



Private Facebook Group Guidelines

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The Mindful Mamas Club is a private community of mothers who have paid membership at www.mindfulmamasclub.com. The Mindful Mamas Club is an online community designed by mothers for mothers. Our mission is to provide mothers with mindfulness tools and practices that help cultivate more peace and joy in life.

The guidelines below are based on our core values and are designed to help us nurture our amazing community. Our values include: kindness, consideration, integrity, authenticity, honesty, compassion, empowerment, transformation, support, safety, humor, fun, peace, joy and love.

The intention of this private group is to have a safe space where we can connect with one another and share support, tools, and inspiration as we walk the path of mindful living.

By Joining the Private Facebook group, you are agreeing to these guidelines.

We welcome the following:

- Good vibes! We want to maintain a positive, safe and nurturing space so please contribute awesomeness to our community.
- Share what you're learning in The Mindful Mamas Club and how it's benefiting your life.
- Reach out for support and encouragement as it relates to engaging with the tools and practices from our program
- Feel free to ask questions, share challenges, post celebrations or personal transformation stories related to your journey as a Mindful Mama.
- Feel free to post inspiring quotes and videos related specifically to mindfulness and its connection to motherhood (please keep these to a minimum).
- We want to honor our member's privacy so if someone has shared something personal and you would like to share it outside of our group because you think it would help another person, then please be sure to ask them permission first.
- Support and encourage one another as often as possible and have lots of fun!!!





Please refrain from the following:

We are a “promotion free zone.” Please, no self-promotion of programs or services, no affiliate links and no soliciting other Mindful Mamas for any business purposes.

We are a “judgment-free zone” so no judgemental language, please.

Please refrain from sharing unrelated content.

Please note:

Administrators have the right to delete comments or posts that feel out of alignment with our intentions, guidelines and values.

In an extreme case, we may cancel someone’s membership without notice and remove them from the community if we deem that their participation is out of alignment with our intentions, guidelines and values.



Thank you for joining The Mindful Mamas Club!

We are so happy you are and look forward to sharing the journey with you.