

# **Life, Love and Death**

Yoga Philosophy Study Circle

Wednesdays 11:30-1:00

11:30-12:00 Sitting Together in Silence

12:00-1:00 Sitting Together in Conversation

## **WAKE UP FULLY TO YOUR LIFE**

*"Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most."* Frank Ostaseski

In this Yoga philosophy study group, we will learn about, practice, and discuss together the themes of Life, Love and Death from various spiritual traditions. Participants are welcome to join the circle at any time, whether or not you have come to a previous session or are reading the book. If you are reading the book, read at your own pace and what is of interest to you. We will discuss the recommended readings and practices on the dates listed below.

### **Month 1 -- Wednesday, 1/23**

**Henri Nouwen, *Our Greatest Gift: A Meditation on Dying or Caring*** and/or  
check out his body of work at [henrinouwen.org](http://henrinouwen.org)

### **Month 2 -- Wednesday, 2/27**

**Frank Ostaseski,**

***The Five Invitations: Discovering What Death Can Teach Us About Living Fully***

Reading and Practice: Don't Wait

### **Month 3 -- Wednesday, 3/27**

***The Five Invitations: Discovering What Death Can Teach Us About Living Fully***

Reading and Practice: Welcome Everything, Push Nothing Away

### **Month 4 -- Wednesday, 4/24**

***The Five Invitations: Discovering What Death Can Teach Us About Living Fully***

Reading and Practice: Bring Your Whole Self to the Experience

### **Month 5 -- Wednesday, 5/29**

***The Five Invitations: Discovering What Death Can Teach Us About Living Fully***

Reading and Practice: Find a Place of Rest in the Middle of Things

Cultivate Don't Know Mind