

### **Dhamma Nāga**

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Dhamma Nāga, meaning 'Dhamma among Nāgas' (Nāgas: residents of the area, Nāga is an epithet for Buddha, symbolizing strength), was established in 1997 approximately 20kms from the central Indian city of Nagpur, near the village of Mahurzari on Katol Road . Developed on 20 acres of quiet and serene land on the bank of a small lake, the centre accommodates about 100 students.

Present facilities include a large meditation hall, dining hall with kitchen , single and double rooms for 50 male students, dormitories and single rooms for 50 female students. Construction work on 40 cells has been started and is expected be completed by the end of year. Regular ten-day, Satipaṭṭhāna and short courses are held round the year. Students for the course assemble at the city office and reach the centre by hired coach.

### **Dhamma Sugati**

Vipassana Kendra, Ekayanomaggo Sansthan,  
Sugata Nagar, Nagpur 440 014.  
Maharashtra, India  
Tel: (0712) 2650867, 2632918

Dhamma Sugati, meaning ' Righteous or Blameless in Dhamma ' was established in October 1992 and is situated about five km away from the railway station in Nagpur, a leading city in Western India.

With a meditation hall to seat 200 students, two dormitories each for male and female meditators, Dhamma Sugati holds 12 courses annually. Group sittings, where 300 to 400 meditators participate, are held regularly on Sunday. Over 4,500 students have so far taken courses in this Dhamma centre.