

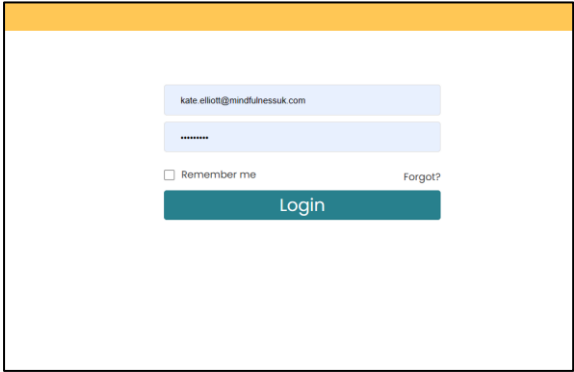
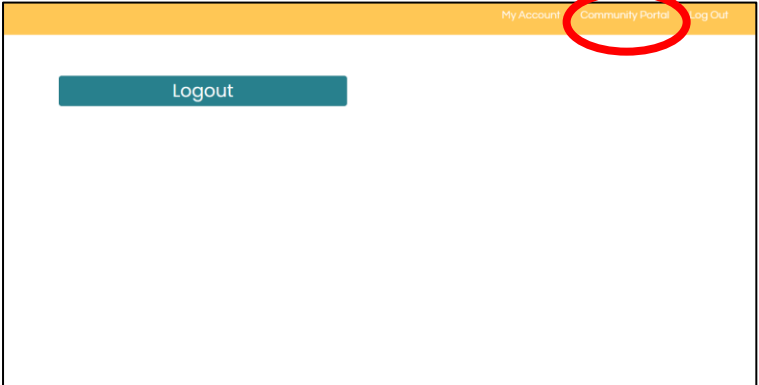



## How to access the MindfulnessUK Community Portal:

<p>1. Visit MindfulnessUK.com</p>	
<p>2. Scroll to the bottom of the page and click on My Account (under additional resources)</p>	
<p>3. On the account page and login</p>	
<p>4. Click on Community Portal (top right)</p>	

5. Arrive on the portal welcome page and scroll down to access the information you want to access



**Welcome To The MindfulnessUK Community Portal**

Join in the chat, download resources, and plan your continuous professional development.

This portal is open to free and full Community Members. As you explore you will find your access is unique to you. Everyone can participate in the general chat forums and chat with members and click 'What's On' to see a full list of events.

If you are a full Community Member you can access discounts, and specific teacher training information as well as chat groups unique to our training.

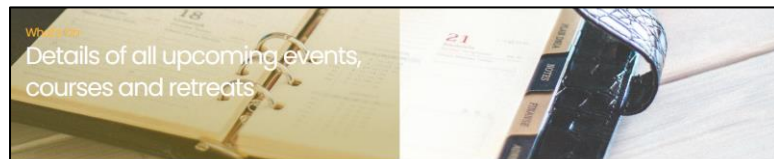
We hope you enjoy the Community Membership portal and we look forward to your feedback to help us to continue to support your mindfulness career.

6. What's On Page – click to see what's coming up in the calendar.



**What's On**

Check out a range of events including sitting groups, book clubs and continuous professional development (CPD) sessions with special guest speakers. We also welcome your requests to co-host events for your peers.



**What's On**  
Details of all upcoming events, courses and retreats


**Upcoming events**

There's lots happening at MindfulnessUK over the coming weeks - find out what's coming up and how to get involved below.

**\*\*Note that all items shaded in yellow are for Full Community members only.**

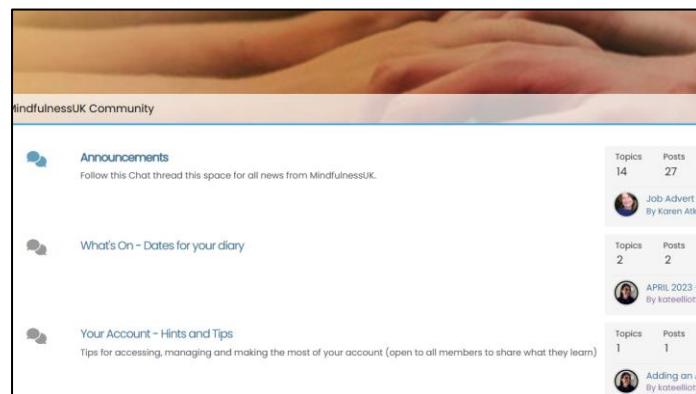
Event	Date	Time	How to join
Weekly Sitting Group	15 Mar 2023	1pm - 2pm	Book your place via the website
Mindfulness for Children and Young People Masterclass	17 Mar 2023	1pm - 2pm	Book via the website- 10% off for Members
Meet the Tutor - meet Karen Atkinson, MBSRTT Tutor	21 Mar 2023	7pm - 8pm	Join via Zoom

7. Chat Forums – look out for announcements, information or share your own thoughts too.



**Chat with Members**

Join the chat to connect with your Community Members. You will be auto-enrolled on specific groups relevant to your teacher training course and be able to share teaching insights and stories with your peers. You can search all chats for topics and set your own notification preferences, as well as organise shadowing opportunities and use the platform to organise meetings on topics of interest to you. Click now and join the conversation.



MindfulnessUK Community

- Announcements**  
Follow this Chat thread this space for all news from MindfulnessUK.  
Topics: 14, Posts: 27
- What's On - Dates for your diary**  
Topics: 2, Posts: 2
- Your Account - Hints and Tips**  
Tips for accessing, managing and making the most of your account (open to all members to share what they learn)  
Topics: 1, Posts: 1

Recent posts:  
Job Advert By Karen Atkin  
APRIL 2023 - By kateelliott  
Adding an A By kateelliott

Click on add topic to add any comments or share any information when in the Chat Forums

8. Resources – useful resources to help with training, teaching and CPD



**Resources**

Here you can find everything from teaching materials to session templates, as well as meditation downloads and unique in-depth talks and insights, all designed to help you learn, develop your practice and deliver your teaching.

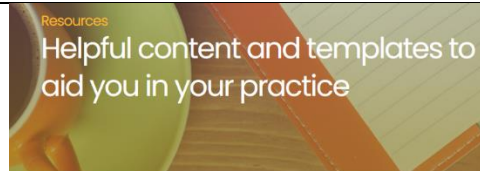



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- > Retreat Talks
- > BAMBA Good Practice Guidelines
- > Supervision
- > CPD Recordings and Resources
- > Practices & Meditation Downloads

Click on the resources you want to access – noting access will depend on your Community membership and the courses you have taught.

9. Discounts – see what discounts you can access with your FULL membership



**Discounts**

Exclusive discounts on Continuous Professional Development masterclasses and online retreats. You can also take advantage of our insurance discount available exclusively to MindfulnessUK Community Members.

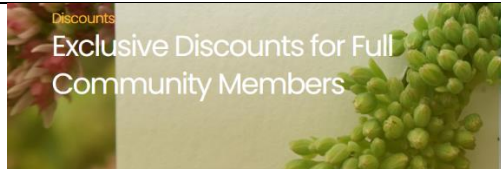


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- > E-courses
  - > Business Development e-course

Click on the discount you are interested in to find out how to redeem it (Noting discounts apply to full members only)