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

All courses are conducted by assistant teachers appointed by S. N. Goenka. Please send the application form to the course organisers only after reading the Code of Discipline so that a place may be reserved for you.

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

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 vear.

Long Courses: (Please get special application forms from centres)

20-day and Special 10-day course: requires five 10-day courses, one Satipatthana course, full-time Dhamma service for at least one ten-day course, daily practice of 2 hours for the past two years, and full commitment to Vipassana.

30-day: 20-day course and full-time Dhamma service in at least one ten-day course. (ānāpāna 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

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

Gratitude Courses:

Previously the Teachers's Self Course—TSC. With the passing away of respected Guruji and Mataji, this course will enable us to pay respects to them and to the long tradition of esteemed Vipassana Teachers. The same format as before will be followed. It is a happy coincidence that the birth anniversaries of both Guruji and Mataji fall between these dates (in February) according to the Hindi calendar.

Eligibility: Minimum one Satipaṭṭhāna course, serving in the spread of Dhamma and local teacher's recommendation. — Dates: From 2nd Feb to 17 th Feb. every year. — All centres where single accommodations are available can include this course in their future programmes, with due consideration

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thalī, Dhamma Sindhu, and Dhamma Patthāna. (All applications are accepted online)

Teenagers' Course: 15 years Completed up to 19 years

Completed (Please use new application form).

MAHARASHTRA

Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info.giri@vridhamma.org, To apply online for tenday courses: www.dhamma.org/schvia.shtml (No admission without confirmation) 10-day: 6 to 17-12, 20 to 31-12, 2024» 14 to 25-2, 28-2 to 10-3, 13 to 24-3, 27-3 to 7-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, (Only for Old Students 19 to 30-6), 2-day: 2024» 16 to 18-1, Indian Teacher Meeting: 2024» 28-1, International Teacher Meeting: 2024» 29-1, Centenary Celebrations of Birth Year: 2024» 30-1, International AT Meeting: 2024» 31-1 to 3-2, AT Workshop: 2024» 5 to 8-2, Trainer's Workshop: 2024» 9-2,

∞ Long Courses: 30-day: 24-12-2023 to 24-01-2024, (Only for AT, SAT, Teachers)

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 2023» 15 to 18-12, 2024» 27 to 30-6, 26 to 29-7, 1 to 4-8, 12 to 15-9, 25 to 28-10, 1 to 4-11, 6 to 9-12, 2-Day: 2023» 21 to 23-12, 2024» 17 to 19-2, 2 to 4-3, 2 to 4-6, 17 to 19-8, 28 to 30-9, Teenagers' Course: (Girls)» 2023» 4 to 12-12, 2024» 5 to 13-1, 7 to 15-2, 7 to 15-3, 1 to 9-4, 22 to 30-4, 12 to 20-5, 7 to 15-6, 5 to 13-7, 7 to 15-8, 2 to 10-9, 3 to 11-10, 12 to 20-11, 12 to 20-12, Teenagers' Course: (Boys)» 2023» 26-12 to 3-1-2024, 2024» 15 to 23-1, 21 to 29-2, 17 to 25-3, 12 to 20-4, 2 to 10-5, 23 to 31-5, 17 to 25-6, 15 to 23-7, 22 to 30-8, 18 to 26-9, 14 to 22-10, 23-11 to 1-12, 23 to 31-12

Dhamma Tapovana-1 Igatpuri

10-day: Only for Old Students

10-day executive courses: 2024» 9 to 20-4, 21-6 to 2-7, 6 to 17-7, 20 to 31-7, 15 to 26-8, 29-8 to 9-9, 13 to 24-9, #ST: 2023» 12 to 20-12, 2024» 3 to 11-8, 2-day: 2024» 27 to 29-9,

Special 10-day: 2023»

∞ Long Courses: 20-day: 30-day: 27-12 to 27-1-2024, 2024» 3-5 to 3-6, 45-day: 2024» 3-5 to 18-6, 13-12-2024 to 28-1-2025, 60-day: 2024» 5-2-2024 to 6-4-2024, 3-10 to 3-12,

Dhamma Tapovana-2, Igatpuri

10-day executive courses: 2024» 25-4 to 6-5, 22-10 to 2-11, 4 to 15-11, 10-day executive courses: (Old Students) 2024» 11 to 22-4, 28-7 to 8-8, #ST: 2024» 9 to 17-6,

Gratitude Course: (Eligibility: Only for Old Students who have done at least one Satipatthana Course and one seva) 6-2-2024 to 17-2-

Special 10-day: 24-11 to 5-12-2024.

