

## Equality Pledge for Abdominal Therapy Educators

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As an instructor and/or decision-making member for the Abdominal Therapy Collective I acknowledge that it is my responsibility and do commit to:

- ⦿ Embrace antiracism with all my abilities, specifically as the trauma of cultural racism is expressed in our bodies. I will do my own work to acknowledge the institutional/structural racist, colonialist and white supremacist culture within which our classes and therapy are delivered. I will be open to feedback from my colleagues and students reflecting further antiracist work to be done by our organization and myself.
- ⦿ Verbally and explicitly acknowledge in every meeting and class, the native/ancestral peoples upon whose land we may be practicing and teaching, as well as acknowledging the origins of the folk medicine practices that are key components of abdominal therapy.
- ⦿ Work toward a greater understanding of the needs of our clients and students who express gender and sexuality outside of the standard cis-normative heterosexual type. I understand that the bodies of our clients and students need this work from loving hands regardless of gender or sexuality expression. I will be open to feedback from my colleagues and students reflecting further work to be done by our organization and myself to provide more welcoming and comprehensive support to the entire gender and sexuality spectrums.
- ⦿ Accept that, as a member, instructor, and/or founder of the Abdominal Therapy Collective, I am willing to offer a reduced fee for marginalized/oppressed students, regardless of race, creed, or color, in Abdominal Therapy Collective classes or events as we work toward equity in our organization and in the world.
- ⦿ To further support these directives, I commit to participating in at least one workshop/class on racial equity, one on gender/sexuality and one on cultural appropriation.

All these requirements are subject to change by ATC, Inc., without notice.