



autumn
BTY Sangha Series:

meditation, book discussion, & exploring life as practice

with Amy Jo Metzendorf

Wednesdays:

7:00 - 8:30pm

- online via Zoom -

\$35 registration fee for the series **

In Buddhism, a *sangha* is a spiritual community. The intention of this 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 **Your Heart Was Made for This: Contemplative Practices for Meeting a World in Crisis with Courage, Integrity & Love** by Oren Jay Sofer. 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 and corresponding practices for that date.

Rough reading breakdown by date: *(may shift slightly over the course of the series)*

September 11: Introduction, Chapters 1 - 3 (through p. 40)

September 25: Chapters 4 - 7 (pp. 41 - 87)

October 9: Chapters 8 - 11 (pp. 88 - 124)

October 23: Chapters 12 - 15 (pp. 125 - 168)

November 6: Chapters 16 - 19 (pp. 169 - 202)

November 20: Chapters 20 - 23 (pp. 203 - 239)

December 4: Chapters 24 - 26 (pp. 240 - 268) & 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) for 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.**

www.bodhitree-yoga.com