



Bodhi Tree Yoga

presents

winter/early spring

BTY Sangha Series:

meditation, book discussion, & exploring life as practice

with Amy Jo Metzendorf

Wednesdays: 7:00 - 8:30pm

- online via Zoom -

\$40 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 this longer winter/early spring series, we will read and discuss two books by Sharon Salzberg: **Faith: Trusting Your Own Deepest Experience**; and **Finding Your Way: Meditations, Thoughts, and Wisdom for Living an Authentic Life**. 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 10: Faith: Introduction, Chapters 1 - 2 (through p. 43)

January 24: Faith: Chapters 3 - 4 (pp. 44 - 97)

February 7: Faith: Chapters 5 - 6 (pp. 98 - 149)

February 21: Faith: Chapter 7 (pp. 150 - end) & book wrap-up

March 6: Finding Your Way: pp. 1 - 24

March 20: Finding Your Way: pp. 25 - 49

April 3: Finding Your Way: pp. 50 - 75

April 17: Finding Your Way: pp. 77 - 102 & interview with Sharon Salzberg (link e-mailed closer to date)

**** 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 \$40 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!