Circle Onboarding #2

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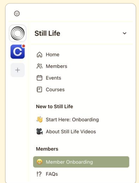

Lesson 0 of 0

Still Life

Still Life is a purpose-driven community using Stillness to learn, evolve, and build a better world together.

Located in Venice, we provide a roadmap to developing a meditative practice that sticks. There's no dogma or doctrine attached, just powerful introspective tools accompanied by a supportive community fostering continuous personal growth.

Address: 1041 Abbot Kinney Blvd. Venice, CA 90291

Lesson 0 of 0

Membership

Membership Pillars

Still Life exists for the modern professional to find Stillness. Below are our pillars for membership so that you can build your own roadmap to your life well-lived!

Self-Development

You'll learn and develop a powerful mix of tools and techniques that unlock your own, unique Stillness practice to master your states of mind.

Community

It's easier to show up to practice when you have a team. Grow alongside a hand-picked community of professionals and support each other through this journey.

Expert Instruction

Through Jim's guidance, discover the hidden depths of your subconscious mind to reset your approach to work, relationships, and life itself.

Offerings

As a member, expect to participate in the following events and offerings :)

Weekly Stillness with Jim George

- On Tuesday nights, these events consist of three parts. From 6:00 - 6:15pm, we begin with a guided Stillness practice to reset our nervous systems. From 6:15 - 6:45pm, we share our experiences from the week, led by Jim or a guest. Finally, there is a Connection and Exploration period from 7:00 - 7:30pm, allowing for group breakouts or a dedicated Q&A session. Members are also encouraged to bring up to three guests per event.

Monthly Values Elicitation

- Membership also gives you access to a monthly session where we collectively explore and elicit our values, analyze past behaviors and future aspirations in small groups, and commit to holding each other accountable.

Contract Therapy

- Contract Therapy is a weekly service offered to members. It includes four available slots each week for members to access both a sauna and a cold plunge. The services are available on Mondays, Wednesdays, and Fridays from 7 am to 12 pm, and on Sundays from 4 pm to 8 pm.

Group Experiences

- Community-curated events that deepen relationships and connect members on a 1v1 basis. Past events include sunrise hikes, dinners, mixers, wellness days & more!

Weekend Retreats & Unique Experiences

- As a member, you'll get priority access and discounted rates for new offerings :)

Community Guidelines

Hi ☺!

So, here at Still Life, we hold these guidelines closely. Please read them and abide by them as doing so benefits everybody. Members in violation of these guidelines are subject to dismissal.

Come As You Are

When in our space, please be unapologetically yourself. Enter with the mindset that you are not your story, your achievements or the societal status prescribed to you. Strip-off all labels and come as you are: a raw, real human.

Be Responsible For Your State

State Control is the bedrock of a life well-lived. It is the way you interpret circumstances that determines your outlook. You alone hold the power to change that interpretation. When you Get Still you change your state, when you change your state, you change your world...

Commit To Self-Development

Your mind is the only fold of the universe you can be sure of improving. Thankfully, there are no bounds set around the pursuit of self-progress. Come in with relentless ambition to better yourself and please leave your limitations at the door.

Prove It With Action

Values drive behavior, words do not. It is our actions that define our intentions. Please do not tell us who you believe you are. Show us.

Challenge Fear

It is easy to forget that the human mind was shaped by the survival pressures of our ancestors. Some of this residual neurology responds disproportionately to situations today. We seek the courage to break through the restraints of inappropriate, fear-based narratives as the other side offers liberation and expansive opportunity.

Dream Audaciously

We believe that each person has a purpose - a reason for being. This calling is magnetic. We seek to answer questions like "what do I love, really?" and "what do you love?" Then, together, we cultivate the motivation and audacity to develop those answers and build our dreams.

Connect With Others

Ironically, in an increasingly connected world, we have become disconnected from each other. At Still Life, we encourage authentic connection through the transfer and sharing of ideas, knowledge, experiences and perspectives. We strive not to judge but instead be open and receptive. This way we can reach new depths in our relationships.

