What is the re-origin community?

Community and Engagement · https://www.re-origin.com/support/what-is-the-re-origin-community-2

The re-origin community is a supportive, member-only space where people come together to heal, learn, and grow.

Inside the community, you can connect with others who understand what you're going through, ask questions, share wins, and receive encouragement from people on a similar journey. Many members find that being part of a group that "gets it" reduces feelings of isolation and helps them stay consistent with their practice.

You'll also find structured spaces such as Progress Pals, guided discussions, and community-led posts designed to keep you engaged, motivated, and supported. In addition, you'll have access to live workshops, and Ask me Anything space and ongoing guidance from the re-origin team.

For many people, the community becomes one of the most valuable parts of the program offering accountability, connection, and a sense of belonging throughout the healing process.

> Building Resilience and Healing with Community

Embedded media: https://www.re-origin.com/articles/building-resilience-and-healing/embed#?secret=z4ZSHt9ssD#?secret=vcaPrveHD4

Is the community included in my membership?

Yes, full access to the community is included as part of your subscription.

Do I have to participate in the community?

Not at all. You can engage as much or as little as you like—some members are very active, while others prefer to observe and learn quietly.