



Bodhi Tree Yoga

presents

BTY Sangha Series:

meditation + book discussion with Amy Jo



Saturdays:

1:00 - 2:30pm

(dates below)

\$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 autumn series, we will read and discuss **Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life** by Jon Kabat-Zinn. Through reading, personal reflection and practice, and group discussion, we will explore this classic text on cultivating mindfulness in one's own life. Each gathering will begin with a lightly guided meditation session and a short period of self-guided movement. After that, we will discuss the designated book chapters for that date in both large and small groups.

September 14: Wherever You Go, There You Are: Introduction & Part One, through p. 34

September 28: Wherever You Go, There You Are: Part One continued, pp. 35 - 99

October 12: Wherever You Go, There You Are: Part Two, pp. 101 - 134

October 26: Wherever You Go, There You Are: Part Two continued, pp. 135 - 169

November 9: Wherever You Go, There You Are: Part Three, pp. 171 - 216

November 23: Wherever You Go, There You Are: Part Three continued, pp. 217 - 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 \$30 will cover studio costs for our gatherings.**

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

www.bodhitree-yoga.com