



springtime
BTY Sangha Series:

meditation + life-as-practice exploration with Amy Jo



Saturdays:
1:00 - 2:30pm
(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 **No Mud, No Lotus: The Art of Transforming Suffering by Thich Nhat Hanh**. The series will focus on personal reflection, reading, practice both on and off the meditation cushion, and group discussion. Each session will include a 15-20 minute guided meditation and a short period of self-guided movement. After that, we will discuss the designated book chapters for that date in both small and large groups.

March 28: No Mud, No Lotus: Chapters 1 & 2 *(through page 29)*

April 11: No Mud, No Lotus: Chapters 3 & 4 *(pp. 31 - 52)*

April 25: No Mud, No Lotus: Chapters 5 & 6 *(pp. 55 - 81)*

May 9: No Mud, No Lotus: Practices for Happiness *(pp. 83 - end)*

**** 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 \$20 will go directly to the studio for use of its space and resources for our gatherings.**

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

www.bodhitree-yoga.com