



# Bodhi Tree Yoga

presents

## autumn BTY Sangha Series:

*meditation + life-as-practice exploration with Amy Jo*

**Saturdays:**

**1:00 - 2:30pm**

**- this series will take place online via Zoom -**

**\$35 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 autumn series, we will read and discuss two books: **A Fierce Heart by Spring Washam**, and **You Belong by Sebene Selassie**. The series will focus on reading, personal reflection, life practice (both on & off the meditation cushion), and group discussion. Each session will include a 15-20 minute lightly-guided meditation. After that, we will discuss the designated book chapters for that date as a group.

**Exact reading breakdowns for each session will be e-mailed to participants:**

**September 12:** A Fierce Heart by Spring Washam

**September 26:** A Fierce Heart

**October 10:** A Fierce Heart by Spring Washam / You Belong by Sebene Selassie

**October 24:** You Belong

**November 7:** You Belong

**November 21:** You Belong

**December 5:** You Belong / series wrap-up

**\*\* In keeping with Buddhist tradition, the teachings will be freely offered. Participants are encouraged to make a donation (dana, the practice of generosity) of any amount to the teacher for instruction and facilitation of the series. The registration fee of \$35 will go directly to the studio for the use of its resources for our gatherings.**

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

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