

**Dharmaṣṛiṅga**  
Nepal Vipassana Centre,  
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Dharmaṣṛiṅga, meaning ‘Summit of Dhamma’, was founded in April, 1981. The Centre is located in the village of Budhanilkant, in the foothills of the Himalayas at the northern end of the Kathmandu valley.

The property currently comprises four to five acres with the north side bordered by the Shivapuri Wildlife Reserve. This site is accessible to cars by a paved road but the regular public buses come to the small town at the foot of Shivpuri hill; from there it is a 30-minute walk up to the Centre. Occasionally public buses come all the way to the Centre. The remoteness of the Centre enhances its meditative atmosphere. Chartered buses take meditators for courses and bring them back on the morning of the course ending day.

10-day courses are conducted twice a month (24 in a year), with periodic Satipaṭṭhāna courses (3 in a year), and at least one 20-day, one 30-day, and one Bhikkhu course are held every year. Dharmaṣṛiṅga has six Dhamma Halls spread over two centres. Halls One to Five are in the first Centre. Hall One can seat approximately 180 meditators. Accommodations for nearly 100 male and 80 female students are available here where mostly 10-day courses are conducted.



*Pagoda and cells*

The second Centre is for old student courses. Satipaṭṭhāna, 20-day, 30-day, and from 2006, 45-day courses are held here. Also, special courses for Buddhist Monks/Nuns and executives are conducted here. The meditation hall here can seat over 70 students and this second has its own male and female dining halls. 21 accommodation units are available with attached bath and meditation cells for male students and 16 for female students. Dharmasriṅga held its first 30-day course in July 1997.



*Bell at Dharmasriṅga*



*Long course centre*

25 meditation cells were built in 1990 and about 85 cells are under construction and these cells would come in use by the end of October 2005. A pagoda shaped roof on the cell complex is also planned.

There is great enthusiasm for Vipassana in Nepal. Although there were fewer than thirty old students in Nepal when Goenkaji gave his first course in 1981, the course was attended by two hundred and forty three students. Now more than 2,500 people attend course at Dharmasriṅga in a year and the number is increasing every year.