



Bodhi Tree Yoga

presents

BTY Sangha Series:

mindfulness practice + book discussion 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 **The Book of Joy: Lasting Happiness in a Changing World by His Holiness the Dalai Lama and Archbishop Desmond Tutu, with Douglas Abrams**. Through personal reflection, reading, and group discussion, we will explore how to find joy in the face of the suffering that is inevitable in life. Each gathering will begin with a lightly guided meditation session and a short period of self-guided yoga. After that, we will discuss the designated book chapters for that date in both large and small groups.

January 5: The Book of Joy: Introduction & Day 1: The True Nature of Joy (*through p. 64*)

January 19: The Book of Joy: Lunch & Days 2 & 3: The Obstacles to Joy (*pp. 67 - 123*)

February 2: The Book of Joy: Days 2 & 3: The Obstacles to Joy (*pp. 125 - 188*)

February 16: The Book of Joy: Days 4 & 5: The Eight Pillars of Joy (*pp. 193 - 239*)

March 2: The Book of Joy: Days 4 & 5: The Eight Pillars of Joy & Departure (*pp. 241 - 305*)

March 23: The Book of Joy: The Joy Practices (*pp. 307 - 348*)

**** 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