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(57) Abstract :
 A yoga mat is comprising, a mat equipped with a motorized roller 101 , connected to one side via an electromagnet 103 and to the other side through a motorized ball-and-socket joint 104, allowing smooth rolling and unrolling of the mat, multiple suction units 105 are integrated along the bottom periphery to ensure stable surface adhesion during sessions, pressure sensors embedded on the top surface detect applied pressure at various points during asanas, a thermal camera 106 on the roller 101 monitors muscle activity, piezoelectric sensors detect weight distribution changes, a telescopic U-shaped rod 107 with a stretchable band 108 assists in posture alignment, a holographic projection module 109 offers real-time visual instructions, a posture support module 110 includes a cushioned circular unit 110a, telescopic linkage 110b, pneumatic plate 110c, and motorized slider 110d with hinges 110e to assist in bending.

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