Vipassana Newsletter | Vol. 33, No. 01, 6 January, 2023

Schedule of Vipassana Courses

For courses in India and abroad (including one-day courses and group sittings), see https://schedule.vrdhamma.org and www.vrdhamma.org

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to your nearest centre.

One-day and 3-day Courses and Group Sittings are for old students who have completed a 10-day course with Goenkaji or his authorized teachers.

Satipatthana courses: marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

Long Courses: Please get special application forms from centres.

20-day and Special 10-day courses: require five 10-day courses, one Satipatthana course, full-time Dhamma service for at least one ten-day course, daily practice of two hours for the past two years, and full commitment to Vipassana.

30-day course and full-time Dhamma service in at least one ten-day course. (Anapana for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.)

45-day: two 30-day courses and deeply involved in Dhamma service.

60-day: only for students who have sat two 45-day courses.

Eligibility: Minimum one Satipatthana course, in the service of Dhamma and local teacher’s recommendation.

Discipline: By S. N. Goenka. Please send the application form to his authorised assistants.

AT Meeting: #ST: AT Meeting: 12 to 15-3, 18 to 21-3.

AT Workshop: #ST: AT Workshop: 4 to 12-3, 11 to 19-10, 26 to 29-1, 30-1 to 13-2, 16 to 28-2, 1 to 13-3, 4 to 16-4, 7 to 19-4, 22 to 24-4, 1 to 13-5, 6 to 18-5, 19 to 21-5.

Dhamma Vipula: Belapur (New Mumbai)

Dhamma Vipulā: Belapur (New Mumbai) - Extn. no. 51464, (Female Office) Mobile: 091-22-592500, (Male only) Website: www.vipulā.dhamma.org, registration only online http://www.vipulā.dhamma.org/.

Dhamma Nāgajjuna-II: Nagarjun Sagar

Dhamma Nāgajjuna-II: Nagarjun Sagar - Extn. no. 519, (Female Office) Mobile: +91-9829196446, Email: info@globalpagoda.org, (FL: bring a bottle so you can fill it with drinking water at GVP.)

Dhamma Sindhu: Mandvi-Kutch (Guj.)

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Dhamma Pushkar, Ajmer, Rajasthan

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Dhamma Tapovana-II: Igatpuri

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Dhamma Vāhinī, Titwala

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