

Yoga Club Constitution

Article I- Name and Sponsor: The name of this organization is Yoga Club, and its faculty sponsor is Ms. Allison Vogt.

Article II- Vision: Yoga club strives to provide students with an inner environment of peace and calmness, as well as an opportunity to improve their flexibility, spinal alignment, breathing, and mental health/stress levels. Yoga club is an effort to improve the wellbeing of students at Apex High School.

Article III- Powers: This constitution may be amended at an announced meeting of the club if agreed by two-thirds of the active members voting, provided that the Executive Board shall have recommended the amendment itself, and the faculty sponsor (Ms. Vogt) has been provided notice of the proposed change.

Article IV- Meetings:

1. Regular meetings of this club shall be called during the school year with regard to the convenience of the advisor and the Executive Board. (2:30pm-3:00pm)
2. Other meetings of the club may be called by:
 - a) Order of the President
 - b) Request of the Executive Board
 - c) Request of at least five members of the club and the approval of the Executive Board/ Advisor

Article V- Membership: To be a member of Yoga Club, one must possess a desire to do yoga willingly, and have an interest in yoga.

Article VI- Dues: Yoga club will have \$1 dues charged at the beginning of each academic school year. These dues will be saved to invest in a set of yoga mats, and customized yoga T-shirts, etc.

Article VII-Election of officers: Officers of Yoga Club shall be elected during the last month of the academic school year.

- a) A majority of votes cast by registered members of Yoga Club shall constitute the election of the Vice Presidents and Secretary
- b) President of Yoga club shall be chosen by the Executive Board and the advisor, Ms. Vogt
- c) A person may not hold two offices at the same time, however two consecutive terms may be served.

Article VIII- Duties:

1. *President-*
 - a) Responsible for overseeing and enforcing the duties of other executive officers and to assume the duties of another officer in the case of a temporary absence or vacancy.
 - b) Call and preside over the Executive Board and general body meetings.

2. *Vice Presidents-*
 - a) Perform duties of the president if he/she is absent
 - b) Responsible for general activities such as information sessions and other events
 - c) Assist president when needed.

3. *Secretary-*
 - a) Keep electronic records of all executive board and general meetings via Facebook group
 - b) Maintain list of active members
 - c) Maintain email list
 - d) Maintain website
 - e) Keep permanent attendance records
 - f) Responsible for announcements approved by the advisor, Ms. Vogt

Article IX- Activities, Projects and Community Service: Yoga Club will routinely incorporate yogic measures to improve the wellbeing of students at Apex High School. General meetings will follow this routine:

-15 minutes of yoga postures, stretches, and asanas.

-10 minutes of meditation techniques (breathing, visualizations, and affirmations)

-5 minutes of relaxation techniques.

Future goals include:

- Presentations and workshop demos at hospitals
- Presentations and workshop demos at assisted living centers
- Guest speakers (Duke Integrative Medicine, hospitals, etc.)
- Awareness campaigns