



**Yasodhara Ashram**  
YOGA RETREAT & STUDY CENTRE

## **“SPECIAL MOMENTS” – A VIDEO/PHOTO CARD FROM EVERYONE**

To commemorate the Ashram’s 50<sup>th</sup> Anniversary, you are invited to share a special moment you have experienced at the Ashram in the form of a 30 second video message.

We will collect these special moments and assemble them into an anniversary “card.” The collage of faces and stories will eventually be linked to the Yasodhara Ashram website.

If you are coming to the 50<sup>th</sup> Celebrations, August 7-11, you will have the opportunity to do your recording here. But if you are unable to be here, here’s your opportunity to participate from afar!

It's simple: Use a webcam, smart phone, or other recording device, start with saying who you are and where you live. Relate your special moment in **30 seconds**. Just go to <http://vimeo.com/71545240> to view an example.

Follow the directions on the form below to “transfer” your file.

**Please send your video message or photo card by MONDAY, AUGUST 12<sup>TH</sup>.**

Contact Anna at [anna@yasodhara.org](mailto:anna@yasodhara.org) if you have any questions or need support in the process.

### **OR..... Send a Photo Greeting**

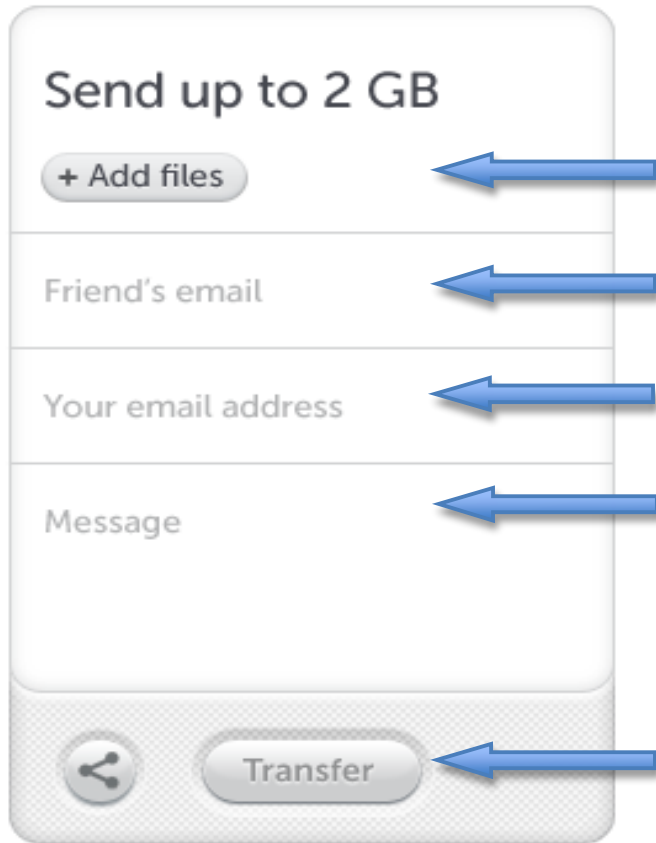
Here’s an example:



**Thank you for participating in the 50th Anniversary Celebrations!**

# TO SEND YOUR FILE

Just go to <https://www.wetransfer.com/> and follow these steps:



The image shows a mobile-style interface for sending files. At the top, it says "Send up to 2 GB". Below this are four input fields: "+ Add files", "Friend's email", "Your email address", and "Message". At the bottom, there is a share icon and a "Transfer" button. Blue arrows point from the text instructions on the right to each of these elements.

1. Click on the + sign and add your 30 second Video Greeting file.

2. Type in this address:  
[communications@yasodhara.org](mailto:communications@yasodhara.org)

3. Now type in your own email address.

4. Write a short message, if you want.

5. Then simply **click on the transfer button** and you're done.

It's simple, secure and free of charge.