



Bodhi Tree Yoga

presents

BTY Sangha Series:

meditation + life-as-practice exploration 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 winter series, we will read and discuss **Pay Attention, for Goodness' Sake: Practicing the Perfections of the Heart – The Buddhist Path of Kindness** by Sylvia Boorstein. Through reading, reflection, practice, and group discussion, we will explore the path of the Buddha's Ten Paramitas, the Perfections of the Heart. 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.

January 4: Introduction: The Paramitas, *through p. 36*; recorded dharma talk (*link to be e-mailed*)

January 18: Generosity & Morality, *pp. 37 - 82*

February 1: Renunciation & Wisdom, *pp. 85 - 138*

February 15: Energy & Patience, *pp. 141 - 182*

February 29: Truthfulness & Determination, *pp. 185 - 220*

March 14: Lovingkindness & Equanimity; epilogue, *pp. 223 - 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 \$30 will go directly to the studio for use of its space and resources for our gatherings.**

Space is limited - advance registration required for this series

www.bodhitree-yoga.com