CULTEQ

Yoga Asana Companion

User guide & practice handbook

See · Learn · Practise · Remember



CE

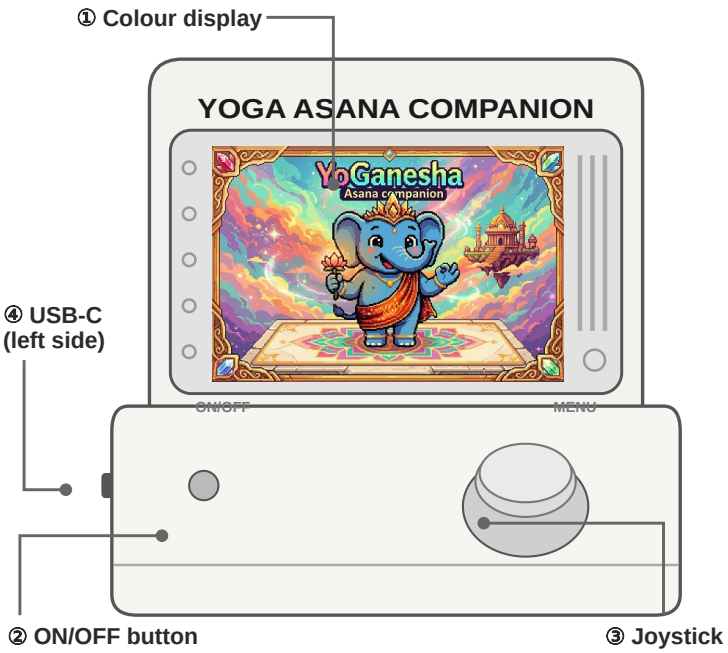
Model YAC-1

Made in Greece · CultEQ

FCC SDoC · Part 15 Class B · see page 11

01 Meet your device

Your personal asana library and quiz master: more than 130 poses, photographed and explained, in a small arcade-style cabinet.



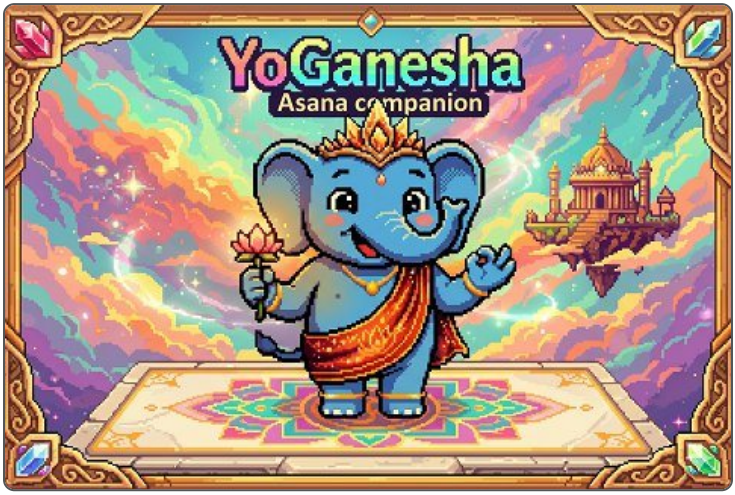
Front view

Part	What it does
① Display	Menus, full-screen pose images, Benefits & Precautions text and the Quiz.
② ON/OFF	Switches the device on and off.
③ Joystick	Your only navigation control: push up / down / left / right, or click (press down).
④ USB-C	Power from any USB-C phone charger or power bank.
Power	USB-C, or cordless on 4 × AA batteries in the battery case (batteries not included).
Two models	**With sound:** arcade sounds and melodies for the menus and Quiz, from a built-in piezo. **Silent:** the same device without sound.

02 Getting started

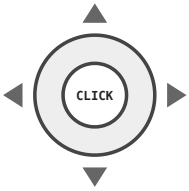
Place the device where you can see it from your mat, a little in front of you, at floor or low-table height.

1. **Power it** with 4 × AA batteries (not included), or plug a USB-C cable into the left side.
2. **Press ON/OFF.** YoGanesha, your guide, welcomes you with a short tune.
3. **Click the joystick** to reach the main menu and choose a chapter.



The welcome screen

Using the joystick

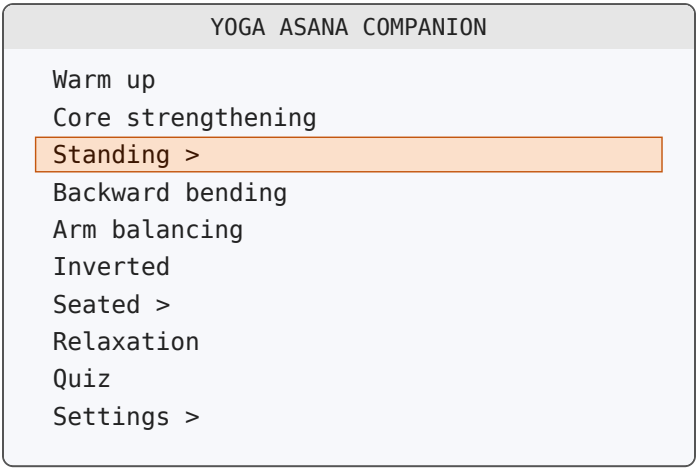


UP / DOWN	Move through lists and pages
CLICK (press)	Open an item; on a pose, open its Benefits & Precautions
LEFT	Always means **back** / exit
RIGHT	Switch column in the Quiz answers

> **TIP** · Lost? Just push **LEFT** until you are back in the main menu. LEFT never does anything else.

