



SOCIAL MEDIA ADVOCATES

Build Community

Advocate Type: Facebook and Instagram users, yoga studio owners, teachers, group leaders, business owners with local following/community

If you are looking to participate in Year Long Meditation, share the word with your friends, or build an online community, you can invite your friends on social media to **join and participate in Year Long Meditation**. You can share content on your personal account, create your own group or page if you have a larger community, post on your studio or classroom page, or make flyers to put up around your school explaining how to connect!

Follow Year Long Meditation on Facebook and Instagram:

Facebook Page: www.facebook.com/yearlongmeditation

Instagram Feed: [@yearlongmeditation](https://www.instagram.com/yearlongmeditation)

Interact with us online—share our pages and posts with your friends.
Join our YLM Monthly Sit Together on Facebook & Instagram Live—check out our events calendar on Facebook for dates. Invite members of your community to join as well!

Share these assets with your online community:

We have you covered as well with some shareable, viral-friendly images and messages of inspiration to spread the word about YLM!

Please use this URL when linking to YLM: www.yearlongmeditation.org

Note: Remember to tag the @yearlongmeditation pages in your social media posts!

Click the links below and save the images to share on your feed.

Copy example text for your descriptions or make your own!

	YLM Logo 1 ← click
	YLM Logo 2 ← click



[YLM Text Social Card](#) ← click

Every minute of your meditation practice is so important! By joining YLM and practicing together with shared intention, we have the power to change the course of human history. Join us at:
www.yearlongmeditation.org
[@yearlongmeditation](#)



[Social Card 1](#) ← click

Join the global practice to heal our world—Year Long Meditation! Track your minutes, see the faces behind the practice, join our growing community, and help spread peace on Earth through the power of group meditation. Over 6.3k people have joined the practice—will you? Sign-up today: www.yearlongmeditation.org
[@yearlongmeditation](#)



[Social Card 2](#) ← click

Year Long Meditation is now across the globe in 105 different countries! Join this worldwide group meditation practice and connect with people from all different backgrounds—help create a brighter future for all. There is no better time than now. Join the Practice. Change the World. www.yearlongmeditation.org
[@yearlongmeditation](#)



[Social Card 3](#) ← click

Have you heard of Year Long Meditation? Sign-up to become a part of a global group effort towards world peace! Join the practice and connect with thousands of people from around the planet. Every minute matters. Together we can change the world! www.yearlongmeditation.org
[@yearlongmeditation](#)



Social Card 4 ← click

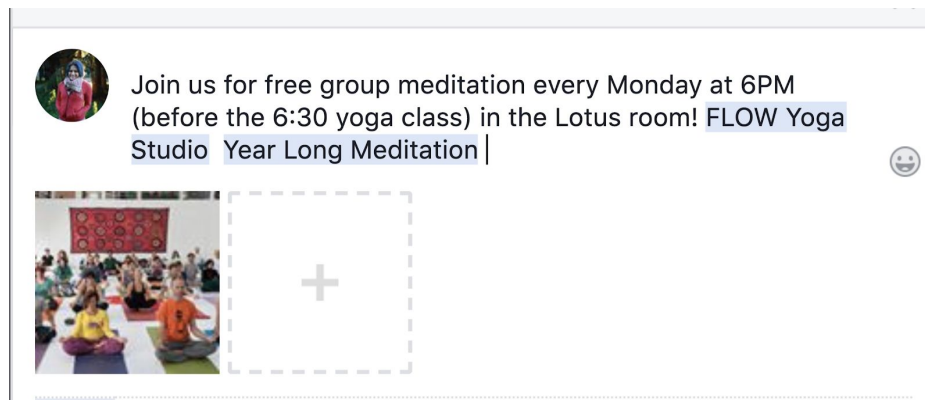
Do you envision a brighter future? Connect with thousands of people in the global group effort towards a more peaceful world. Join Year Long Meditation—the new online community platform for meditation. Track your minutes, view community stats, and contribute your light to the worldwide mission. Join the Practice. Change the World.
www.yearlongmeditation.org
 @yearlongmeditation

Build Your Own Community with These Post Ideas:

1. Group photos of your sangha: *Who's in your meditation group?*



2. Invitations to meditate at the studio or in class: *Have you joined us for meditation in our classes?*



3. Progress updates: *Our participant count/hours meditated is at ____! Have you joined the practice?*
4. Calls to action: *Have you joined our effort to change the world?*

Note: Remember to tag the @yearlongmeditation page in your posts!

Be Featured on our Feeds

Have your face(s) featured on our Year Long Meditation Facebook and Instagram pages, while spreading the word about Year Long Meditation to your followers! Please remember to activate your YLM At Home account on www.yearlongmeditation.org to log your minutes, and follow us on social media to stay in touch!

Share Your Faces With Us:

1. Sign up at www.yearlongmeditation.org
2. **Follow** the @yearlongmeditation pages on Facebook and Instagram
3. **Direct message us on Facebook or Instagram your content:**

Photo

- Eyes closed, your choice of meditation pose

Caption

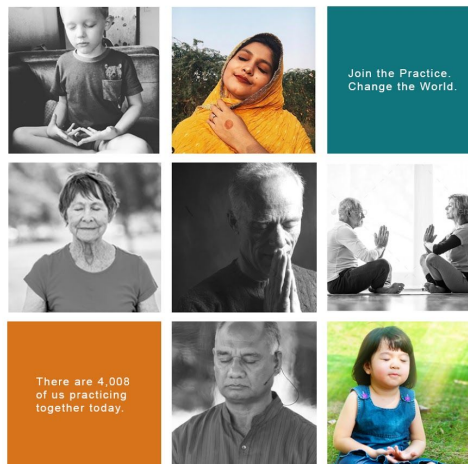
- Your **name** as you'd like it to appear (and your Instagram handle if you have one!)
- Your **location**
- I **dedicate** my practice to:



Name: Tracee Stanley
Location: Topanga, CA
My commitment: 45 min a day
Today, I dedicate my practice to:
those living with domestic violence

***** Please send via direct message to our Facebook or Instagram page:
@yearlongmeditation - www.facebook.com/yearlongmeditation *****

4. **SHARE SHARE SHARE:** When we feature your content as a post or story, share with your community with a call to action to sign up!



**#yearlongmeditation
@yearlongmeditation
@himalayan_institute**