

# Metta (Loving Kindness) Meditation with Sri Lankan Buddhist Monk Bhanthe Sankichcha



New Session Starting  
Sunday November 12

Bhanthe Sankichcha (SANKI) was born in Kandy, Sri Lanka and he entered the monastic life at the age of 15 in 1991 at Sri Subodharama International Monks' Training Institute in Kandy. Soon after his higher ordination, in 1996, he moved to Australia where he lived for four years until he moved to Great Lakes Buddhist Vihara in Southfield, Michigan in 2001. Sanki received his BA degree in Psychology from Wayne State University. While doing his master's degree in counseling psychology at Oakland University, currently, as the abbot of Great Lakes Buddhist Vihara, he is engaged in many social and religious services both locally and internationally. As a meditation and a Dharma teacher, Sanki helps many people including young and adults providing spiritual counseling.

Join us at Red Lotus Yoga  
Rochester Hills with  
internationally known Buddhist  
Monk (Sanki). ***Sunday*** Nights  
from 6:15-7:30 p.m.

**Topics Covered:**  
**Loving Kindness**  
**Compassion**  
**Appreciative Joy**  
**Equanimity**

This will be a four week session with a cost of \$10 per class or a total of \$40.  
We need a minimum of 10 people to start so please preregister well in advance.

[www.redlotusyoga.com](http://www.redlotusyoga.com) or 248-601-9642  
1900 S. Livernois , Rochester Hills, 48307