03 Finding your way

The asanas are arranged in eight chapters, in the order of a complete yoga class, plus the Quiz and Settings.

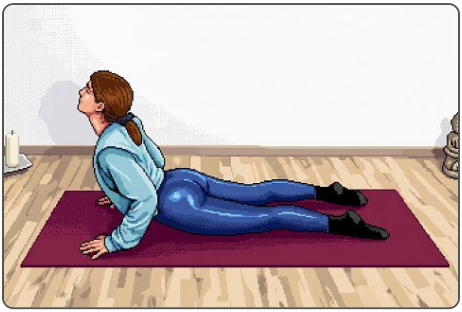


Main menu (illustration)

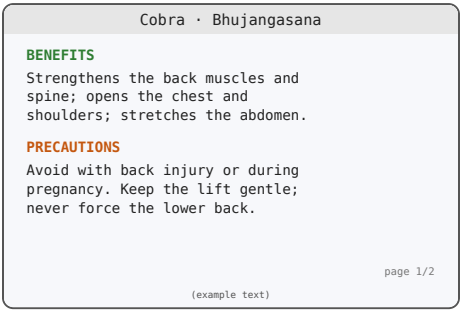
Chapter	What you'll find
Warm up	Gentle movements to prepare joints and breath.
Core strengthening	Poses that build a stable centre.
Standing	Grounding, balancing and twisting standing poses, in sub-groups.
Backward bending	Chest-opening poses such as Cobra and Wheel.
Arm balancing	Strength and focus on the hands.
Inverted	Poses with the heart above the head.
Seated	Forward bends, twists and hip openers, in sub-groups.
Relaxation	Resting poses to close your practice.
Quiz · Settings	Test yourself (page 6) · sound options (page 7).

04 Studying a pose

Every asana is shown full-screen by a 500-hour certified yoga teacher, carefully checked for correct alignment.



1 · The pose, full screen



2 · CLICK: Benefits & Precautions

- **UP / DOWN** moves to the next or previous pose of the chapter.
- **CLICK** opens the extra material (where available): what the pose does for you and when to be careful. Long texts continue over several pages with UP / DOWN.
- **LEFT** returns to the pose, then to the menu.

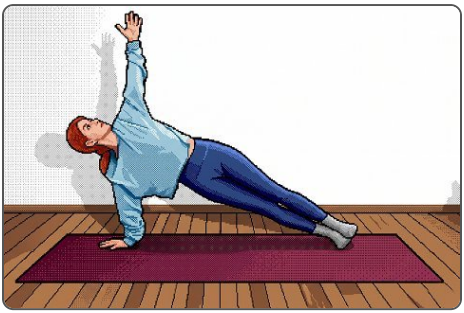
How to learn a pose: look, read, try

1. **Look** for 10 seconds: where are the feet, the hands, the gaze? Which line does the spine make?
2. **Read** the Benefits and, above all, the **Precautions**.
3. **Try** it on your mat, slowly, with calm breathing. Glance back at the screen and compare.

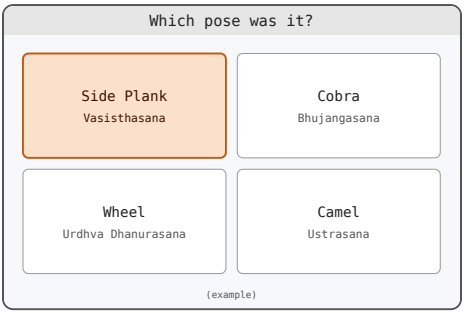
> **Listen to your body.** Never force a pose; stop if you feel pain. The images show the full expression of the pose: approaching it gradually is part of the practice.

05 The Quiz

Can you recognise a pose at a glance? The Quiz turns memorising asanas into a game.



1 · Watch: 5-second countdown



2 · Choose 1 of 4 names

In the Quiz	Joystick
Move between rows	UP / DOWN
Switch column	RIGHT
Give your answer	CLICK
Leave the Quiz	LEFT



3 · Correct: YoGanesha celebrates



Wrong: try the next one!

TIP · When you miss one, go to that chapter and study the pose (page 5). Next time you'll know it, and its Sanskrit name.

06 Settings

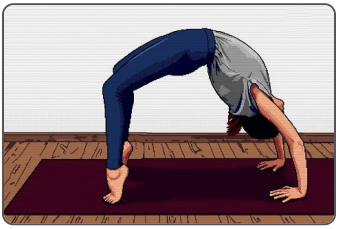
Sound ON / OFF	All device sounds on or off; for a quiet class or a sleeping house.
Sound Mapping	Choose which sound plays for each event: moving, selecting, going back, welcome, Quiz start, countdown, correct and wrong answers.

