

MendOnBend Platform — Executive Summary

MendOnBend · Yoga Therapy Platform · White Paper v2.0 · June 2025

MendOnBend is an AI-enhanced yoga therapy platform that combines Ayurvedic and yogic assessment with modern therapeutic science to deliver **personalized healing guidance** — not generic templates.

The Problem

Most wellness apps offer one-size-fits-all yoga or meditation. Real therapy needs to account for **constitution, mental state, energy patterns, health conditions, experience, and lifestyle** at the same time. MendOnBend is built to do that.

The Solution

A **multi-dimensional assessment** → **personalized recommendation** → **practice tools** platform that:

- 1. **Profiles the whole person** through layered assessments
- 2. **Synthesizes results** with rule-based and AI-enhanced engines
- 3. **Delivers actionable protocols** — movement, breath, food, lifestyle, and recovery
- 4. **Supports ongoing practice** via sequence building, sound/breath work, and progress tracking

Core Capabilities

Area	What it does
Assessments	Dosha (body), Guna (mind), Prana Vayu (energy flow), plus premium Emotional & Social Intelligence
Personalized Advice	Combines profile data with RAG knowledge retrieval and optional local AI (Ollama) reasoning
247jeeves Concierge	Lane-aware Q&A over the yoga therapy knowledge base (text and voice)

Area	What it does
Recovery & Resilience	Sport-specific recovery adapted to constitution and movement patterns
Sequence Builder	Template-based or agentic AI sequences with contraindication checks
Therapeutic Protocols	Condition-specific paths (anxiety, back pain, asthma, sleep, etc.) adapted by dosha/guna/prana
Sound & Breath	Pranayama and nervous-system regulation tools

Key Differentiator

Unlike template systems (“if anxiety → forward folds”), MendOnBend uses **agentic AI** to reason across **all factors at once** — e.g. Vata–Pitta constitution + Rajas guna + elevated Prana + anxiety + evening practice preference — and explains **why** each recommendation fits.

Who It Serves

- **Individuals** seeking personalized yoga therapy
- **Teachers & therapists** building safe, tailored sequences
- **Active users** needing constitutional recovery protocols

User journey: Assess → understand profile → get recommendations → practice → track progress over time.

Technology (Privacy-First)

- **Frontend:** Progressive web app, Firebase auth & data
- **AI:** RAG over a large yoga therapy knowledge base; local Ollama option for private on-server inference
- **Deployment:** Vercel frontend + backend API
- **Premium:** Stripe subscriptions for advanced assessments and AI features

Evidence of Value

The platform generates **different protocols for the same condition** based on profile — e.g. back pain for Kapha–Tamas vs anxiety for Vata–Pitta–Rajas vs hip tightness for Pitta–Rajas athletes — with pose, breath, lifestyle, and rationale bundled together.

Roadmap

Mobile apps, teacher dashboard, community, deeper analytics, health-app integrations, video library, and richer AI agents.

Bottom Line

MendOnBend bridges **ancient yogic wisdom** and **modern AI** to make **truly personalized yoga therapy** accessible, practical, and explainable — for healing, growth, teaching, and athletic recovery.

Source: MendOnBend Platform White Paper v2.0. Full document: mendonbend.com/white-paper.html

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