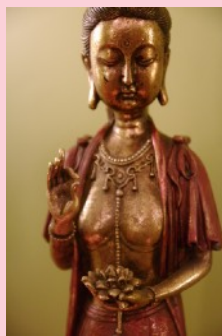




springtime  
**BTY Sangha Series:**

*meditation + book discussion series with Amy Jo*



**Saturdays:**

**1:30 - 3:00pm**

*(dates below)*

**\$20 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 spring series, we will read and discuss **Faith: Trusting Your Own Deepest Experience by Sharon Salzberg**. The series will focus on personal reflection, reading, practice both on and off the meditation cushion, and group discussion. Each session will begin with a few gentle yoga poses followed by a 15-20 minute guided meditation. After that, we will discuss the designated book chapters for that date in both small and large groups.

**April 6:** Faith: Chapters 1 & 2 (*through page 43*)

**April 20:** Faith: Chapters 3 & 4 (*pp. 44 - 97*)

**May 4:** Faith: Chapters 5 & 6 (*pp. 98 - 149*)

**May 18:** Faith: Chapter 7 & takeaways (*pp. 150 - end*)

**\*\* 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 \$20 will cover studio costs for our gatherings.**

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

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