

How to use the Mindfulness Network Community site

Access your training and retreats online.



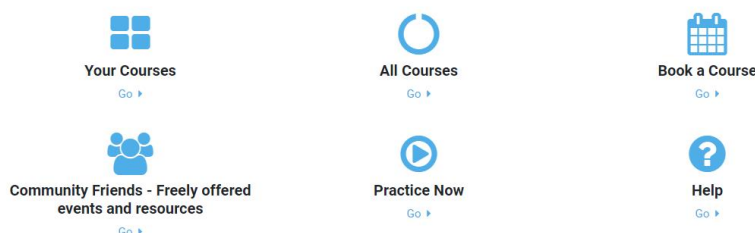
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Welcome

The Mindfulness Network Community is where you can access our online courses, resources and discussion forums that will connect you with other mindfulness practitioners and trainees, plus our network of teachers, trainers, retreat leaders and supervisors.

Thank you for being here.



What is the Mindfulness Network Community?

Our Community site is built for online learning. When the pandemic began, we responded by moving training and retreats online. The Community site now supports both in-person and online learning, so it is important that you familiarise yourself with this space before each event.

We are pleased to welcome you as a member of our online Community and have enrolled you onto the event you have booked. If this is your first event, please look out for a registration email from MN Community which will contain your login details. If you have attended an online course with us before then you may already have an account and you can use your existing login.

[>> Click here to log in to the Community site and find your event <<](#)

If you forget your password you can reset it via the login page. Your username is normally your email address ALL IN LOWERCASE.

Once you are logged in, you will see your event under 'My Courses' on the top menu of the site. Each course will have a noticeboard, where you will find announcements, pre-course reading and supporting materials. **Please log into the Community site as soon as possible upon receipt of this email, as this is our main way of communicating information to you prior to the event.**

We recommend that you visit our [Community FAQs](#) for more support and watch a [quick video tour of the Community site](#) to help find your way around.

What is the Mindfulness Network Community Friends?

This is an area of our Community site that is public and open to all, with or without a log in, where you can find out more about our freely-offered events and resources. Join a practice session... Listen to audio meditations... Watch recordings of past events. [Come and look around!](#)

We look forward to meeting you online and connecting through the Community site.