Strengthen The Community

Our community members realize that improving ourselves and the world around us is not easy. There is relief in knowing that the sum of our efforts, individually, is greater than the sum of the parts. This support structure lends courage to each individual in where they relentlessly pursue their ambitions with an abundance of heart. We take pride in empowering others.

Love Well

Many virtues require no innate skill whatsoever: honesty, generosity, kindness, gratitude - to name a few. When you act through filters such as these, you practice love. Do it well, grow with it and pour it into every corner of your life.

Complete lesson →

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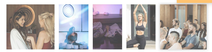
Henry Mitchell

Lesson 0 of 3

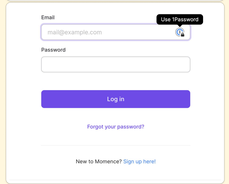
In-Person Events



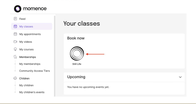
How to Book Events

Our in-person event booking software is called Momence. All members should have a Still Life Momence account. Below is the step-by-step guide to booking in-person events such as Weekly Stillness, Values Elicitation, and other unique community events:

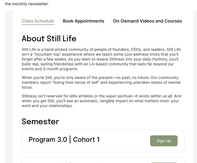
1. Log into Momence



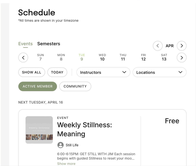
2. On the "My Classes" Tab, select the Still Life icon under "Book Now." Alternatively, navigate directly to the Still Life Momence page here to skip step 1.



3. Scroll down to "Schedule" and see the complete calendar of events. The calendar will also be sent out in the monthly newsletter.

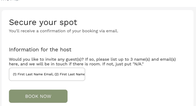


4. To see member events, select the filter "ACTIVE MEMBER." Alternatively, view all Still Life events.



5. Select "Book Now" on the event you wish to attend.

The event page will open in a new tab. If guest passes are eligible for the event, you will be prompted to enter any guest(s) you wish to invite. See "Guest Policy" lesson for more details on the Still Life Member guest policy.



Event Best Practices

- Please be on time as we start promptly and we wouldn't want you to miss anything or interrupt Stillness
- If you're running late, reach out to our support number (+1 (505) 560-3647) to let us know

Suggest collapsing into pages so people can find it more easily when they need it directly

Henry Mitchell

Lesson 0 of 3

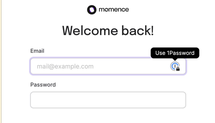
Contrast Therapy

Contrast Therapy at Still Life

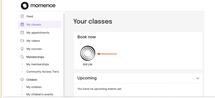
Active Members have unlimited access to our dry sauna and cold plunges during select hours. Contrast Therapy can be booked as a 30-minute appointment at the following times: MWF 7am-12pm and Sundays 4pm-8pm.

How to Book Contrast Therapy

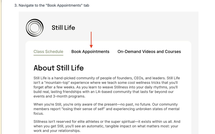
1. Log into Momence



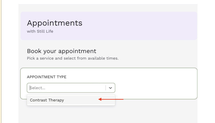
2. On the "My Classes" Tab, select the Still Life icon under "Book Now." Alternatively, navigate directly to the Still Life Momence page here to skip step 1.

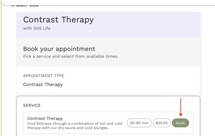


3. Navigate to the "Book Appointments" tab



4. Select "Contrast Therapy" from the drop-down





6. Select the time you wish to book from the calendar. Note, multiple Members may book the same appointment time. If you wish to coordinate with other Members to use the contrast therapy together, each Member should individually book the same appointment time.

