available)	£5.99
Upgrade (No Longer Available)	£9.99
Portal Membership (Lifetime)	£249.99



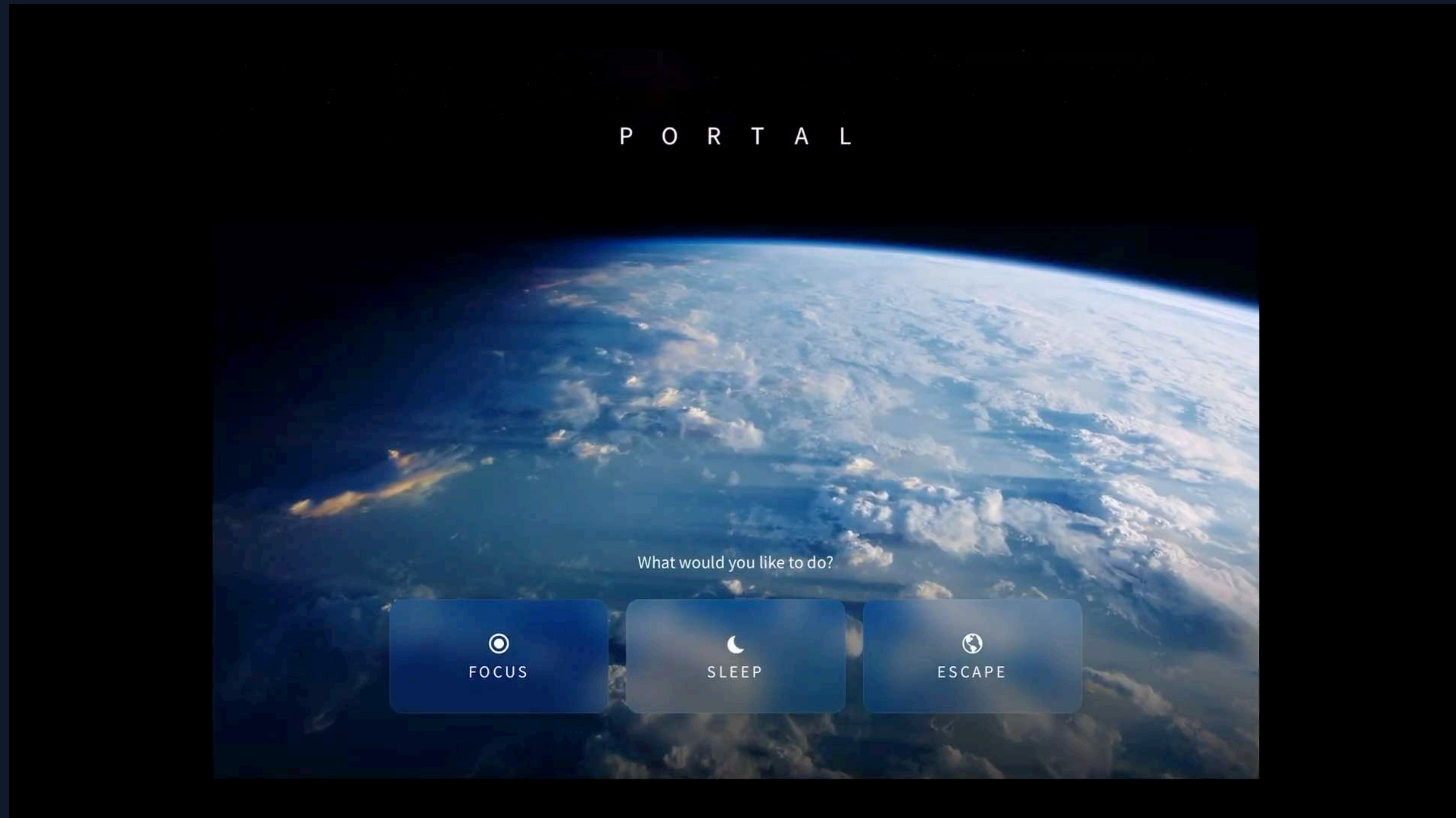
Nature Brought to You Like Never Before.

