YogaDownload Video Specifications for Content Submissions

Video Quality Guidelines

- Video must be professionally produced using high definition cameras and professional microphones, lighting, and editing
- Video must have a disclaimer and title screen at the beginning
- You must own copyrights to all content including any background music

Video Encoding Standards

- MP4 files using H.264 codec
- Widescreen High Definition video with 16:9 aspect ratio at either 1280x720 or 1920x1080
- Frame rates at 29.97 fps
- AAC audio format
- File size to approximately equal 30 MB per minute (4 mbps) of footage (60 min video = approx. 1800 MB)
- Include metadata for title and artist + more info if desired

Files/Info Needed

☐ Full length video according to the technical standards and guidelines listed above

☐ 2 min video preview according to the technical standards and guidelines listed above

☐ Name, description, and price of product

☐ Product image - high-resolution image/still of video/product

☐ Profile page image - high resolution image for brand/instructor profile page

☐ Biography/description for brand/instructor

☐ URLs for brand/instructor's website, blog, Facebook page, Instagram page and/or anything else you would like to link to on your profile/bio page

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YogaDownload Specifications for Music Submissions

Audio Quality Guidelines

- Audio must be professionally produced using professional microphones, editing, and mastering
- You must own copyrights to all content

Audio Encoding Standards

- MP3 files at 256 kbps
- Include metadata for title and artist + more info if desired

Files/Info Needed

☐ Full length file for each track

☐ 1-2 min preview file for each track

☐ Album artwork – high resolution album cover image in 1:1 aspect ratio

☐ Album description (can submit a link to a web page with the description)

☐ Profile image - high resolution image for profile/bio page

☐ Biography for artist (feel free to submit a link to a web page with the bio)

☐ URLs for artist's website, blog, Facebook page, Instagram page and/or anything else you would like to link to on your profile/bio page