Contrast Therapy Best Practices

- **Check In:** All Members should check in at the front desk upon arrival. Do not just go straight to the cold plunge and sauna.
- **Towel Rental:** It is recommended that Members bring their own swimsuit and towel. If a Member does not have a towel, they may rent one for $2.
- **Sauna Troubleshooting:** If the sauna is locked, the code is 6899.
- **Cold Plunge Troubleshooting:** cold plunge covers should be left on when not in use to avoid the water getting dirty. Please remove the cold plunge cover(s) and set to the side before use, and please return the cold plunge cover(s) and snap the buckles into place after use.
- **Coordinating with other Members:** If you wish to coordinate with other Members to use the contrast therapy together, each Member should individually book the same appointment time. Up to 20 Members may book the same appointment time.
- **Guest Policy:** Guests are not welcome to accompany Members to contrast therapy appointments at this time.

Complete lesson →

Suggest collapsing into pages so people can find it more easily when they need it directly

Henry Mitchell

Guest Policy

Guest Policy

Each member will be allowed up to 12 guest passes per month, to share the gift of Stillness with their family and friends. Guest passes are eligible for use at Weekly Stillness, as well as select other events. Up to 3 guest passes can be used per Weekly Stillness, per member.

In applicable events, a question will be asked before booking whether you would like to invite guest(s). Members must enter both the name (first last) and email of each guest. Still Life members are given priority access to the events, and guests will be placed on a waitlist. Invited guests and their hosts will be contacted via email if the guest is confirmed to attend. Invited guest(s) may not attend the event unless they receive a confirmation email from Still Life. All guest(s) must be accompanied by an active Still Life member to attend an event.

How to Invite a Guest

1. On an applicable event page, after selecting "Book Now," members will be prompted to enter up to 3 guests' name(s) (first, last) and email(s). If a member wishes to invite multiple guests, all guest names and emails should be listed, separated by a comma. If a member does not wish to invite any guest(s), they should enter "NA" in the text box.
   - Note: If an event checkout page does not prompt a member to invite guest(s), members can expect that the event is for members only, and guest(s) may not be invited to attend.

2. Invited guests will be placed on a waitlist until all paying members are given ample opportunity to book the event. If there are open seat(s), invited guest(s) and their host will be contacted via email if the guest is confirmed to attend. The guest will be invited to make a Still Life profile, and will be added to the event.
   - Note: Invited guest(s) may only attend the event if they receive a confirmation email from Still Life and are added to the event.
3. Confirmed guest(s) may accompany their host to the respective event. All guest(s) must be accompanied by an active Still Life member to attend an event (if a Still Life member is no longer able to attend the event, their guest(s) may not attend alone, and are welcome to attend a future event).

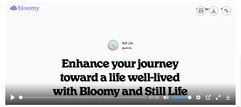
Right of Refusal

Still Life reserves the right to refuse entry to any guest based on misuse or overuse of the guest pass privilege, failure to adhere to the Still Life Community Guidelines, or any other reason Still Life deems fit.

Cancellation & No-Show Policy:

Still Life members will be charged $25 in the event of a no-show. Please cancel your RSVP or reach out to our support number (505-560-3647) if you are no longer able to make it. Members have up to the start of the event to cancel their reservation.

Member Perks & Benefits



Partner Perks

Still Life partners with Bloomy to offer our community exclusive perks to better support your overall well-being and journey toward a life well-lived. Bloomy offers you an easy way to discover top-rated wellness providers, access exclusive events, unlock discounts & perks on the best wellness brands, and connect with like-minded community.

Create a free Bloomy account here (this is separate from your Still Life login information) to access the perks and enhance your journey toward a life well-lived today!

Perks include:

- 15% off Akasha Superfoods
- 15% off Higher Dose
- 20% off Pause
- 20% off Remedy Place
- 10% off Whole You Electrodermal Screening
- & more

Remove all of the online course stuff from the onboarding

Create new spaces

Current member CTA?

Henry Mitchell

Now what...? What's their next step? Stay in circle? Book an event?

Henry Mitchell