

## Dhamma Suttama

PO Box 1055, Sutton, QC J0E 2K0

Canada, Tel: [1] (514) 481 3504; Fax: 514 879 3437

Email: [info@suttama.dhamma.org](mailto:info@suttama.dhamma.org); web site: [www.suttama.dhamma.org](http://www.suttama.dhamma.org)



Dhamma Suttama, meaning ‘The Best of Dhamma’, is located in the eastern township of Sutton which is one of the most beautiful regions of Quebec. Built on a 33-acre forested mountain slope, the property has spectacular views of the Appalachians and the surrounding valley. The region is a prime spot for outdoor activities such as hiking, mountain biking and skiing. Sutton’s driving distances from major cities in Northeastern America are 110 km from Montreal, 270 km from Quebec City, 300 km from Ottawa, 650 km from Toronto, 450 km from Boston (Massachusetts) and 680 km from New York City.

Since 1979, courses have been offered in eastern Canada in rented sites. Later, grateful students began searching for a permanent location to hold courses. In September 1999, their efforts led to the purchase of the current property in Sutton, and Dhamma Suttama being established. Presently, Dhamma Suttama can serve 25 male and 25 female students. Available accommodation includes double-occupancy rooms and individual cabins. Double-occupancy rooms are in a two-story wing attached to the main building which houses the Dhamma Hall (present capacity of 50 meditators), Dhamma servers’ quarters, dining area, kitchen, office, bathing and toilet facilities. Mid-term expansion plans aims to double the capacity of the Centre to about 100 students. The expansion project is a priority as most of the ten-day courses fill up very quickly and demand for courses continues to increase.

Dhamma Suttama has about 20 ten-day courses each year, besides old students’ short courses, one Satipaṭṭhāna course as well as courses for children and teenagers. Ten-day courses are in English and French, except for one English/Khmer course being held annually.