



November 11, 2016

Creating Positive Change From The Inside Out

Guided by our Values

I am reaching out to you during this time of heightened concern and uncertainty for so many. As a trauma-informed organization, Living Yoga is committed to the safety and wellbeing of our students, volunteers, staff, board, partners, and fellow community members.

While many people in our community, and in our country, are feeling triggered, sad, scared, or unsure, there is some comfort in knowing that Living Yoga remains committed to ensuring we all feel safe, welcome, and valued.

Living Yoga fosters healing and resilience in vulnerable and marginalized communities, and I am immensely grateful for your contributions to our mission and our work.

These are Living Yoga's Guiding Values:

Transformation *We are committed to helping people create positive change from the inside out.*

Truthfulness *We honor all people and the underlying potential for greatness in their lives.*

Respect and Compassion *We honor diversity; and we encourage non-violent communication, openness, and safety.*

Sustainability *We encourage meaningful opportunities, extensive training, mentoring, and support.*

Service *We honor selfless service, recognizing that the one served and the one serving are both transformed; and we engage the community in our process.*

These values guide us and remain constant, regardless of what changes take place around us.

Thank you for all that you do for Living Yoga and our students. Your support helps us all to heal and thrive.

All the best,

Lauren Booth
Executive Director

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Our work is cut out for us



Inbox x



Ken Roth, Human Rights Watch news@hrw.org via server8839.e-activist.com

to me ▾

Will you stand with us? Donate today to protect human rights.

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H U M A N
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W A T C H

Your gift will protect human rights
around the world

DONATE TODAY

Dear Pat,

Racism, xenophobia, and misogyny were an ugly part of Donald Trump's presidential campaign. Now that the election is over, our challenge is to make sure they do not shape his presidency.

We've got our work cut out for us, but with you by our side, we will continue to protect the values of equality and inclusion that are under siege in this country and around the world.

Will you stand with us?

Make your gift to our "Million Dollar Challenge for Human Rights" right now, and it will be matched dollar-for-dollar – DOUBLING your impact.

Now more than ever, we need to rally behind our core values: that human rights are universal. They apply to ***everyone***.

Thank you,

Kenneth Roth
Executive Director
Human Rights Watch
[@KenRoth](#)

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P.S. Make your special gift today, and it will be matched dollar-for-dollar.

**All gifts will be matched up to a total of \$500,000 by an anonymous donor. Each individual gift matched up to \$10,000.*

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TAKE ACTION

VISIT HRW.ORG

Human Rights Watch | 350 Fifth Avenue, 34th Floor | New York, NY 10118 USA

Tel: [1 \(212\) 290-4700](tel:12122904700) | news@hrw.org

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Ken Cook, EWG ewg@ewg.org via mail.salsalabs.net

to me ▾



Know your environment.
Protect your health.

The hand-wringing is over. We're ready to roll up our sleeves, Friend.

Like you, at EWG we are grappling with the results of Tuesday's election. While we don't know exactly what changes are coming, President-elect Trump has made no secret he wants to take power away from the EPA – the very agency responsible for keeping the water we drink and air we breathe clean and safe.

No way. Not on our watch.

We are not going anywhere. We are recommitting ourselves to our mission: to protect human health – yours and your family's – and our planet from environmental threats. These hazards include the toxic chemicals in fracking wastewater that could end up in our drinking water.

So, that means we could have a bit of a fight on our hands and we need to know that you are with us in that fight. My team put together a quick survey so that we can get your input on our priorities for 2017.

I hope you take a few moments to fill it out.

[Click here to tell EWG your priorities for 2017. Our five-question survey will take less than five minutes, and will help guide our research and advocacy priorities for next year.](#)

Even when the government lets you down, you can count on EWG to stand up – strong and early – to any and all attempts to undermine the laws and regulations on which you rely to protect the health of your family, especially the health of your children and the environment they'll inherit.

[Please click here to answer the quick, five-question survey and let us know what YOU want to see EWG doing more of next year when it comes to protecting your health and our environment.](#)

Thank you for taking the time to answer these questions and for all you do for EWG.

In partnership,



Ken Cook

President and Co-Founder, EWG

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