



We are looking for Supporting Volunteers

- Mindfulness Network Community Friends -



- Are you a mindfulness teacher in training or experienced meditator? -
- Do you enjoy attending regular online talks and practices? -
- Would you like to give something back by helping to raise donations that fund bursaries and charitable work? -

Join our team of volunteers who help to support free guided practice sessions & donation-based events.

The Mindfulness Network Community Friends is a volunteer-led organisation supported by the Mindfulness Network charity, offering a rich programme of community events that are open to new and experienced meditators alike. See the current range of opportunities to practice and learn together on our Community Friends homepage: <https://bit.ly/MindfulnessNetworkCommunityFriends>

As a supporting volunteer, you can help grow our virtual community by representing the Mindfulness Network Community Friends through our website and online events. There will be opportunities for Zoom driving, administrative support, event promotion and friendly faces to welcome participants, depending on what you feel your skills can offer. All you will need is a good internet connection and willingness to sign up to our volunteer rota, with the flexibility to support a range of day, evening and weekend sessions at a level you feel comfortable with. In return, you will be part of a team of volunteers making a positive impact and connected to experienced mindfulness teachers, including leading experts in the field of mindfulness and compassion.

If you have experience, ideas and enthusiasm and would like to volunteer to help for behind-the-scenes support for online Zoom sessions, special interest groups, retreat days, online talks and other administrative functions please contact the Mindfulness Network Community Friends Volunteer Committee via email and we can set up an informal chat: communityfriends@mindfulness-network.org.

