

## KALYANA MITTA: Small group sharing

Kalyana Mitta means “spiritual friends.” At SnowFlower, Kalyana Mitta (KM) denotes a practice opportunity for groups of approximately eight persons in size whose members meet every 4-6 weeks to offer and receive support in their practice. The intention is that these groups provide a safe container in which those who have regularly attended sangha for six months or longer can share at a deeper level than may occur during a regular sangha meeting.

A KM group typically develops its own format, which may involve selected readings on a particular topic such as compassion or reading and discussing a book of Thay’s. A meeting will generally include short sits at start and close, a check-in to say how each person comes to the meeting, and discussion of the material under study. The group may set rules for itself about confidentiality.

For more information please contact the 2016 Kalyana Mitta coordinator, Susan Pearsall, at 238-5929.