Portal recreates the visual and acoustic beauty of the natural world with breathtaking realism.

Discover the remarkable impact that the sights and sounds of nature can have on your mind.



App name: Portal



Competition

App name: Tripp

TRIPP offers two **subscription plans**:

- \$9.99 per month
- \$44.99 per year

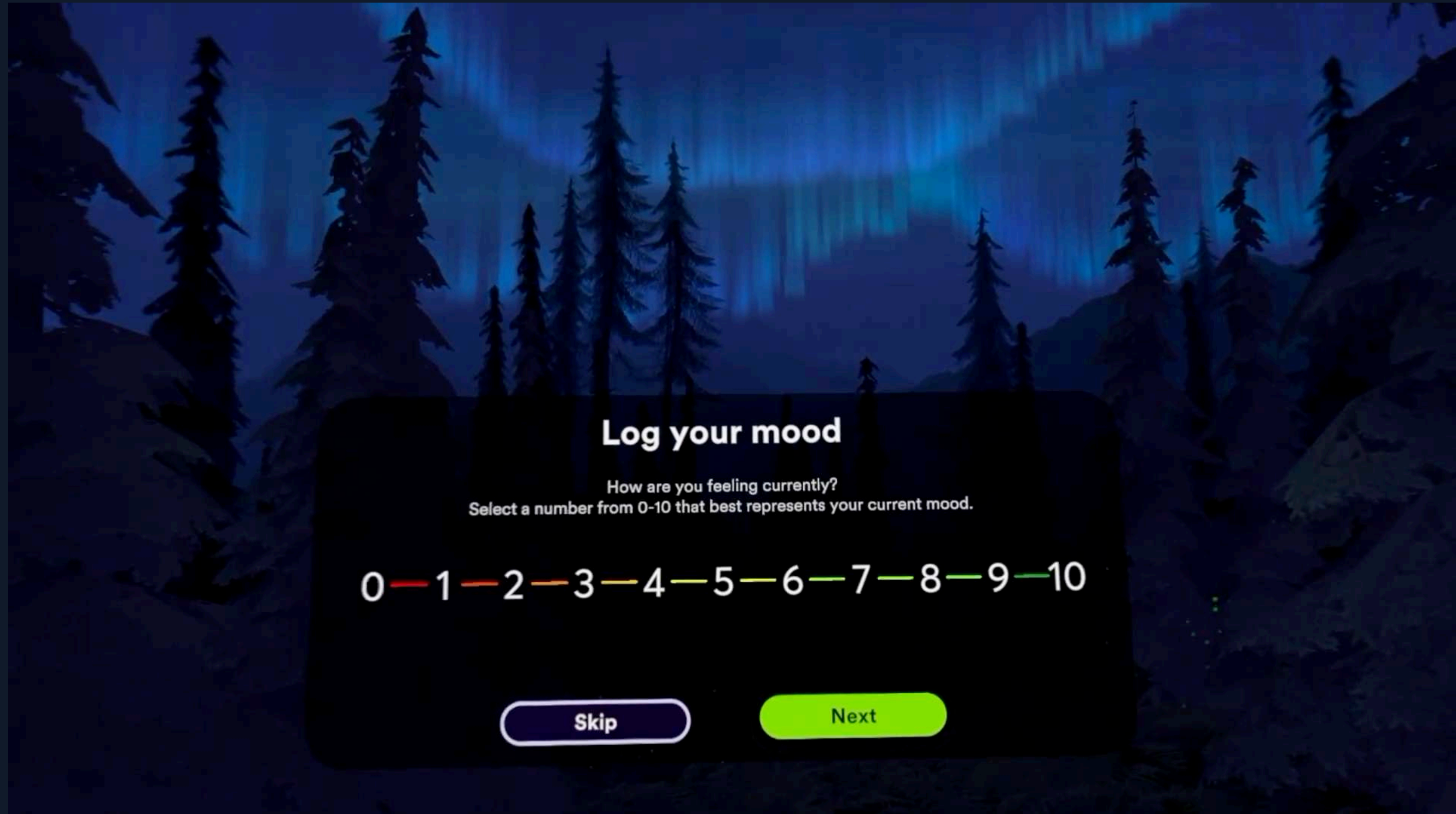


This is a meditation app that includes a blend of gamified, immersive experiences aimed at mood enhancement.

