



## Tergar Community Celebrates Mingyur Rinpoche's Return and Plans for the Future

What an exciting year for Tergar Meditation Community and for students of Yongey Mingyur Rinpoche!

Fresh from his four-and-a-half-year retreat as a wandering yogi, Mingyur Rinpoche has traveled the globe, teaching in 30 cities on four continents, and reaching thousands of students, old and new. For many, this was the first opportunity to receive teachings in person.

During the past nine months, Mingyur Rinpoche has led more than 50 in-person events, including nearly 20,000 participants, as well as posting monthly video teachings and participating in live, online webinars.

As we plan for the year ahead, we are energized by Rinpoche's return and inspired by the vision we are developing with him for the future of Tergar Meditation Community, at the local and global levels.

Thank you for everything you do – in your practice and in your daily life – to make this vision a reality!

*“ Being in the presence of Mingyur Rinpoche for the first time was a true gift! He is incredibly delightful and conveys the teachings in such a joyful yet profound manner. ”*



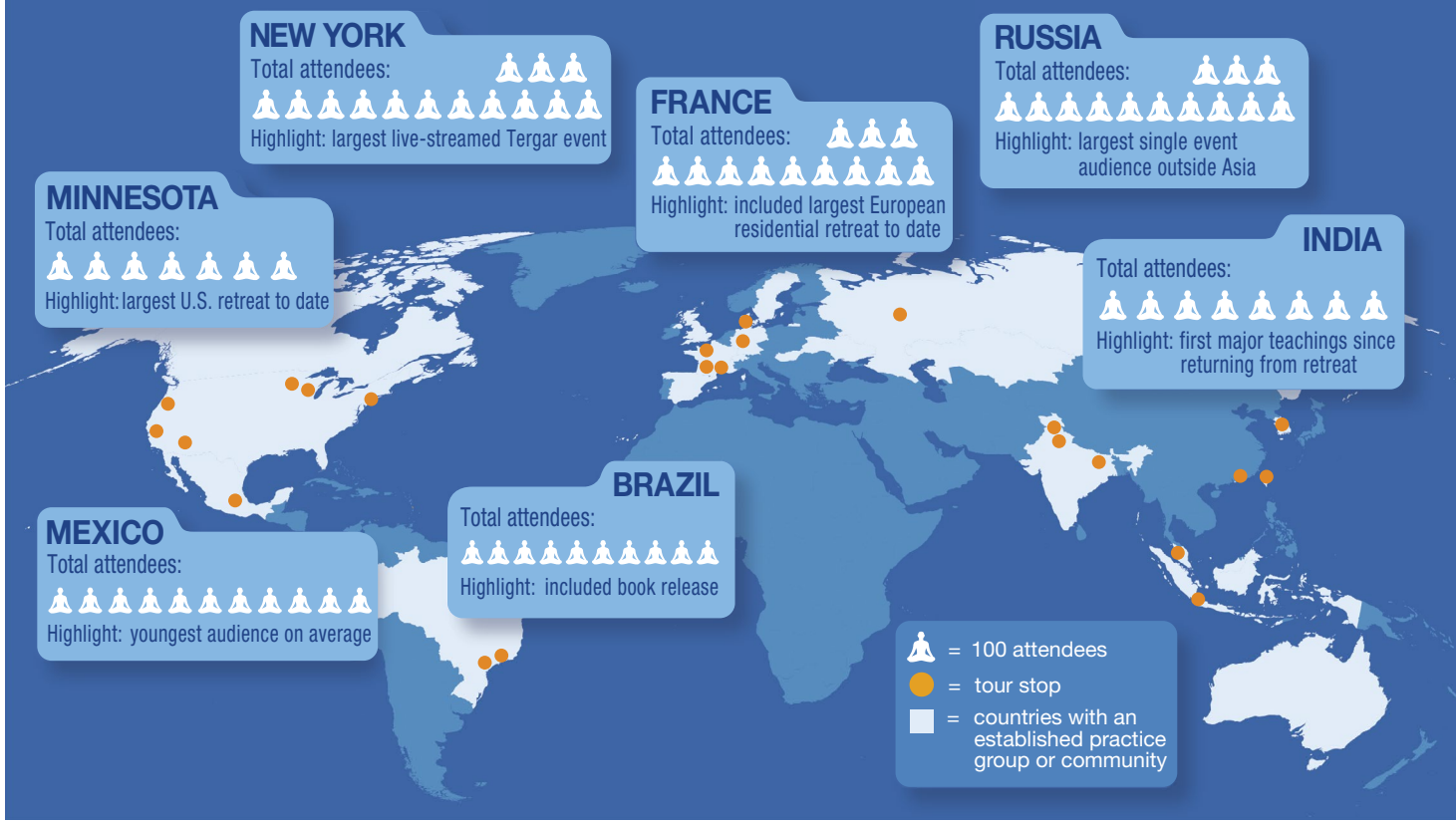


## YONGEY MINGYUR RINPOCHE'S WORLD TOUR

50 events in 30 cities on 4 continents in 9 months

TERGAR MEDITATION COMMUNITY  
70 practice groups and communities in 23 countries

### TOUR STOPS AND HIGHLIGHTS



## Community Growth & Vision

While traveling this year, Mingyur Rinpoche has met with members of Tergar practice groups and communities around the world, to learn how we have been sharing his teachings, deepening our practice and building community in his absence.

Rinpoche has been delighted to learn that our global community is growing rapidly – on the ground and online – as his teachings connect

with people from many backgrounds. There are now more than 70 active Tergar practice groups and communities in 23 countries.

Rinpoche has expressed deep gratitude and appreciation for the staff and volunteers who sustained and nurtured our community during his absence, and who organized and supported local gatherings and events since his return.





## Building & Sustaining Community

One of the powerful themes of Mingyur Rinpoche's teachings, since returning from several years on the streets and mountain paths of India and Nepal, is an increased emphasis on individual conduct: how we bring our practice into our daily lives.

