

Dhamma Kuñja

Northwest Vipassana Centre
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Dhamma Kuñja, (meaning the ‘Grove of Dhamma’) is located on 50 beautiful acres of open meadows and second-growth forest in rural southwest Washington state. It is conveniently located just two hours south of Seattle, WA, and 1.5 hours north of Portland, Oregon. The majestic peak of Mt. Rainier can be seen from the walking areas, with views of Mt. St. Helens and the Cascade Mountains visible from the entrance road and manager's residence.

The Centre was established in 1991, and the existing house was renovated to serve 40 students. In 2002, the construction of a beautiful new Dhamma hall with a capacity of 100 students and 20 servers was completed. The old Dhamma hall was converted to female residences, and other changes brought the total number of beds for students up to 55. There are also areas for old students to stay in tents during the summer months.

Future development at Dhamma Kuñja envisions a Centre that will accommodate about 200 students and servers per course, new meditation halls, a pagoda with individual meditation cells, new kitchen and dining buildings, new dormitories, and more. The first stage of development, completed in 2002, consisted of the new Dhamma hall, as well as new roads and parking areas, and other necessary infrastructure. New dormitories will be built in the next few years as part of the second phase of Centre development.

Each year, Dhamma Kuñja holds about 21 ten-day courses and old student courses that typically include one or two Satipatṭhāna courses, a twenty-day or special ten-day course, one 3-day course, and about 10 one-day sittings each year. Weekend Anapana courses for children are also held most years, and there are plans to offer a teens’ Anapana course each year starting in 2005.