

Looking to attend a Joy of Living Level 1 or Anytime Anywhere Meditation workshop? Here are some events between June and October 2026 for your consideration:

July 3-4

Anytime Anywhere Meditation workshop with Mingyur Rinpoche

In Person (Taipei)

Language: English and Chinese Mandarin

More information: https://www.tergar.org.tw/news_detail.php?CID=1&Key=362

July 11-12

Anytime Anywhere Meditation: A Workshop for Social Changemakers

In Person (Hong Kong) and Online

Language: Cantonese and Chinese Mandarin

More information:

<https://www.tergarasia.org/event/AAM-A-Workshop-for-Social-Changemakers>

July 18-19

Joy of Living Level 1

Online only

Language: English, Chinese Mandarin, Cantonese, Thai

More information:

To be posted on [TA website](#) and [Facebook](#)

July 18-19

Joy of Living Level 1

In Person only (Kaohsiung)

Language: Chinese Mandarin

More information:

https://www.tergar.org.tw/news_detail.php?CID=2&Key=370

July 25-26

Joy of Living Level 1

In Person only (Taipei)

Language: Chinese Mandarin

More information:

https://www.tergar.org.tw/news_detail.php?CID=2&Key=371

Aug 1-2

Joy of Living Level 1

In Person only (Hong Kong)

Language: Cantonese

More information:

To be posted on [Tergar Hong Kong Facebook](#)

Aug 15-16

Joy of Living Level 1

In Person only (Pingtung, Taiwan)

Language: Chinese Mandarin

More information:

To be posted on [Tergar Taiwan website](#)

Sept 5-6

Joy of Living Level 1

Online only

Language: English, Chinese Mandarin, Cantonese, Thai

More information:

To be posted on [TA website](#) and [Facebook](#)

Asynchronous

Joy of Living Self-Paced Online Course

Organised by: Tergar International

Language: English

More information:

<https://joy.tergar.org/>