

## Expanding Our Vision & Capacity

**Tergar Meditation Community envisions a world in which people of all cultures and faiths realize their potential to flourish as individuals and live in harmony with others.**

This is the new vision – developed last year in conversation with Mingyur Rinpoche and Tergar community leaders from around the world – that guides Tergar as a whole. We have also broadened our mission to reflect the importance of supporting one another and actively building community: “Tergar Meditation Community teaches practices that cultivate awareness, compassion, and wisdom, and supports a diverse, international community of practitioners at all levels of commitment and experience.”

To support this mission, our newly formed Leadership and Community Building Team is working on how to support more inclusive and sustainable practice groups and meditation communities around the world. Our Program Development and Delivery Team is adding capacity to translate Rinpoche’s teachings and other practice-support materials into multiple languages. And our Technology Development and Support Team is working to make our online programs, recordings, and event-registration processes more accessible.



We are delighted to announce that Mingyur Rinpoche has appointed a fifth Tergar Instructor, **Antonia Sumbundu**, to expand our international teaching capacity. A student of Rinpoche since 2002, Antonia is based in Copenhagen, Denmark. In addition to teaching in person, she will support online courses and programs in

English, Danish, and Spanish. We have also doubled – from 8 to 16 – the number of Tergar Facilitators who lead Joy of Living workshops, in multiple languages, around the world.



Mingyur Rinpoche, Guiding Teacher

Tergar Meditation Community supports individuals, practice groups, and meditation communities around the world in learning to live with awareness, compassion, and wisdom. Grounded in the Tibetan Buddhist lineage of our guiding teacher, Mingyur Rinpoche, our online and in-person programs are accessible to people of all cultures and faiths, and support a lifelong path toward the application of these principles in everyday life. For more information, visit [tergar.org](http://tergar.org).



## Deepening our Programs and Practices

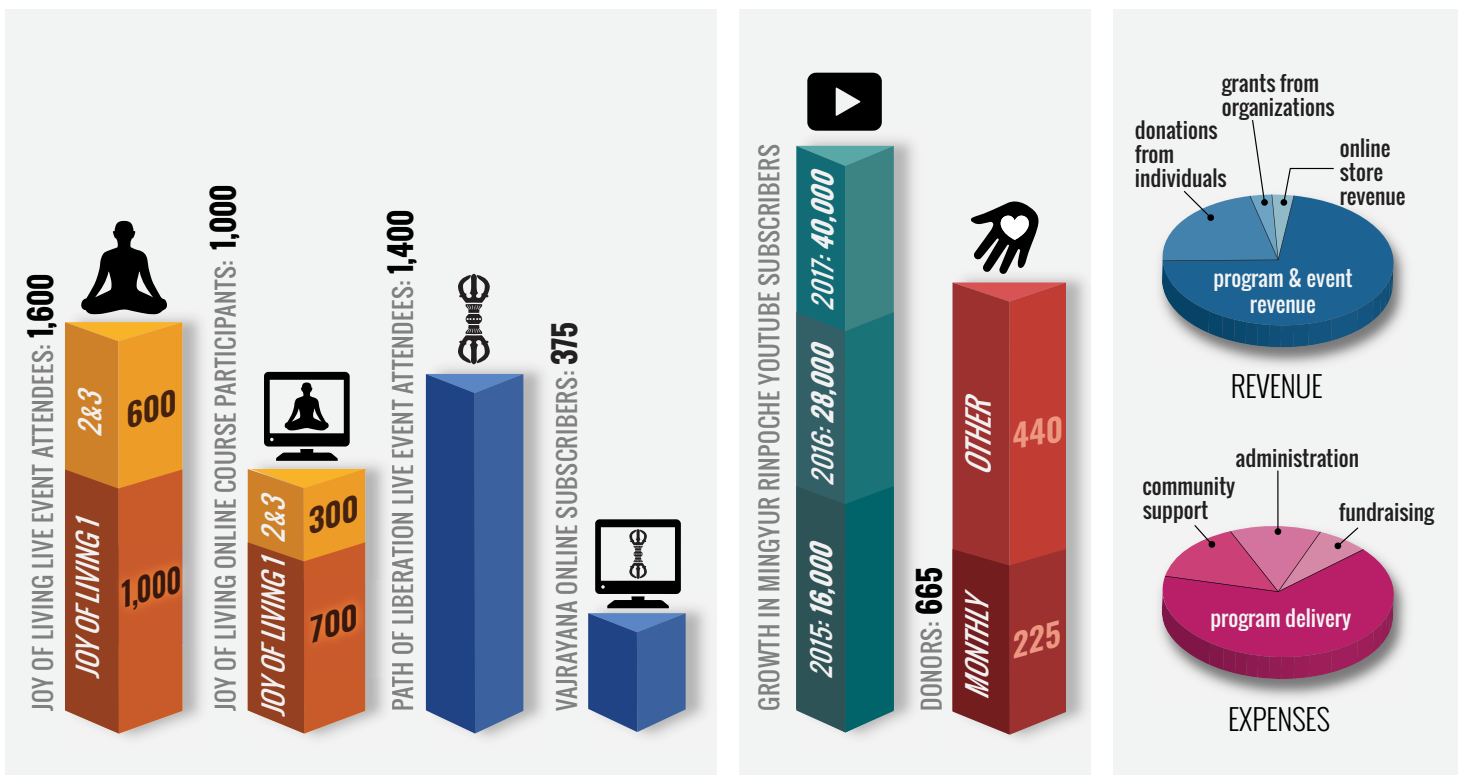
This summer, Mingyur Rinpoche will introduce advanced teachings for both the Joy of Living and Path of Liberation programs. Since returning from his retreat last year, Rinpoche has been emphasizing the integration and application of the Joy of Living practices into our daily lives. This will be the focus of the advanced track during the Awareness, Compassion and Wisdom practice retreat. You can find out more about this program [here](#).

For experienced Path of Liberation students, Rinpoche will teach an important develop-

ment-stage practice based on White Tara, who represents the feminine qualities of the awakened heart. Rinpoche has composed a beautiful new White Tara practice, for which Cortland Dahl has recently completed the English translation, and we have begun translating it into other languages. You can find out more about this program [here](#).

As always, you can find complete information about upcoming events [here](#), and about online offerings [here](#). We hope to see you at a Tergar event, retreat, or online course soon!

## 2016 Highlights\*



\*These figures only represent Tergar International and do not include Tergar Asia.