

# Resources

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I'm so glad you came across my site and hope you enjoy the resources! Here are instructions for your free downloadable files:

## CHURCH LETTER

Purpose:

To assist you in communicating about yoga alternatives to your church or local churches in your area.

Where to have these printed:

- At home on your own color printer or...
- At a local copy shop on their color copier

Notes about printing:

- For best quality at a copy shop, give them the church letter digital file to print for you.
- There are two letters on one 8.5 x 11 size document, so you can cut it in half and have two 5.5 x 11 letters per print.

## INFORMATION CARDS

Purpose:

To catch people's attention and to provide comprehensive information.

Where to have these printed:

Higher end printer. Ideally online at [overnightprints.com](http://overnightprints.com) because that's where I've had them printed. They're cheaper than a local printshop and pretty easy to use. No guarantees, but you may find another online printer that you prefer who will do just as well at printing these.

NOTE:

These cards can add up in price because of size and colors. If you want a significant number printed, perhaps your church will consider paying for these cards. Or maybe you and some friends want to pitch in together. ;)

**Printing specs:**

- CMYK
- 300 dpi
- Final output: 5.5 x 11
- Full bleeds
- 2-sided (4/4, or "4 colors on both sides")

- Full Coating / No Coating (your preference. I did Full Coating on front and No Coating on back)

### How to have them printed at [overnightprints.com](https://overnightprints.com):

If you need more clarification and technical help with this, please feel free to [contact me](#).

1. Go to "Postcards"
2. Select "5.5 x 8.5"
3. Select "Upload your design"
4. Click "Add image files" button and browse for these files on your computer (you should keep track where you downloaded them to on your computer)
5. Verify images are on the correct sides and paired properly (See "Your Postcard Sides" on the right. Example: InfoCards-B-Front.pdf and InfoCards-B-Back.pdf)
6. Click "Continue" when all files are uploaded and verified
7. Select quantity on drop down menu: value or premium--your preference. Premium will look nicer--less "muddy" and more crisp. But are more expensive, of course.
8. Select your shipping time. Enter a discount code if you know you have one. You can't do a mailing service (if you see that option, don't be confused. It doesn't apply)
9. Click the "Checkout" button when done here
10. Enter all your billing / shipping info so you can receive the cards!!

### DISPLAY SIGN TO HOLD THE INFORMATION CARDS

Design currently in progress, hoping to finish... stay tuned for this!

If you have any further questions, ideas, thoughts, notice any errors, or need more clarification, please [contact me](#). I will respond as soon as I can and always will love to hear from you!

In our Lord and Savior Jesus Christ,

Chloe

[Alternatives to Yoga Website](#)