

Women's Support Group Agreement

Commitment. This group will support your commitment to self-care and personal creative spiritual practice, while being with others of like mind and heart. Each week in addition to attending group on Wednesday nights from 6 to 8 pm, you will read a chapter from the Cocoon to Butterfly book, and do your own inner work through your own self-designed personal practice. (Anticipate a minimum of 30 minutes a day.)

To hold your space. Make your \$100 deposit on the website. This will secure your space in group. If the maximum of 8 people has been reached, you will be put on the waiting list. The deposit is your commitment to participate in the group and is nonrefundable. The deposit is applied to your first month in group.

The cost. Each session is \$50 with a minimum commitment of one month. When you join the group you commit to attending for one month which is payable upfront before you begin the group.

Continuing Support. After your first month in the group, you can continue by making a month to month commitment. Depending on whether there are 4 or 5 Wednesdays in the month, you will pay in advance for those sessions on the last Wednesday of the month. (For instance, if you're finishing up January, you'll pay for February's group on the last Wednesday night in January.) Some people have stayed in the group for several months, and others several years.

Graduating. When you are ready to leave the group, it will be announced that last evening so you can say goodbye and others can process you leaving the group. You are encouraged to stay connected to members of the group after you leave.

Missing a week. Please give 48 hours notice via email if you will need to miss a group. If you are sick, let us know. After the initial month, you can miss one group every two months without being charged. We will discuss details of this later in the group.

Group Vacation weeks. Most likely we won't be meeting during major holidays, unless it works for the majority of group members. This will be discussed in advance. (As the group leader, I may on occasion have a master teacher substitute for me, if I am unable to lead group. This would be on a rare occasion.)

There is power and magic when we come together as conscious women committed to creating an even more beautiful life for ourselves and the world. May we find the courage and power to release the limitations of our Cocoon and emerge into the freedom of the Butterfly of our own becoming!