Your choices are remembered even after the device is switched off. Sound settings apply to the model with sound.

07 Building a practice

The chapters follow the arc of a balanced session. Pick one or two poses from each chapter and move through them in order:

1 Warm up	**2** Core strengthening	**3** Standing	**4** Backward bending
5 Arm balancing	**6** Inverted	**7** Seated	**8** Relaxation



- **Warm up first**, always. Save stronger poses (backbends, arm balances, inversions) for when you are warm.
- **End with Relaxation**: a few minutes of rest lets the practice settle.
- **One new pose a day** is plenty; revisit it for a week.

ON YOUR OWN

Build your routine chapter by chapter; use the Quiz daily to fix the names in memory.

TEACHERS & GROUPS

Show a pose to the class before practising it; run the Quiz as a friendly team game.

08 Practise safely

- Practise on a non-slip mat, on an empty stomach, in comfortable clothes.
- Breathe steadily through the nose; if the breath strains, you've gone too far.
- Read the **Precautions** of each pose before trying it, especially if you are pregnant, recovering from an injury, or have high blood pressure or back or neck problems.
- Inversions and deep backbends are for experienced practitioners; build up to them gradually.

09 Care & troubleshooting

Problem	Try this
Doesn't switch on	Replace the AA batteries, or connect a USB-C charger.
Images or menu missing	Switch off, check the microSD card is seated, switch on again.
No sound	Check Settings → Sound ON / OFF. The silent model has no sound.
Screen frozen	Switch off, wait a few seconds, switch on again.

Keep the device dry, away from direct sun and heat. Remove the batteries if you won't use it for a long time. Don't remove the microSD card while the device is on.

10 Safety, batteries & disposal

A few simple rules keep you and your device safe.

Using your device

- Indoor, dry use only. Keep it away from water, direct sun and heat.
- Power it from a USB-C power supply (5 V DC), or with 4 × AA batteries in the battery case (batteries are not included). Use a good-quality, certified charger or power bank.
- There are no user-serviceable parts inside. Do not open the enclosure.
- Clean with a dry or slightly damp soft cloth. No solvents or sprays.
- Not a toy. Keep the microSD card and other small parts away from young children.

Batteries

- Insert them with the correct polarity (+ / –). Do not mix old and new batteries, or different types.
- Never try to recharge non-rechargeable batteries.
- Remove the batteries if the device will not be used for a long time, and immediately if they leak.

Disposal



Do not throw this product or its batteries in the household bin. Take them to a collection point for waste electrical and electronic equipment (WEEE) and batteries, so that materials can be recovered and the environment protected. Questions about returning your device? Write to us (last page).

11 FCC Compliance Information

Supplier's Declaration of Conformity (SDoC) · for customers in the United States of America.

Product	CultEQ Yoga Asana Companion
Model	YAC-1
Rules	47 CFR Part 15, Subpart B · Class B digital device
Procedure	Supplier's Declaration of Conformity (SDoC)

SDoC DECLARATION

CultEQ declares under its sole responsibility that the product identified above complies with 47 CFR Part 15, Subpart B, for Class B digital devices.

FCC COMPLIANCE STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. If this equipment causes interference to radio or television reception (which can be checked by turning it off and on), try moving it farther away from the receiver or consult an experienced radio/TV technician.

Modifications. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

MANUFACTURER · PARTY RESPONSIBLE FOR COMPLIANCE

CultEQ
Ionias 35, 17121 Nea Smirni, Athens, Greece
galliard1981@hotmail.com

12 EU Declaration of Conformity

CE

1	**Product:** Yoga Asana Companion, model YAC-1, with or without built-in piezo sound (electronic music practice device, USB-C / battery powered).
2	**Manufacturer:** CultEQ, Ionias 35, 17121 Nea Smirni, Athens, Greece · galliard1981@hotmail.com
3	This declaration of conformity is issued under the sole responsibility of the manufacturer.
4	The object of the declaration described above is in conformity with the relevant Union harmonisation legislation: · Directive 2014/30/EU (Electromagnetic Compatibility) · Directive 2011/65/EU (RoHS), as amended by (EU) 2015/863
5	**Conformity assessment:** internal production control (Module A). Emissions and immunity (including electrostatic discharge on the enclosure, joystick and ports, and a nearby mobile phone) were checked by the manufacturer and found to be within satisfactory levels. **Standards applied:** EN 55032 (emissions, Class B) · EN 55035 (immunity) · EN IEC 63000 (RoHS technical documentation).
6	The technical documentation is held by the manufacturer at the address above.

SIGNED FOR AND ON BEHALF OF CULTEQ

Michael Andritsopoulos, Founder, CultEQ

Place and date of issue: Athens, Greece, 28 September 2026



Signature

The CE marking on this guide and on the device indicates the manufacturer's declaration of conformity with the legislation above.

CULTEQ

Culture + EQ · Educational instruments

CONTACT US

Questions, feedback or support

galliard1981@hotmail.com

MANUFACTURER

CultEQ
Ionias 35, 17121 Nea Smirni, Athens, Greece
galliard1981@hotmail.com

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