



Tergar Practice Coordinators

Responsibilities, Requirements, and Training

Practice Coordinators support practice groups and Tergar communities by facilitating meditation groups, practice sessions, and small group activities, and in some cases by serving as a link between a local group and Tergar International.

Practice Coordinator Responsibilities

- *In a Practice Group¹ without a trained Instructor, Facilitator, or Practice leader*, Practice Coordinators serve as links between their local group and Tergar International and support their group by offering meditation group sessions. In this capacity, they:
 - Work with Tergar International to clarify the purpose and expectations of a Practice Group and to communicate these to their local community.
 - Facilitate meditation group sessions, sharing this responsibility with other Coordinators whenever possible.
 - Enlist others to share the leadership and facilitation of group meetings.
- *In practice groups and Tergar communities with a trained Instructor, Facilitator, or Practice leader*, Practice Coordinators work with other group leaders to support their local community. In this capacity, they:
 - Host Joy of Living open practice sessions.
 - Serve as small group leaders for Joy of Living and Path of Liberation small groups.
 - Host Path of Liberation practice sessions.
 - Host book clubs and other community-building programs.
 - Serve as back-up hosts for Joy of Living meditation group sessions when an Instructor, Facilitator, or Practice leader is not available.

¹ Practice Groups are self-forming groups of students interested in Mingyur Rinpoche's teachings.

Practice Coordinator Qualifications

- Ability to work as a team member
- Interest in developing a group that reflects the vision of the Tergar Community and which is not limited to one's personal preferences
- Participation in all three Joy of Living levels, either online or with a local group, and completion of meditation homework for each level **OR** who have completed JOL1 and the homework and have had a steady practice for 3 years or more **OR** who meet the following Path of Liberation requirements
- For those who host Path of Liberation practice sessions:
 - Attendance at a Path of Liberation retreat
 - Active practice, or completion, of a Path of Liberation practice track **OR**
 - Completion of the full preliminary practices and an active participant of the Tergar Community

Practice Coordinator Training

- Required training:
 - Review of Joy of Living Staff Handbook and Tergar Administrative Guide (when it becomes available)
 - Attend at least one Tergar program or meditation retreat per year
 - Attend local training sessions when available
 - Mentoring relationship with a trained Practice Leader, Facilitator, or Instructor
- Recommended training:
 - Attendance at Tergar Leadership Training Core Program
 - Attendance at other Leadership Training programs when possible