



*A meaningful life is lived with
attention and intention*

INSTRUCTIONS FOR WEB PROFILE

for MLP CERTIFIED TEACHERS

Teacher Web Profile & Photo

1. Write a bio of 200 words or less. Some good tips can be found at https://www.yogaalliance.org/Learn/Article_Archive/Tips_for_Crafting_Your_Yoga_Bio.
2. Your bio should include something about your qualifications, what you get out of your MLP mindfulness practice and something about your particular personality, qualities or gifts that you bring to your teaching.
3. Provide a photo that is a face shot or ¾ shot at largest. Provide a photo that is a resolution of at least 300 pixels per inch.
4. Email the bio and photo to laura@mindfullifeprogram.org

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