



# IN PERSON GROUP ADVOCATES

## *Meditate & Track*

**Advocate Type:** Classrooms, yoga studio owners, community or activity groups, families/friends

Our main focus with Year Long Meditation is getting **more people meditating regularly**—if you are a teacher or leader of a group, you can help us spread the great benefits of this practice to your students!

### Here's how:

1. **Sign up for your Year Long Meditation At Home account on [www.yearlongmeditation.org](http://www.yearlongmeditation.org) on behalf of your class/sangha/studio/community.** If you have an individual account already, you might want to track these minutes separately so you know how much time you've personally contributed. Just be sure to use a different email address and keep your passwords handy!
2. **Add some amount of meditation time to your class(es)**—even 3-5 minutes per class done regularly can make a huge difference in your students' lives! You can tell your students their meditation time contributes to our shared intention of positive global change, and that it's a part of **Year Long Meditation**.
3. **Or host a group meditation in person.** Do you want to share the experience of meditating together as a community? Consider putting aside time each month—30 minutes or 1 hour—for a group meditation in your studio or class, either guided live by a teacher or using an audio practice from Year Long Meditation.
4. **Keep track of the number of students and amount of time your group meditated.**
5. **Log the classroom minutes periodically on [YLM At Home](#)** (you can do this after each class, once a week, or however often you like, just make sure it's at least once per month so you don't forget) using the account you've created for your group.  
**EXAMPLE:** Sandy added 5 minutes of meditation to her Monday morning class at ABC Yoga this week and had 12 students. She will log 60 minutes of meditation using her ABC Yoga (Sandy) account for the week.

### What if I am traveling or don't have a physical class or studio space where I regularly teach?

So glad you asked! Thanks to technology, you can **host virtual meditations on social media ([Facebook Live](#), [Instagram stories](#), etc) or via webinar/[Zoom](#) meeting/[Skype](#)** and track those participants and minutes as well! Just be sure to promote your virtual meditations over email and/or via the relevant social media channel.