



## 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 Group<sup>1</sup> 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.

---

<sup>1</sup> 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