

Ridgewood Commons Group Charter

Working Group Name: Yoga and Meditation

Contact Information: Yoga Community: [signal group link redacted]

Meditation Community: [signal group link redacted]

Date Charter Ratified: XX/XX/2025 (to be filled in once charter is ratified)

Connection Statement:

Yoga and mediation are offered as wellness practices done in community rather than purely individualized self-care.

Powers & Rights:

We self organize facilitators and instructors to weekly hold Yoga within the main space, without other working groups making use of the space from 6:15 - 8:15pm every Monday. 45 minutes before the start of class (7pm) we need time to clear furniture and sweep the floor, so having the main space clear at this time is essential. We hold group meditations in the gym from 8-9pm every Monday night and 9-10am every Friday morning. 15 minutes before each meditation session, we need time to lay down mats and cushions and adjust the lighting and temperature, so having the gym empty by 8pm on Mondays and 9am on Fridays is essential. We ask others to refrain from being excessively noisy in the main space. As is traditional, these services are offered to the community on a donation basis/NOTAFLOF. We will share the door code with the small crew of bottom-liners, which fluctuates between 5-10 people usually.

Responsibilities & Liability

We clean up after ourselves and leave the space looking as good or better than we found it. We lock up after ourselves if we leave the space empty.

Ratified: XX/XX/2025

