



EMAIL ADVOCATES

Foster Connection

Advocate Type: International/traveling yoga teachers and those with faraway students, people with large email lists and/or those with longform-written newsletters, meditation teachers

If you have an email contact list and write periodic newsletters to inform your students or contacts to stay in touch—or you just want to send your friends and family a note about Year Long Meditation, consider becoming an Email Advocate for Year Long Meditation!

Invite your students to practice with you, or connect their practice to a global community for positive change. We've provided you with some prompt questions to write your own letter, and also a sample email template you can draw inspiration from (or copy and go).

Prompt questions:

- Why are you choosing to participate in YLM?
- What's your intention for the world?
- How will Year Long Meditation help your students/contacts find connection?

Please use this URL into your facebook post when linking your contacts to sign up:

https://www.himalayaninstitute.org/membership-account/membership-checkout/?level=1&redirect_to=%2F%2Fwww.himalayaninstitute.org%2Fyear-long-meditation%2F&utm_source=advocate&utm_medium=email&utm_campaign=advocate_email

[Sample email follows on next page]

Sample email (feel free to drop in your own text and images):

Dear Friends,

[Intro paragraph for your updates—retreats, year in review, upcoming programs/teaching schedule, etc]

Practice with Me from Anywhere: Year Long Meditation

Have you noticed that the world seems more restless lately? It feels like we're on the cusp of something big, and depending on the day, you might feel like we're headed for major progress or total disaster. What if it were up to us to *do something* about it? What if we could "nudge" society in a more positive direction?



That's why I'm so excited to tell you about my participation in Year Long Meditation—and hopefully yours, too! Year Long Meditation (YLM for short) is a global group practice undertaken with a simple, yet profound, objective: to heal and empower collective consciousness (that ineffable quality that unites and motivates humanity to some future outcome, positive or negative). For me, that means [insert your intention for YLM here: could be something like environmental change, peace and harmony between different groups, breaking barriers for the underprivileged—whatever speaks to you!].

Will you join me starting July 16, 2019 in dedicating whatever practice time you've already set aside, or finding an extra few minutes each day, to this great effort? Any meditation practice that draws you inward, from any tradition or background, is welcome.

My friends at the Himalayan Institute have set up a handy meditation tracker so you can log your practice time toward the global goal of 1,000,008 hours. [Sign up here](#) for free and know that I'll be practicing right there with you (along with all of our beloved community members who choose to undertake the mission with us) because of our shared intention, no matter how great the distance is between us. And I'll continue to keep you posted on my own progress, so we can stay motivated together, throughout the year.

[Opportunity to promote any complementary materials you have—do you have guided meditations online somewhere? In person meditation classes or retreats coming up?]

I hope to see you soon, but if we can't practice together in person, I hope you'll consider joining me in the space of collective consciousness, where we are always one.

[Join Year Long Meditation](#)

