

UNWIND
BYLAWS

ARTICLE I-Name

The name of this organization shall be “U.N.W.I.N.D”. It will represent an acronym that stands for (Un)ity, (W)isdom, (I)nsight, (N)ature, and (D)evelopment.

ARTICLE II-Purpose

The purpose of this organization is to promote physical and mental wellness through meditation, yoga, and natural remedies. Yoga teaches members spiritual development practices, as well as strength and flexibility. This helps the body and mind to self-observe and become aware of one’s own nature. Meditation also helps with spiritual development as well as teaches mindfulness and self-awareness. Learning yoga and meditation combined with uses of natural remedies can help students improve and makes changes in their lives academically, physically, emotionally, and spiritually.

ARTICLE III-Membership

Section 1. People interested in joining UNWIND, must be in good academic standing. Members must attend at least two meetings a semester and participate in at least one fundraiser (or) community service event.

Section 2. There will be no membership fees.

Section 3. Members may be dismissed for any of the following reasons: failing to notify a board member that they will miss a meeting (on more than two occasions), lack of participation, or mistreatment of another member of the organization.

ARTICLE IV-Duties and Elections of the Officers

Section 1. The Executive Board will include positions as/in public relations, fundraising, treasurer, secretary, vice president, and president. The duties of each position go as followed:

Public Relations- Responsible for up keeping the organizations social media, as well as, creating and posting flyers.

Fundraising and Community Service- Responsible for putting in space request for fundraising or community service events. This officer will make sure fundraising goals are met, come up with some ideas for fundraising events, and keep track of what members attend fundraisers or community service.

Treasurer- Responsible for handling money used to buy supplies, flyers, and any money obtained from fundraising.

Secretary- responsible for taking attendance, notes of meetings, and sending out email notices concerning meeting times and locations.

Vice President- Responsible for helping other officers. Vice presidents will attend meetings and relay information when the president is not available. They will also assist the president with any important matters concerning the organization.

President- Responsible for submitting space requests for club events, the oversight of the club's activities and events, aiding the other government positions in any nature, and making sure the club maintains a positive and friendly attitude toward one another.

Section 2. Elections will occur once a semester. The President from the previous semester will run the elections. If a new president is chosen, then they will gain the responsibilities of overseeing the elections. If an elected person chooses to step down from their position mid-year, an election will occur to replace the spot that needs filled

Section 3. Elections will be determined by majority vote to assure a fair election.

ARTICLE V- Role of Campus Advisor

Section 1. The advisor is selected based on their interest in mediation, yoga, as well as health. Their job is to oversee that there are no problems in the club and that the bylaws are followed.

Section 2. The advisor's role is to help and advise us in relation to club matters. The advisor may suggest ideas that will make the meeting or events run more smoothly.

ARTICLE VI- Meetings

Section 1. Meetings will be held the 1st and 3rd Tuesday of each month. The meetings will begin at 7pm and run until 8:30pm.

Section 2. At least four people must attend for a meeting to take place.

Section 3. Any decisions that occur during a meeting will be reached by majority.

Section 4. Each meeting will begin with 30-45 minutes of group yoga. This session will conclude with a group meditation, which will last no longer than 15 minutes. Each meeting will conclude with a member potluck (healthy foods are suggested). If you do not bring something to share, you will not be able to participate in the potluck.

Section 5. Special meetings will be decided by the president. This decision must be approved by the Vice President. The secretary will notify members by email, no later than a day before a special meeting.

ARTICLE VII- Finances and Funding

Section 1. There are no dues required of members.

Section 2. Funds will be requested from student senate on a as needed basis or as necessary.

Section 3. The organization will hold at least one fundraiser a semester in order to cover cost of most supplies needed.

ARTICLE VIII- Amending, Suspending, and Accepting

Bylaws may be under review if any member feels that it needs to be changed. The member in question must have the proposed changes written and ready to present to the club at the time of suggested change. Amendments can be made to the Bylaws as long as 2/3 of the members agree to the Amendment. All changes to the Bylaws must be approved by the Student Senate, The Vice President of Student Affairs, and the President of Clarion University.

ARTICLE IX-Ratification

These Bylaws, and its amendments, shall become effective upon ratification by the members of UNWIND and following the approval of the Student Senate of Clarion University of Pennsylvania, the Vice President of student and University Affairs, and the President of Clarion University.