The Power of Gratitude

As we all are gearing up towards the first-ever virtual YA Retreat happening on Memorial Day (May 25, 9 am to 12:30 pm), we are in the process of compiling gratitude videos. We would love for you all to share your videos with your responses to the following questions:

1. Introduction - Name, Center (~2s)
2. How would Swami describe you? (~5s)
3. 3 things you are thankful for (~6s)
4. Your message to the essential workers (~6s)

Format for the videos:
- One video answering all of the questions, maximum ~20s long
- Landscape mode
- Check your lighting before recording the video
- Ensure the audio is clear
- Selfie videos are okay too!

How can you share your videos?
- Upload your videos here - https://driveuploader.com/upload/ZOJnSMTr6z/
- Or WhatsApp any of the Regional Reps directly!

Please share all your videos by Wednesday, May 20, so we have some time to compile them. Let us know if you have any questions.

Loving Sairams! 🧡