AI powered breath work exercises

Uses breath detection technology during the guided exercises

App name: Tripp



Defining features

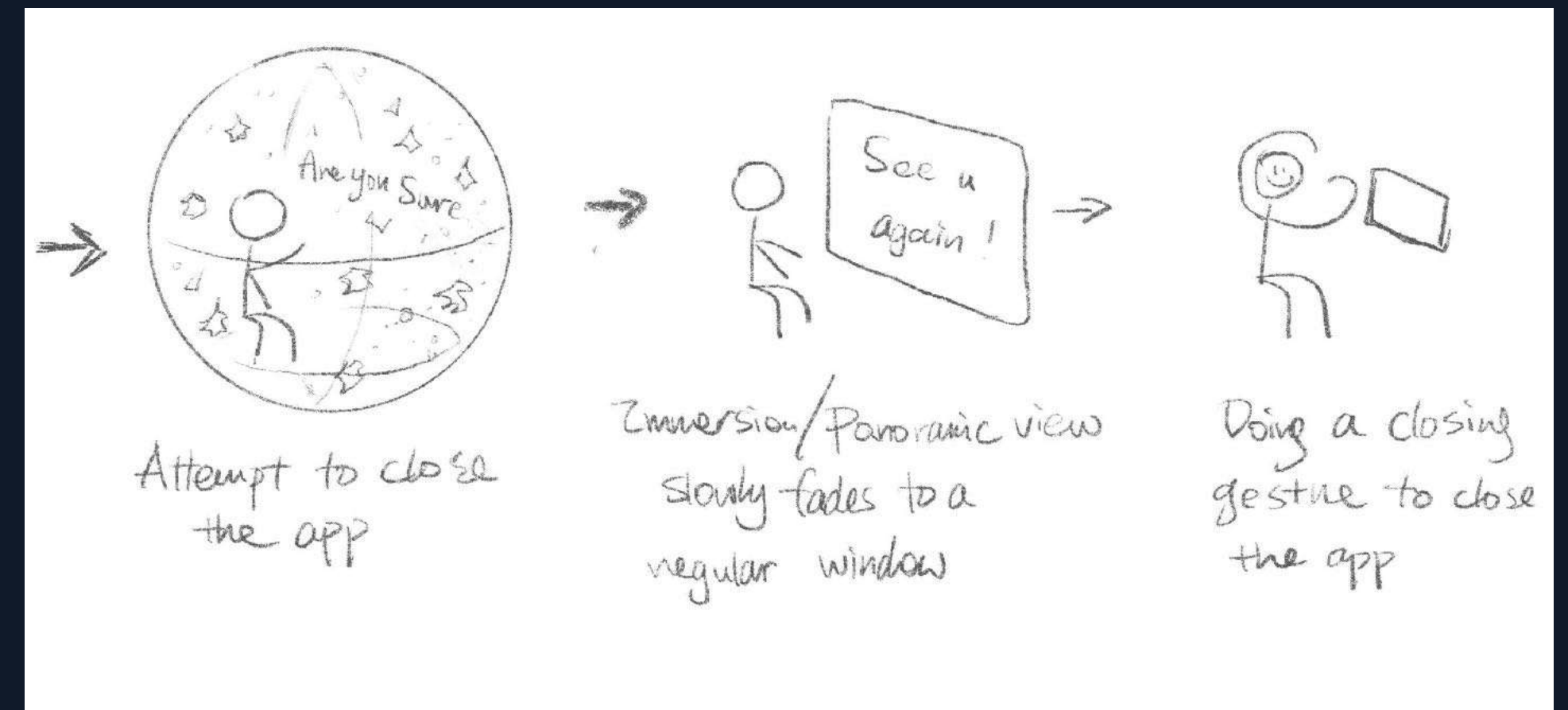
