

YogiApproved Contributor Terms of Agreement

Please read and familiarize yourself with the following terms and conditions. By submitting your article, you acknowledge that you have read and agree to these terms and conditions:

1. You (the author) allow us (YogiApproved.com) to publish this article on YogiApproved.com.
2. **You guarantee this article was entirely written by you and is not plagiarized. We have a zero tolerance plagiarism policy.**
3. You guarantee this article (or any part of it) has not been and will not be published anywhere else, and you agree to not sell or submit articles published on YogiApproved.com to other publications. **Duplicate content (anything already published elsewhere, including a personal blog, etc.) will be declined and removed from our site.**
4. **You understand the article may be subject to title, grammar, spelling, punctuation and style changes.** By submitting the article, it becomes the property of YogiApproved.com and we reserve the right to edit as we see fit.
5. You understand that submitting the article does not guarantee that it will be published.
6. You as the writer allow us to publish the article permanently (or as long as we choose) on YogiApproved.com.
7. **We do not allow paid backlinks.** However, we do allow nofollow links to relevant information that supports the article. **Any links you include in the article submission are subject to be changed or removed.**
8. If you'd like to share the published article on your personal website or blog, please request the necessary adaptation steps from your editor. This requires sharing only a portion on your site as well as including a [canonical tag](#) and link back to the original article on YogiApproved.com.

If you have not received a response from us after 30 days, please feel free to publish on another website. Additionally, if we decline publishing the article, you are free to submit elsewhere.

Please note that by submitting an article to YogiApproved.com you are agreeing to these terms and conditions in their entirety.

Article Writing Guidelines

YogiApproved.com is an online yoga and wellness magazine. As we say, “Yoga is our passion. Your health and wellness are our obsession.” We take yoga, spirituality and healthy living very seriously, but **we want our articles and overall tone to be honest, inspiring and fun!**

We are committed to helping our readers thrive through mind-body-soul wellness. As an online platform with a broad reach, we are equally committed to leading with integrity. What does this mean?

Integrity in our content: **we only publish quality, research-backed content that is inclusive, accessible, accurate, and empowering.** And integrity in our team: we seek out contributors who share our mission and dedication. If that’s you, then we’re so glad you found us!

A bit more about our content: we publish articles on a vast array of topics under the yoga and wellness umbrella. Our main topic categories include (but are not limited to):

- Yoga and yoga philosophy
- Guided yoga, meditation and fitness tutorials
- Health and wellness and self-care
- Nutrition, healthy eating and recipes
- Mindfulness, spirituality and meditation
- Love, sex and dating
- Family, parenting, pre- and post-natal
- Social justice
- Travel and more!

Our mission is to provide insightful, inspirational and original content on these topics. Thank you for your interest in contributing!

Content

- **Intent:** What is your “Why?” for writing this article. Consider your audience, the reader (and what they might search for online) and curate an article with a specific keyword, phrase, or specific purpose in mind that you weave throughout.
- **Perspective:** Your personal “I” perspective is welcome but please remember this is not a personal blog and try to limit the use of first-person language. Be sure to include the reader in your writing, ask them questions and make the article inclusive and relatable. Articles that use the “you,” “your,” “we,” and “us” voice are more relatable.

- **Voice:** YogiApproved prides itself on uplifting and empowering our readers through honest, enjoyable, and meaningful content. Your writing should speak with authority and be supportive, fact-checked, and inclusive.
- **Tone:** Be uplifting, engaging, inclusive and authentically *you*. We have a global audience composed mostly of women between the ages of 24 and 48. You are welcome to use a conversational tone – we are a fun resource, not a textbook. *However*, we also want to keep the writing clear and concise. Avoid using slang or colloquialisms (ex: “gonna,” “wanna,” or regional sayings that may not make sense to all readers).
- **Research:** Our articles are meant to be educational and informative, so please include relevant, scholarly sources anytime you reference a study, claim, or fact that requires (or would benefit from) an additional resource. A few good resources: NCBI, PubMed, Google Scholar. Please highlight the keyword/phrase tied to the source reference in red. Example: According to a **2014 study**, <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/1809754> meditation reduces the effects of stress.
- **Quoting Sources:** Articles are stronger when they include references that support the information you are sharing. Whether you want to share a direct quote, paraphrase a short section of outside information, or summarize a chapter from a book etc., these are all welcome additions – when done correctly. Failure to properly cite a source could be considered plagiarism. Please note, all sentences, including direct quotes, should not exceed 360 characters in length if possible (this supports the reader’s experience, especially on mobile). Please highlight the source or author in red, as demonstrated above.
 - Direct quote: Place the entire quoted information in quotation marks and include the full name of the original source. Also include a link (when relevant) to where you found this information. As Brené Brown says, “Integrity is choosing courage over comfort.”
 - Paraphrasing: This is when you take a passage of the information you are citing and rewrite it in your own words. You will still cite where the information came from.
 - Summarizing: The most straightforward of the ways to cite outside information, this is when you recap the main *concept* or takeaway of the source’s information in your own words through your own interpretation of it. You will still cite where the information came from.
- **Images:** Images are always great! If you want to include images, please provide a link to your source or confirm that you own (or have been given) the rights to or permission to use the images.