∞ Long Courses: 20-day: 2024» 15-5 to 5-6, 29-9 to 20-10-2024. 30day: 2023» 20-2 to 22-3-2024, 23-6 to 24-7, 12-8 to 12-9, 45-day: 2023» 20-2 to 6-4-2024, 12-8 to 27-9, 60-day: 9-12-2024 to 8-2-2025

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Phone: +91 8291894650, Tel. (+091 22) 50427500, Ext. No. (Male Office)» 519, (Female Office)» 546, Email: info.pattana@vridhamma.org, Website: www.pattana.dhamma.org, 10day executive courses: 2023» 20 to 31-12-2023, 2024» 2 to 13-1, 17 to 28-1, 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 9 to 20-7, 21-8 to 1-9, 4 to 15-9, 17 to 28-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 22-12 to 2-1-2025, #ST: 2023» 12 to 20-12, 2024» 11 to 19-12, 3-day: 2023» 14 to 17-12, 2024» 30-1 to 2-2, 15 to 18-8, 2-day: 2024» 14 to 16-5, 1-day Megha: 2024» 14-1, 4-2, 26-5, 21-7, 29-9, 5-1-2025, Indian AT Meeting: 2024» 19 to 26-5,

Gratitude Course: 6 to 17-2-2024

∞ Long Courses: 20-day: 2024» 23-7 to 13-8,

Online application: www.dhamma.org/en/schedules/schpattana.shtml. Email: registration pattana@dhamma.net.in; For all other inquiries, Contact Manager, Email: info@pattana.dhamma.org; Website: www. pattana.dhamma.org

NB: Dhamma Pattana can admit only 90 students. Unconfirmed students will be accommodated in future courses; they are requested not to pressure the management to accommodate them

Goregaon Vipassna Centre (Under Dhamma Pattana Vipassana Trust)

Goregaon Vipassna Centre, Dhamma Pattana Vipassana Trust, Welfare Centre Building, Mohan Gokhale Road, Opposite Lakshadham School, Goregaon (E) Mumbai 400063, Phone: WhatsApp No. +91 9152233764/65, Email: info.gvc@vridhamma.org, 10-Day: Female» 2023» 20 to 31-12, 2024» 17 to 28-1, 28-2 to 10-3, 27-3 to 7-4, 8 to 19-5, 5 to 16-6, 10 to 21-7, 14 to 25-8, 18 to 29-9, 16 to 27-10, 20-11 to 1-12, Male» 2023» 6 to 17-12, 2024» 3 to 14-1, 14 to 25-2, 13 to 24-3, 24-4 to 5-5, 19 to 30-6, 24-7 to 4-8, 28-8 to 8-9, 2 to 13-10, 6 to 17-11, 18 to 29-12, 3-Day: Female» 2024» 8 to 11-2, 11 to 14-4, 30-5 to 2-6, 4 to 7-7, 5 to 8-12, Male» 2024» 18 to 21-4, 8 to 11-8, 12 to 15-9, 12 to 15-12,

One-day: inside main dome of the Global Vipassana Pagoda Every Day from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. Contact: Email: info@globalpagoda.org; Tel: 022 50427500 (Board Lines) - Extn. no. 9, Mobile: +91 8291894644. Email: info@globalpagoda.org; (Pl. bring a bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

Mini ānāpāna Training Sessions, Hindi and English are each about 15-20 minutes duration and are held during the visiting hours, from 11 am (first session) to 4pm (last session). Participants are required to sit for the entire session.