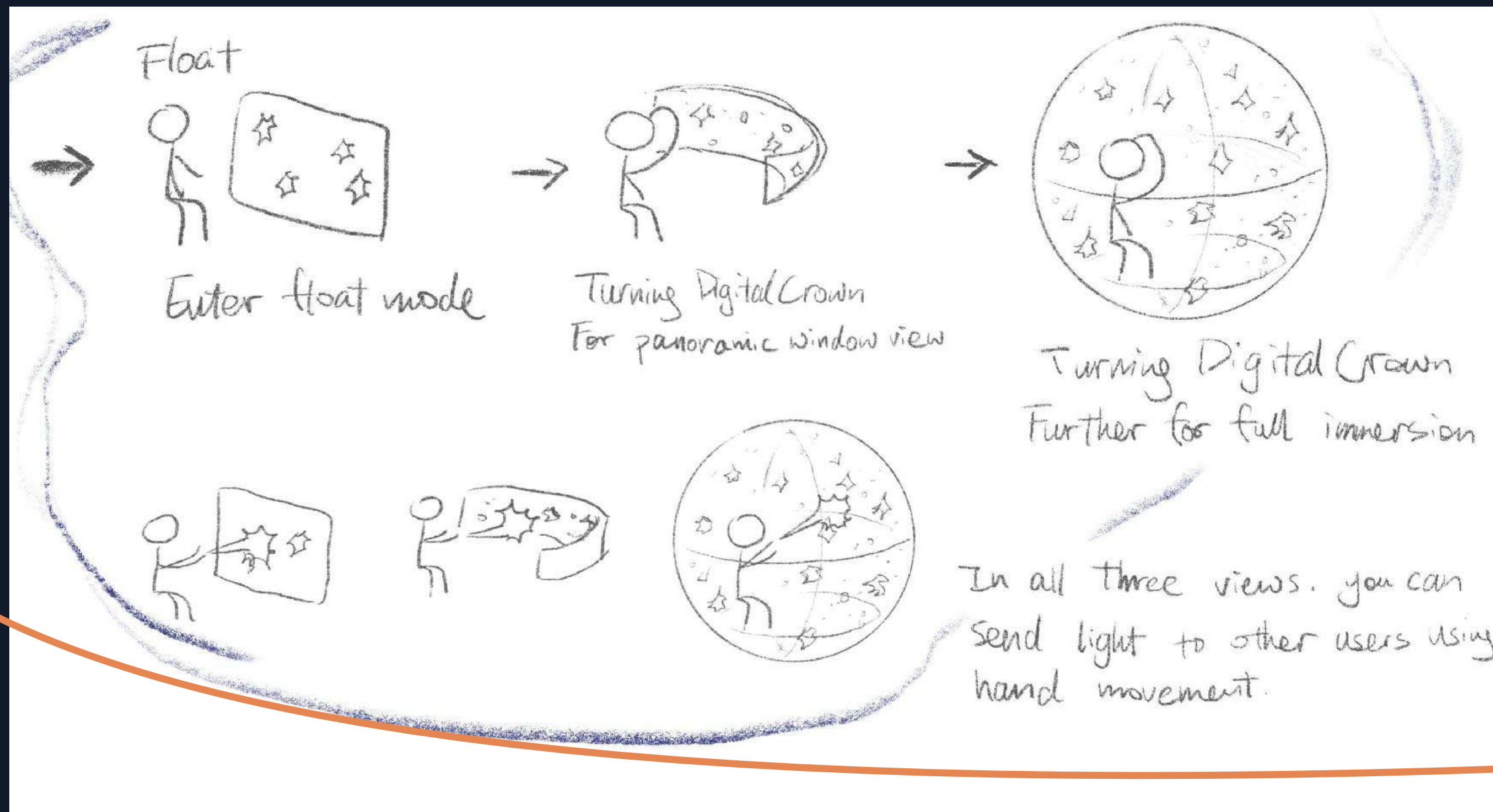
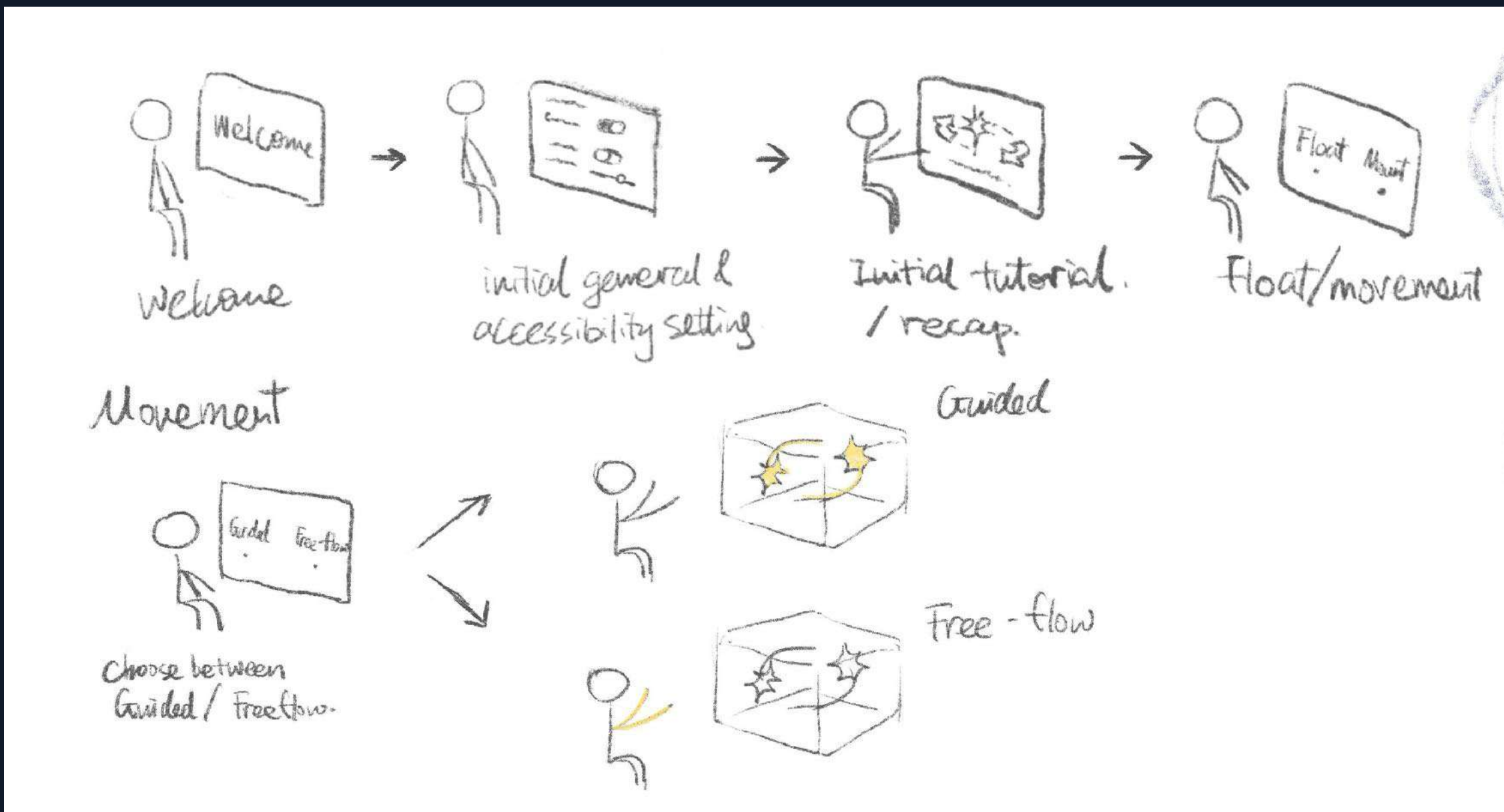


