

How to find people to join your KM group

Be proactive.

Post notices at colleges, coffee shops, yoga studios or gyms, community markets. Posting at places you frequent is a good way to find likeminded people to join your group.

Visit a sangha in your area and let people know you want to start a KM group. For a list of Spirit Rock teacher's sitting groups, check out this page <https://www.spiritrock.org/sitting-groups>.

Use [Meetup.com](https://www.meetup.com). Some groups have had success with attracting members using this site.

If you are committed the group will form. You may be sitting on your own for a period of time, even several months while the class builds. Your dedication to your personal practice will help the group grow. If you build it, they will come.

One of our KM Dedicated Volunteers had 2 people for 6 months, now the groups is thriving with 8 committed members.

For an inspiring story of how groups grow, check out this clip about the *Laughing Club of India* that began with just a few people meeting daily in the park. Through the perseverance of one man who believes in the health benefits of laughter, the group has grown to have 400 or more people showing up every day.

<http://www.laughteryoga.org/english/gallery/videos/78>