



SheBreathes

BALANCE & WELLNESS STUDIO

Membership Code of Ethics

SheBreathes is a place for women to find support, growth and open mindedness. Not everyone will be at the same place in their lives or working on the same goals. We ask that you respect the privacy and perspective of your fellow members by following our Code of Ethics that are loosely based on the Yamas of Yoga:

- Be compassionate and kind towards other members and accept everyone with an open and loving heart and mind. Spread peace, not gossip, to create a circle of positivity.
- Walk with truth, honor and integrity. Communicate gently but directly. Honesty is the best policy. But if that honesty might be hurtful, silence can be a good option, too. If you are having a conflict, please let us know and we'll be happy to assist in its resolution.
- Be considerate of other people's time and space. Be prompt for events and classes (unless there's an emergency, of course) be mindful when parking, be patient of other members who are on a different journey than yours. Remember that service and gratitude pave the path to abundance.
- Practicing moderation and self-discipline will lead you to the balance you are searching for. Serve yourself and others by being aware of your priorities and goals, then be selective about where you direct your energy.
- Focus on yourself, and your progress, be responsible for your experience at SheBreathes. If you are mindful of your goals and live in the moment, there will be no room for uncertainty or competition.
- SheBreathes provides a forum for women to promote their gifts and the importance of balance, health and wellness. It is not intended as a platform to sell individual products.
- While SheBreathes is all about women supporting other women, both men and women are genuinely welcome in our community. We invite enlightened men to join and enjoy our benefits provided they participate with a genuine spirit of supporting our mission.

We understand that everybody has a bad day from time to time and needs a safe outlet in which to vent. We are happy to provide a community and sanctuary to help you re-balance and find your zen. However, we are also committed to protecting the personal progress and development of each and every one of our individual members, and thus reserve the right to disinvite any member who is consistently unable to follow our code of ethics.

Namaste.