General Structure

- **Keyword:** Please use a keyword or phrase 6-8 times across your title, introduction, subheadings and within the body of your article. You can work with your editor to determine primary and secondary keywords or phrases. Weave this keyword throughout, including it in the title, intro, and subheadings. For your first article submission, you can reference this free keyword search tool: <https://keywordsheeter.com/>. You can also use google search and check “related searches” at the bottom of the page results to see what else might be relevant.
- **Title:** Clear and engaging. The title must clearly reflect the content of the article. We may change the title of the article to optimize it for SEO (Search Engine Optimization) and readability. Ask yourself, “Would I click on that?” Or even better, “Could I pass on reading that?” You want your titles to be so engaging that readers can’t help but click and read! Titles should not exceed 115 characters.
- **Paragraphs:** Please separate the article into short 3-4 sentence paragraphs. In an effort to support user experience - especially on mobile - we request that sentences be no longer than 360 characters long.
- **Subheadings:** People like to scan articles before they commit to reading them. Where appropriate, add bold subheadings to your paragraphs to guide the reader throughout the article. Typically, a 1000 word article will contain 3-4 subheadings.
- **Article length:** Typically we request between 500-1000 words based on the topic, but if your article is heavily research-driven, the word count should be between 1000-2500.
- **Structure:** All articles should have an introduction that clearly states the objective of the piece, a body and a conclusion paragraph(s) that summarizes the main points of the article and brings it to a close.
- **Formatting:** Please do not add special formatting (i.e. formatting tools such as justified alignment, double spacing or paragraph styling such as headlines, subheadlines). Instead simply bold titles, subheadings, etc. Please use single-line spacing, and single space between sentences. Do not double space between sentences.

Ready to submit your first article? Great! **Please submit your article in a Google document and grant us editing access.**

Also be sure to apply these guidelines to any article you submit to YogiApproved.com. Failure to follow these guidelines will result in us requesting a revision or declining your article altogether.

The Types of Articles We Look For

Here are some examples of the types of articles we are looking for. These are examples and are by no means a list of articles that we are asking you to choose from:

- **Lists:** Everyone loves a list! They are quick to skim through and easy to digest.
 - **These 7 Foods Contribute to Gut Health**
 - **10 Things Your Yoga Teacher Wants You to Know**
 - **Add These 15 Personal Development Books to Your Reading List ASAP**
 - **5 Yoga Poses to Help You Wake Up In the Morning**
- **Questions:** Ask the reader a question and provide a solution.
 - **Did You Know That Caffeine Increases Anxiety? This Is What You Should Drink Instead**
 - **Are You Tired Throughout the Day? Here Are 3 Ways to Boost Your Energy Naturally**
 - **Stressed? These Simple Exercises Will Help (And They Only Take 5 Minutes)**
- **Inspiration:** Although these articles are commonly personal, be sure to make it relatable to the reader.
 - **I Left My Corporate America Job to Teach Meditation and I Couldn't Be Happier: Here's My Story**
 - **I Chanted the Gayatri Mantra Every Morning For 40 Days and Here's What Happened**

- **Self-Improvement:** Please only write self-improvement articles if you have experience in the area you are writing about.
 - **Here Are 3 Quick Ways to Improve Your Mental Health**
 - **5 Self-Care Non-Negotiables**
 - **Ladies: Here Are 5 Ways to Awaken and Celebrate Your Sexual Energy**
- **How-Tos:** Please only write how-to articles if you have experience in the area you are writing about.
 - **How to Brew Your Own Kombucha at Home (Photo Tutorial)**
 - **9 Easy Ways to Save Money Without Sacrificing Your Lifestyle**
 - **How to Make a DIY Japa Mala Necklace + Charge It With Intention (Step-By-Step Photo Tutorial)**
- **News and Current Events:** Did something happen in the yoga community? Is there a new type of yoga that everyone should know about?
- **Comedy (Editorial and Video):** Life is better when we are laughing. Have something funny to share? We are all ears!

This is Our #1 Most Important Rule

You **MUST** have fun with your writing. If you find yourself mad at your computer please stop what you are doing, take a deep breath and go do something that makes you smile.



The articles you write are going to inspire, uplift, entertain and educate thousands of readers from around the world. What you're doing is important, and we value the wisdom and guidance you have to share with our readers.

Remember – if you're bored when you're writing, readers are going to be bored when they're reading. Have fun writing and it will show in the final product!

FAQs

Is my article guaranteed to be published?

The short answer is no. We do not publish every article that gets submitted to us. But hey, you won't know if you don't try. And if the article is not accepted, our editors will generally give you constructive feedback to help you have a better chance next time.

How long before I'll know if the article is going to be published?

