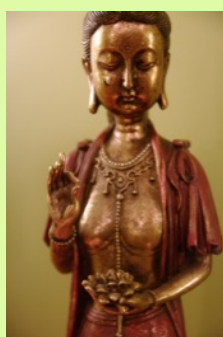




# BTY Sangha Series:

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



**Saturdays:**

**1:30 - 3:00pm**

*(dates below)*

**\$25 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 spring series, we will read and discuss the wisdom practices in Just One Thing: developing a buddha brain one simple practice at a time by Rick Hanson. 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.

**April 7:** Just One Thing: Introduction & Part 1: Be Good to Yourself *(through page 56)*

**April 21:** Just One Thing: Part 2: Enjoy Life *(pp. 58 - 88)*

**May 5:** Just One Thing: Part 3: Build Strengths *(pp. 90 - 132)*

**May 19:** Just One Thing: Part 4: Engage the World *(pp. 134 - 170)*

**June 2:** Just One Thing: Part 5: Be at Peace *(pp. 172 - 219)*

**\*\* 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 \$25 will cover studio costs for our gatherings.**

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

**[www.bodhitree-yoga.com](http://www.bodhitree-yoga.com)**