In the course of the Sri Lanka Week (17.-23.01.) in the Marstall Mensa, organised by the Studierendenwerk, the Sri Lanka Working Group invites all interested persons to a cultural framework programme at the South Asia Institute.

**2 pm Talk & Discussion**
*How to Cultivate Mindfulness With the Teachings of the Buddha*

Bhante Shanthabodhi and Bhante Panghadassana  
Practicing a life as Buddhist monks, Bhante Shanthabodhi and Bhante Panghadassana will talk about the Buddhism in Sri Lanka, the teaching of the Buddha and their experiences in Germany.

**4 pm Information**  
*Academics and Sri Lanka at the South Asia Institute*

**6 pm Music & Discussion**  
*Songs of the Island*

Suranga Perera  
Classical Sinhala Songs  
Sujeewa Karunanjke-Schimaniak & Werner Schimaniak  
Traditional Songs

**8 pm Standing Reception**