



winter
BTY Sangha Series:

meditation + life-as-practice exploration with Amy Jo

Saturdays:

1:00 - 2:30pm

- online via Zoom -

\$25 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 **Real Change: Mindfulness to Heal Ourselves and the World by Sharon Salzberg**. 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 for that date as a group.

Rough reading breakdown by session:

January 9: Real Change, Introduction & Chapter 1: Change is Possible (through pp. 29)

January 23: Real Change, Chapter 2: Agency & Chapter 3: Awakening to the Fire (pp. 30 - 78)

February 6: Real Change, Chapter 4: Grief to Resilience & Chapter 5: Coming Home to Ourselves (pp. 79 - 136)

February 20: Real Change, Chapter 6: Interconnectedness & Chapter 7: Seeing More Clearly (pp. 137 - 192)

March 6: Real Change, Chapter 8: Exquisite Balance (p. 193 - end) & 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) of any amount to the teacher for instruction and facilitation of the series. The registration fee of \$25 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