

## **Group Norms:**

### Honor Lived Experience

- Everyone's relationship to movement and their body is valid. Create space for multiple perspectives
- Speak from the "I" perspective and avoid making generalizations

### Consent is Central

- Participation in all activities is optional
- You are encouraged to modify, opt out, or take breaks as needed. No explanation is required

### Body Neutrality and Respect

- This is a space that challenges us to move beyond diet culture. Consider this and avoid talk that centers weight loss or aesthetic goals
- Refrain from making comments about others' appearance
- We respect all bodies here—how they look, feel, move, and rest

### Confidentiality with Care

- What's shared in this space stays here

### Assume Good Intent, Allow Impact

- We aim to show up with care
- If harm happens, we acknowledge it and stay open to repair

### No Fixing or Advising

- We are here to witness, not solve
- Offer support by listening, not jumping in with solutions unless asked

### Make Space, Take Space

- Notice your airtime. Step forward if you usually hold back; step back if you tend to speak often

### Value Process Over Perfection

- You do not need to "get it right." Curiosity, self-compassion, and growth are welcome here

### Lead With Self-Trust

- Your body is the expert
- Trust your inner cues over external pressure—especially in movement practices