

Nordic Vipassana Centre

Dhamma Sobhana

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The first Vipassana centre in Scandinavia was established in February, 2007. Goenkaji named the centre Dhamma Sobhana, which means "Beauty of Dhamma".

Dhamma Sobhana is situated in central Sweden, approximately halfway between Stockholm and Gothenburg (Göteborg). The centre is easily accessible for people living in Sweden, Denmark, Norway and Finland, and there are flights to near the centre from many other European countries.

Located in peaceful and secluded countryside, the centre is surrounded by oak forest and farm land, within close proximity of a large bird sanctuary. The property was originally a village school and for many years following, a rehabilitation centre.

Dhamma Sobhana has a capacity of about 70 students plus servers.