



Bodhi Tree Yoga

presents

winter BTY Sangha Series:

meditation, book discussion, & exploring life as practice

with Amy Jo Metzendorf

Wednesdays:

7:00 - 8:30pm

- online via Zoom -

\$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 Road Home: A Contemporary Exploration of the Buddhist Path by Ethan Nichtern**. 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*):

January 4: The Road Home, Forward & Introduction; Chapter 1: Meditation (through p. 50)

January 18: Part I: Chapters 1 - 4 (pp. 35 - 104)

February 1: Part II: Chapters 5 - 9 (pp. 107 - 175)

February 15: Part III: Chapters 10 - 12 (pp. 179 - 220)

March 1: Part IV: Chapters 13 - 16 (pp. 223 - end)

March 15: series wrap-up/reading overflow

**** 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 \$30 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