

# Monastic Evenings

A Series with Ayya Anandabodhi & Ayya Santacitta of Aloka Vihara



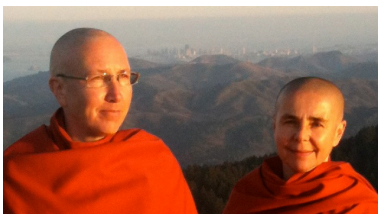
Ayya Anandabodhi and Ayya Santacitta, two Buddhist nuns resident at Aloka Vihara, San Francisco, are offering a monastic evening every 3<sup>rd</sup> Friday of the month in 2012. There will be traditional Theravadan chanting from the Aloka Vihara chanting book, guided meditation, and sharing Dhamma from the heart. This may take the form of a Dhamma reflection, Dhamma dialogue, and/or Q&A. The evening begins and ends with chanting. For more information about the Sisters, the Saranaloka Foundation and their vision, please visit [www.saranaloka.org](http://www.saranaloka.org).

**On 3<sup>rd</sup> Fridays in 2012  
7-9pm at:**

**Insight Meditation Center  
108 Birch Street  
Redwood City, CA  
(650) 599-3456**

## **Schedule:**

\*Jan 20 | Sr Santussika  
\*Feb 17 | Sr Santussika  
Mar 16 | Aloka Vihara nuns  
\*April 20 | Sr Santussika  
May 18 | Aloka Vihara nuns  
June 15 | Aloka Vihara nuns  
July 20 | Aloka Vihara nuns  
Aug 17 | Aloka Vihara nuns  
Sep 21 | Aloka Vihara nuns  
Oct 19 | Aloka Vihara nuns  
Nov 16 | Aloka Vihara nuns  
Dec 21 | Aloka Vihara nuns



Ayya Anandabodhi and Ayya Santacitta have been practicing meditation for over 20 years. They lived and trained in Amaravati and Chithurst Buddhist Monasteries in England from 1992 until 2009, when they moved to the Bay Area with the intention of establishing a training monastery for women. Their teaching style is practice oriented and draws from their experience of community life, as a means for cultivating the heart and opening the mind.

\* Guest teacher Sister Santussika began monastic life in 2005 after training and practicing as an interfaith minister since 1998. She ordained as a samaneri (10-precept nun) in 2010 and currently resides at The One Heart Center, Los Altos Hills. Sr Santussika focuses on applying the Dhamma to our global challenges and our daily lives. She is also a member of the Board for Buddhist Global Relief.

