

Dhamma Aṭala

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Dhamma, meaning ‘Steadfastness in Dhamma’, is 800 m above sea level in the beautiful foothills of the Appennine mountains south of Piacenza, about two hours from Milan and Bologna. Established in 1998, the Centre can accommodate about 75 students in two modern buildings, one of which houses the kitchen and the dining rooms. The meditation hall is housed in a dedicated third wooden building.



Twelve 10-day courses are held each year as well as two Satipaṭṭhāna courses. At present, the Centre operates in rented premises. However, the Trust is actively looking to buy a site suitable for a new, larger centre to meet the ever-increasing demand for Dhamma.