

Welcome to your Breathworks Course

The Charity for Civil Servants has purchased this licence which provides you with fully funded access to

A Taste of Mindfulness One Month of Mindfulness

created by leading mindfulness trainers [Breathworks](#)

Your Breathworks Mindfulness package includes

- Access to the **Breathworks Community of Practice platform** – please follow the instructions below to log in as soon as you receive this. You'll then be able to explore the community space, join in our fortnightly live online practice sessions, chat to other community members...
- **A Taste of Mindfulness** – this is a short self-led introductory course, exploring what mindfulness is and offering you some short taster practices to try. It's a great place to start your journey with mindfulness.
- **One Month of Mindfulness** – this course explores mindfulness in a little more depth and offers more variety of practices, to support you in developing equilibrium and inner strength, no matter what is going on in your life or at work! The course is divided into 4 'weeks' so you could take it one week at a time through January.

Getting started on our Community of Practice platform

Here are the instructions for you to access your courses and resources. Once you have logged in you will continue to have access for **6 months until the end of July 2021**. This is provided for your personal use only, so please do not share this licence or links to online course resources with others.

Click [here](#) which will direct you to the Breathworks Community of Practice web page.

1. You will be greeted by this screen. Click on the **Access** button.



Charity for Civil Servants Breathworks Community of Practice

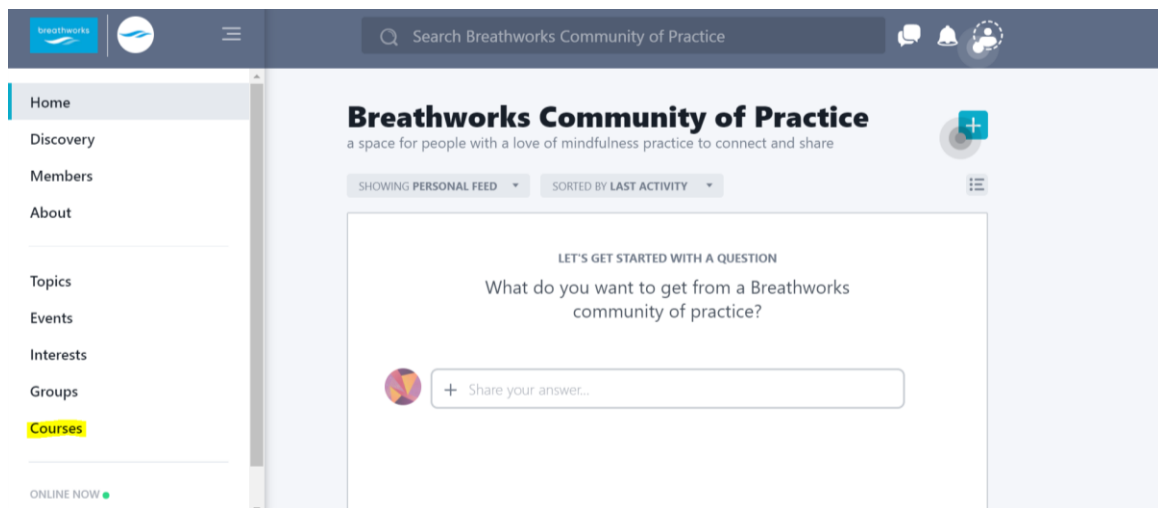
Breathworks Community of Practice membership plan for The Charity for Civil Servants

FREE

Access

2. Create an account (first name/last name then click Next in the top left-hand corner). Then add in your email address and password (then click Next in the top left-hand corner).
3. Click to confirm free access.

4. You should now be logged in and you will be met by the screen below - come on in and explore. As a member of our community, you'll have free access to our fortnightly live practice sessions (check 'events'), monthly videos from our founder Vidyamala Burch and lots more.



5. Once you have accessed the Community of Practice platform, then you'll be able to access your own courses by clicking on the separate joining links below. *Don't click on them before you've successfully logged in to the platform or they won't work & may direct you to a paying subscription page!*
- [A Taste of Mindfulness](#)
 - [One Month of Mindfulness](#)
6. Once you've joined your course(s), you can access them via 'courses' in your left-hand toolbar - see highlight in screenshot above.

We really hope you benefit from your course(s) and if you have any difficulties with access please contact us at karen.levin@breathworks.co.uk