Meditation App - Tai Chi inspired

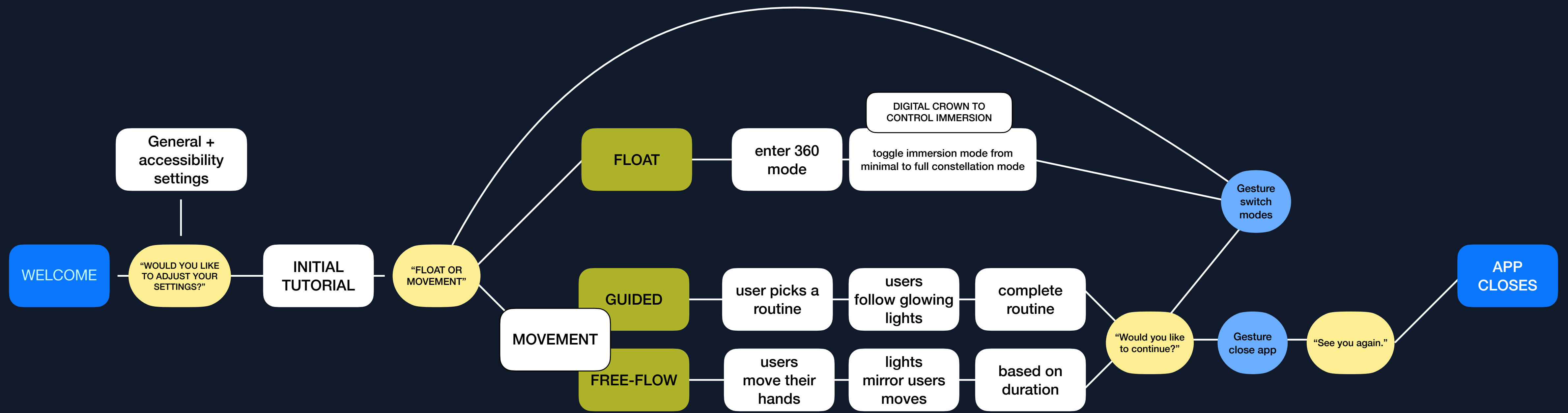
✨ Individual mindfulness experience ✨

- 🔑 Provide a calming atmosphere for mindfulness
- 🔑 Guide users through movement-based exercises
- 🔑 Provide instructions for different mobility levels

- 💡 Encouraging movement to a still activity
- 💡 Mindfulness community



Storyboard for user flow



User flow

Key spatial moment



Gaining and sending glows

Interactive meditation experience



Key features

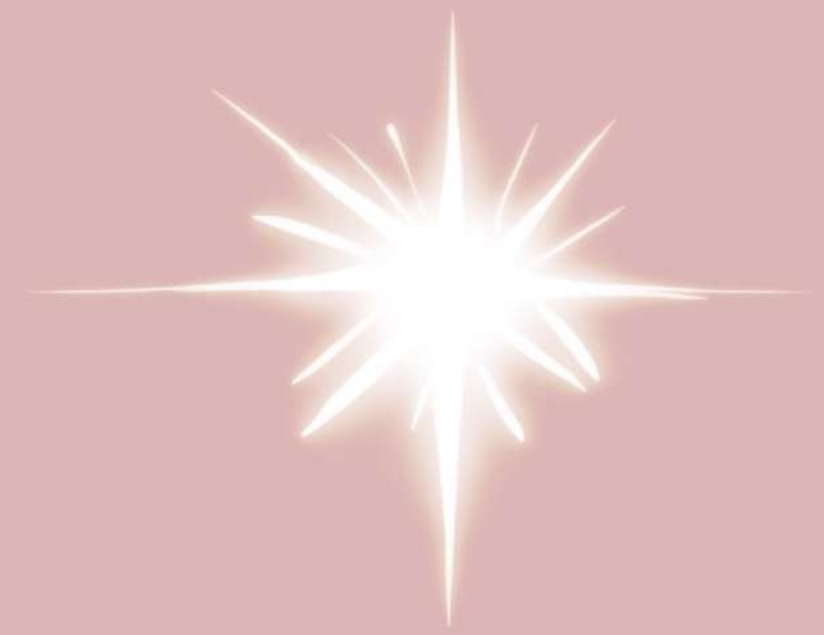
- React with the glowing/
guiding stars → Hand tracking
- Gain light with guidance and
interactions → Playful and rewarding
- Toggle the digital crown to
adjust immersion intensity → Clearly shown in tutorial
- Be safe → When users move a lot the opacity
will lower gently
- Feel part of the environment → Smaller stars will react according to
user actions

