

## *Benefits of joining our community*



## *BSOM Members Register*

## JOIN OUR COMMUNITY

We would love you to join our Register of wonderful British School of Meditation members - here are many reasons to join our community.

We are interested in providing a space for growth, as well as supporting you with knowledge, motivation and inspiration. Plus we like to promote your business too.

We bring together people with similar interests and offer a safe-space to work on their skills.

Being a meditation teacher can be rewarding, but working alone can bring challenges. Being part of our community allows you to develop relationships, and your social circle - you will be around like-minded people. You may even discover people to collaborate with too.


You can be a part of a collective working towards a common goal.

We like to learn together. You are able to ask questions, plus ask for support from others whilst also being able to help others too. This can help your confidence to grow.



BRITISH SCHOOL OF  
**meditation**

Externally Accredited BSoM Meditation Teacher

An overhead photograph of a group of people sitting around a wooden table. The image is partially obscured by a semi-transparent white rectangle containing text. Visible details include a person with blonde hair in a yellow sweater on the left, a person in a light blue sweater at the top, and several hands holding smartphones. The table has a rustic, dark wood grain.

‘Community is  
much more than  
belonging to  
something. It’s  
about doing  
something  
together that  
makes belonging  
matter.’

~ Brian Solis

# YOU COULD BE PART OF OUR COMMUNITY SPACE

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## Supporting you

### Community App

We have a website where we join together as a community.

Here are some of resources you will have access to:

- **Business Resources** - this includes tips on writing your course, choosing a venue, official paperwork, promotion, etc.
- **Science Resources** - this section looks at how meditation changes the brain, resources you can use in your classes, how meditation changes the body, and how we explain the science of meditation.
- **CPD events** - you will have an up-to-date calendar of events, plus you will have access to our free Tea & Chat events.
- **The Library** - this section includes our favourite books, as well as the books recommended by our members. You can also find books which have been written by our members.
- **Members' Promotion** - in this section you will be able to see how we promote you via our members' appreciation posts and podcast.
- **The Meditation Room** - this section includes our categories of meditation, with our tips on writing scripts and ideas for developing your sessions. Plus meditation recordings., too

**Chat space** - You will also have access to a chat space where you can share ideas and ask questions.

**Free events** - Every month, we host a free live Tea & Chat session where we meditate together, and also feature guest members so they can chat about their specialised subjects.

# WE WILL PROMOTE YOU

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## Promoting your business

**Find a Teacher** - We will include your business details under the 'Find a Teacher' part of our website, so potential students can find you via a postcode search.

**Members' Appreciation** - Every month we profile one of our members in our appreciation post which is shared on all our social media platforms as well as on our website.

**Meditation Movement podcast** - We have a podcast called 'The Meditation Movement' and each month we pick a member so we can highlight their business.

**Raising the profile** - We are always looking at various ways of raising the profile of the school within the media too, and have been featured in various publications already.



# HERE ARE OTHER WAYS WE WILL SUPPORT YOU

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## Supporting you

**CPD events** - We have an extensive CPD programme and as a register member you will receive a members discount on all the sessions. We are currently in the process of developing free CPD video sessions too, which will be available for you to download and watch in your own time.

**Enhanced DBS check** - As a member, should you wish to work with children or young adults, you will be able to apply for an enhanced DBS

**Logo** - As a BSOM member, you will be able to use our logo on your stationery, website or wherever else might be appropriate.



# HOW TO JOIN US

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To receive these amazing register benefits, we will require the following documents

- Completed application form
- A copy of a basic DBS check - <https://www.gov.uk/request-copy-criminal-record>\*
- A copy of your Insurance certificate
- A signed Code of Ethics

And also the payment. You can either pay an annual fee of £130, or monthly amount of £11 by STO.

You can scan and email these documents to: [sarah@teaching-meditation.co.uk](mailto:sarah@teaching-meditation.co.uk)

Alternatively, if you would prefer to post, please send to: BSOM Members Register, 45 Stone Lane, Winterbourne Down, Bristol, BS36 1DH

Payments can be made to:

Bsomeditation Llp  
55487004  
60-83-71

To request an invoice for your records, email [sarah@teaching-meditation.co.uk](mailto:sarah@teaching-meditation.co.uk)

\*If you wish to have an enhanced DBS check instead of a basic check, please contact us.

# WE LOOK FORWARD TO WELCOMING YOU TO THE BSOM MEMBERS REGISTER

Best wishes

*Catherine, Sarah  
& Catherine*



Any queries about your membership, you can email either  
[info@teaching-meditation.co.uk](mailto:info@teaching-meditation.co.uk) or [sarah@teaching-meditation.co.uk](mailto:sarah@teaching-meditation.co.uk)



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