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## Foundation Course 2024: Our Sangha Statement

As we create our Sangha (community), we commit to providing a welcoming and nurturing learning space for all through:

- Joy
- Fun
- Acceptance
- Being present
- Compassion
- Respect
- Being open
- Being supportive
- Contributing to discussions
- Listening to others
- Helping each other
- Gentleness
- Connection
- Growth
- Being you!