This focus on conduct relates helpfully to some of the central questions that have emerged in our local practice groups and communities about how we welcome and support one another, and how we build and sustain our communities.

It also relates to important conversations in our communities about access and inclusion. How can we make Rinpoche's teachings available to the widest possible audience? What are the economic, social and cultural barriers we need to understand and better address?

We look forward to exploring with Rinpoche how this focus on conduct and daily life can inform how we build inclusive and sustainable practice groups and communities.

*“ I had real insight and value from the teachings and environment. I felt welcomed, and a part of a community that is likeminded though very unique individually. ”*



**17,000**

people streamed Mingyur Rinpoche's New York event

**200%**

growth in online learning subscriptions in 2016

**25,000**

subscribers to Mingyur Rinpoche's Youtube channel (up 74% in 2016)

**32 million**

people viewed Mingyur Rinpoche's "How to Train Your Monkey Mind" video

**26,000**

people receive Mingyur Rinpoche's Monthly Teaching updates



## Multi-Language Programming

As interest in Mingyur Rinpoche’s teachings grows around the world, Tergar is embracing a truly multi-lingual approach to how we develop and present programs, both live and online.

At this summer’s European practice retreat, we provided simultaneous audio translation in three languages. We are strengthening our language websites and recently launched a new Tergar Learning site in Spanish. We have also created a multi-lingual Facebook page for the Tergar Meditation Communities of Europe.

Ongoing projects include strengthening our capacity to produce video teachings with subtitles in multiple languages, deliver streamable and downloadable content, and offer simultaneous translation of live webinars.

This newsletter – which we are releasing simultaneously in six languages – is another example of this priority. We hope you enjoy it.

Thank you for everything you do – in your practice and in your daily life – to make our shared vision a reality!

Volunteer translation teams are actively working in:

**Português**  
**Français**  
**Deutsch**      **Español**  
**English**  
**Русский**  
**Magyar**  
**български**

If you don't see your language and are interested in helping out, please contact us!



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Visit [bit.ly/TergarTour2016](http://bit.ly/TergarTour2016) to view the online photo gallery.