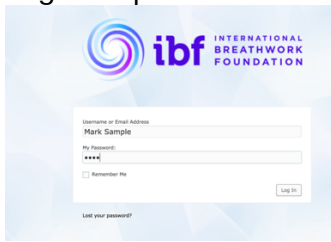


HOW TO ADD YOUR PERSONAL INFORMATION TO THE PROFESSIONAL MEMBERS WORLD MAP

Log in as professional or organisational member

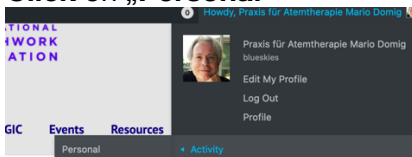


The image shows the login page for the International Breathwork Foundation (IBF). At the top left is the IBF logo, which consists of a stylized 'i' and 'b' in a circle followed by the text 'INTERNATIONAL BREATHWORK FOUNDATION'. Below the logo is a login form with two input fields: 'Username or Email Address' containing 'Mark Sample' and 'My Password' containing '*****'. There is a checkbox for 'Remember Me' and a 'Log In' button. At the bottom of the form, it says 'Lost your password?'.

In „My Profile“, on the top right side, hover with your mouse over „**Howdy,**“



Hover with the mouse over „Activities“
Click on „**Personal**“



A pop up window will open



The image shows a pop-up window for creating an activity post. At the top, it says 'Activity' and has links for 'Location', 'Notifications', 'Messages', and 'Settings'. Below this is a text input field with the placeholder text 'Enter your information here in this field!'. At the bottom right of the field is a 'Post Update' button.

Enter your text in the field, when finished,
Click on «**Post Update**»