Design



Icons





Welcome to Mote

Press to start



Select a routine to start
your practice



Celestial Wander



Eternal Breathes



Universe Motion





General Settings and Accessibility

Audio

Guided voice



Allow emergency calls



Ambience volume: 50



Accessibility

Subtitles



Hands free



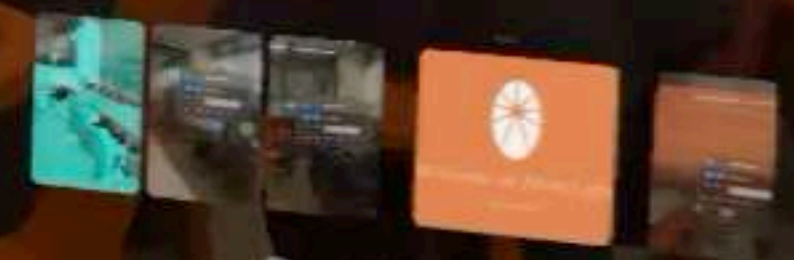


Yesterday
17:32

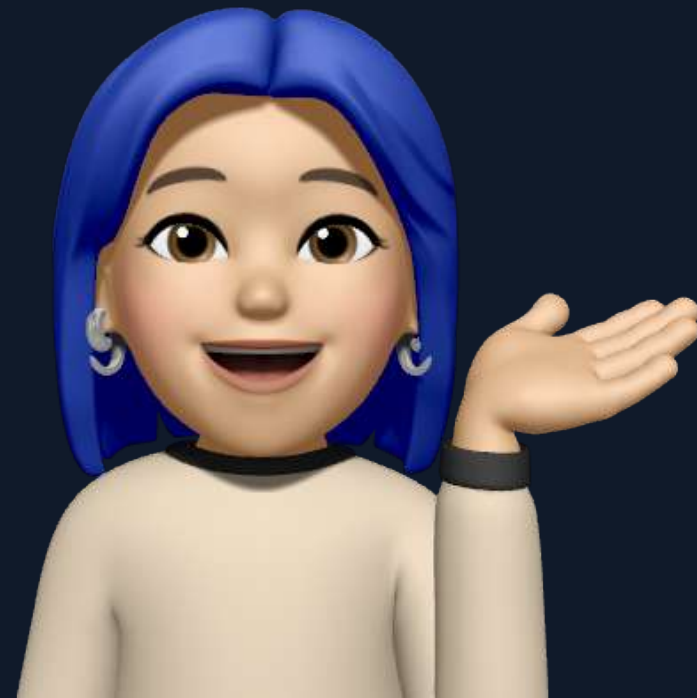
Info

Welcome to MoteLight

tap to start



User testing & Feedback



Molly

Student

- Include more tutorial content.
- Indicate different levels of force in each movement.
- The foot can mimic similar movement as the hands?
- Love the music!



Miro

Visual Artist

- Good user navigation
- Explain the difference between the three key states.
- Could you prototype it better for the VisionPro?



Thank you