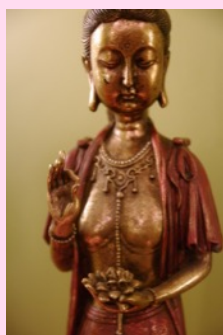




BTY Sangha Series:

meditation, book discussion & life-as-practice series with Amy Jo



Saturdays:

1:30 - 3:00pm

(dates below)

\$30 registration fee for the series **

In Buddhism, a *sangha* is a spiritual community. The intention of the BTY Sangha series is to encourage a deepening of our meditation practice and, within the refuge of community, to share insights and support for living with wisdom, compassion, and kindness.

For the winter series, we will read and discuss True Refuge: Finding Peace and Freedom in Your Own Awakened Heart by Tara Brach. The series will focus on personal reflection, practicing on & off the meditation cushion, reading, and group discussion. Each session will begin with a few gentle yoga poses followed by a 20-minute meditation. After that, we will discuss the designated book chapters for that date.

January 6: True Refuge: Prologue & Part 1: chapters 1 - 4 *(through page 57)*

January 20: True Refuge: Part 2: chapters 5 - 7 *(pp. 61 - 113)*

February 3: True Refuge: Part 2: chapters 8 - 9 *(pp. 114 - 161)*

February 17: True Refuge: Part 2: chapters 10 - 11 *(pp. 162 - 201)*

March 3: True Refuge: Part 2: chapters 12 - 13 *(pp. 202 - 247)*

March 17: True Refuge: Part 3: chapters 14 - 15 *(pp. 251 - 285)*

**** In keeping with Buddhist tradition, the teachings will be freely offered. Participants are encouraged to make a donation (dana) of any amount for instruction & facilitation. The registration fee of \$30 will cover studio costs for our gatherings.**

Space is limited - advance registration is required for this series!

www.bodhitree-yoga.com