

## The Wheel of Dhamma Rotates Around the World -Russia

### Moscow

Contact: Russian Vipassana Trust.  
117186 Moscow, Nagornaya St., 7-5-78;  
Russia  
Tel and Fax: 7-095 -127-8596  
Email: [info@russian.dhamma.org](mailto:info@russian.dhamma.org)



*Moscow*

The first Vipassana course in Russia was held in 1993 near Moscow. From 1995 onwards, courses are being held regularly with about 41 courses upto May 2005. Students are coming to benefit from Dhamma from all over the country, from Vladivostok in the East to Kaliningrad in the West, and mainly from the Moscow region.

Most courses are being organized near Moscow, but one also in Ryazan and two or three in the St. Petersburg area. Student numbers were not high in the first few courses, with about 35 participants per course. These numbers have increased in the last years to 100 or more per course.

Many old students are serving on the courses. Inspiringly, there is never a shortage of Dhamma servers. Some translation work has started and it is hoped that more material will be available in Russian in the future.

Some landmarks in the spread of Dhamma in the world's biggest country was the introduction of ten-day course instructions in Russian language in courses in 1997, the purchase of a Dhamma apartment in Moscow in 2001, and the establishing of a Trust in 2003.

The future will see more courses, and in the long run, the need for a Vipassana centre proper will have to be realized. At present the Dhamma apartment has regular group sittings and other Vipassana-related activities.

---