We appreciate every submission, but our editors are busy! We will try to get back to you within one week, but as a small editorial team, it can sometimes take longer. If you don't hear back after that time, please feel free to send a follow-up email. If you haven't heard from us in 30 days, please feel free to submit the article elsewhere.

When will the article be published?

Articles are typically published within one month after you've submitted it. In some cases we may publish it sooner, or it may take a bit longer. In rare cases, our editors may choose to schedule your article out based on an upcoming holiday etc. For example, if you submit an article in August about flu season, we may choose to schedule it late Fall to align with that season.

Your editor will give you a good idea of when you can expect to see the article on YogiApproved.com, and you will receive a notification once it's been published.

Can I submit an article to YogiApproved.com that I published on another website?

No. We only publish original content (content that has not been published anywhere else).

Can I share the published article with other publications or blogs?

Once the article is submitted, we ask that you do not share it with other publications or blogs. Publishing an article you submit to YogiApproved on a different site will result in the article no longer being eligible for publication on YogiApproved.com.

If we decline publishing the article, you are welcome to publish it elsewhere.

Can I share the published article on my personal blog or site?

Please ask your editor for the necessary steps to share the published article on your personal blog or site. We allow this and call it an adaptation, but ask that you follow the steps that we'll provide.

Can I share the published article on my social media?

Yes please! In fact, we hope you will. We love it when our writers share published articles on their social media channels! This is how you get more views and shares on articles you've written, and also helps us continue to grow and spread the love.

Please be sure to tag us @yogiapproved so we can see and share it on our page too!

Thank you.

Why am I required to have a Gmail account?

We use Google Docs as a way of sharing edits to articles. It makes everyone's life easier. We make no exceptions. Creating a gmail account is easy and free, and you can create a new account directly from our submission page.

What do I get out of writing for YogiApproved.com?

Contributing to YogiApproved.com is a great opportunity for any writer to build their portfolio and get their writing featured to nearly one million monthly readers. Our writers submit articles for a number of reasons.

Some do it because they love to write and, like us, are passionate about helping others through sharing their wisdom and knowledge.

Others write because they have a website, offering or social media channel they want to promote in their author bio. Every writer receives a 50 word personal bio with a website and social links, so it's a great way to promote yourself!

Do I get paid for these articles?

The majority of our articles and contributors are not paid. We do maintain a small group of paid contributors, and this group is by invite only. If you're hoping to become a paid contributor, please reach out to your editor.

How can I become a paid contributor?

Our paid contributors have consistently delivered high-quality articles that meet deadlines, follow our guidelines and instructions (contains proper formatting, features researched and engaging information), and perform well on our site. We look for candidates who enthusiastically share their published articles across their web and social platforms.

In order to be considered for this group, we require that you submit at least three unpaid articles so we have a good sense of your writing, tone and consistency, your ability to meet deadlines and follow instructions, and also how well those articles perform on our site. However, note that doing this does not guarantee placement in our program.

What should I write about?

See the Article Writing Guidelines above for some inspiration and direction. Write about something you're passionate about and/or knowledgeable in.

Be sure to check out the recently published articles on our site so you don't write about a topic we just covered. Still wondering what to write about? Our editors are always happy to offer topics for you to choose from. We maintain a list of priority topics you are welcome to choose from – please ask your editor.

Terms

Upon submission, you (and any third party participants) (collectively, "You") hereby authorize YogiApproved, LLC and its affiliates, licensees, successors, assigns and designees (collectively, "YogiApproved") to make, use, exhibit, license, distribute, sublicense and otherwise exploit the written submissions (the "Submission"). You expressly agree that YogiApproved and its affiliates, licensees, successors, assigns and designees, in our sole discretion, shall have the sole and exclusive right, throughout the universe and in perpetuity, to use, distribute, exhibit, license, edit, change, publish and otherwise exploit the Submission and/or any portion thereof, by any method(s) and in any and all media now or hereafter known, including via all methods of linear, nonlinear and/or digital exhibition/distribution. You (and any third party participants) also expressly agree that you and third party participants will not be entitled to any monetary compensation for the Submissions and that the Submissions are original works and have not been published elsewhere.

You hereby confirm that you are 18 years of age or older, have read and understand this release, and agree to be bound by its terms. You represent and warrant that all material created by you hereunder, (i) is or shall be original with You, (ii) does not and shall not violate the copyright or any other right of any third party, and (iii) is not the subject of any litigation or of any claim that might give rise to litigation. You understand that YogiApproved will rely on this release in exploiting its rights in the Submission, and hereby indemnifies, releases and discharges YogiApproved and its parent, subsidiaries and affiliates from any and all claims whatsoever in connection with any and all uses of the Submission and/or your name, likeness and biographical data as described in this release. You further acknowledge that this release is the entire agreement between You and YogiApproved, and You are not relying on any other promises or representations, whether oral or written.

**Thank you for your interest in contributing to YogiApproved.com.
We appreciate you!**

- The YA Team

Have any questions?

Email us at hello@yogiapproved.com