

# Monastic Evenings

A Series with Ayya Anandabodhi & Ayya Santacitta of Aloka Vihara



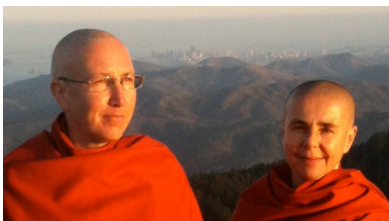
Ayya Anandabodhi and Ayya Santacitta, two Buddhist nuns resident at Aloka Vihara, San Francisco, are offering a monastic evening every 3<sup>rd</sup> Friday of the month in 2012. There will be traditional Theravadan chanting from the Aloka Vihara chanting book, guided meditation, and sharing Dhamma from 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:**

- **May 18**
- **June 15**
- **July 20**
- **Aug 17**
- **Sep 21**
- **Oct 19**
- **Nov 16**
- **Dec 21**



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.