Dhamma Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact: 1) 9637101154, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhav, Mob. 90491 51464, Email: info@ vatika.dhamma.org, Website: vatika.dhamma.org, 10-day: (Male only)» 20 to 31-12, **10-day:** 2024» 3 to 14-1, 17 to 28-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 11 to 22-9, 25-9 to 6-10, 17 to 28-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 19 to 30-12, #ST: 2024» 28-8 to 5-9, 3-Day: (Male only) 2023» 3-Day: 2024» 18 to 21-3, 23 to 26-5, 10 to 13-10, Children Course: 2024» 28-5, 30-5,

Dhamma Vipula: Belapur (New Mumbai)

Belapur Vipassana Centre, Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email:dhammavipula@gmail.com, registration only online http://www.vipula.dhamma.org/ 10-day: 2023» 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 13 to 24-3, 27-3 to 7-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, #ST: 2024» 8 to 16-4, 3-day: 2024» 4 to 7-1, 18 to 21-4, 10 to 13-6, 20 to 23-6, 26 to 29-6, 1-day: 2023» 11 am to 4.30 pm Every Sunday, Group Sitting: 2023» Daily (any time) 7 am to 7 pm, Children Course: 2023» 17-12, 2024» 28-1, 24-3, 7-4, 19-5, 30-6, and 3rd or 4th Sunday, 11am - 4.30pm Gratitude Course: 2024» 8 to 29-2,

∞ Long Courses: 30-day:2024» 8-2 to 10-3

Dhamma Vāhinī: Titwala Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration

only online Email: vahini.dhamma@gmail.com ∞ Long Course: 20-day: 15-12-2023 to 5-1-2024, 30-day: 45-day: Contact: Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Saritā, Khadavali (Thane) C. R

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, Contact: Mob. 91-779-83-24659, (Contact: 25008868/25011096/25162505), 10-day: 13 to 24-12, 3-day: 28 to 31-12, 1-day: last day of 10-day course Contact: Mintu Bera, Mob. 9503905086, Office: 77983244659).

Dhamma Nāsikā, Nashik

Nashik Vipassana Kendra, Opposite N.M.C. Water filtration plant, Shivaji Nagar, Satpur, (Post: YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, 2020533, (10 am to 5 pm Only). Contact: No. 7758887453, 7758889941, if not answered kindly Email: info@nasika. dhamma.org, 10-day: (Only male)» 12 to 23-1-2024, (Only Female)» 14 to 25-12, # ST: 30-12 to 7-1-2024, 3-Day: 7 to 10-12

INDIA

Special 10-day Course		
9 to 20-12-2023	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
20 to 31-12-2023	Dhamma Pubbaja, Churu, Rajasthan	
24-12 to 4-1-2024	Dhamma Sarovara, Dhule	
27-12-2023 to 7-1-2024	Dhamma Khetta, Hyderabad (Telangana)	
14 to 25-4-2024	Dhamma Thalī, Jaipur	
24-4 to 5-5-2024	Dhammapāla, Bhopal (M.P.)	
31-5-2024 to 11-6-2024	Dhamma Khetta, Ĥyderabad (Telangana)	
9 to 20-6-2024	Dhamma Thalī, Jaipur	
16 to 27-6-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
14 to 25-7-2024	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
17 to 28-7-2024	Dhamma Nāga, Nagpur	
19 to 30-7-2024	Dhamma Lakkhaṇa, Lucknow (U.P.)	
31-7 to 11-8-2024	Dhamma Paphulla, Bangalore	
4 to 15-8-2024	Dhamma Sarovara, Dhule	
11 to 22-09-2024	Dhammārāma, Bhimavaram, W. G. (A.P.)	
18 to 29-09-2024 Dhamr	na Arunachala, Tiruvannamalai, (Tamilnadu)	
6 to 17-10-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
6 to 17-11-2024	Dhamma Bhandāra, Bhandara	
17 to 28-11-2024	Dhamma Thalī, Jaipur	
17 to 28-11-2024	Dhamma Mālavā, Īndore (M.P.)	
24-11 to 5-12-2024	Dhamma Tapovana-II Igatpuri	
8 to 19-12-2024	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
31-12 -2024 to 11-1-2025	Dhamma Khetta, Hyderabad (Telangana)	

31-12 -2024 to 11-1-2025	5 Dhamma Khetta, Hyderabad (Telangana)			
Gratitude Course				
6 to 17-2-2024	Dhamma Tapovana-II Igatpuri			
6 to 17-2-2024	Dhamma Pattana, Gorai, Mumbai			
2 to 17-2-2024	Dhamma Bhandāra, Bhandara			
2 to 17-2-2024	Dhamma Nāga, Nagpur			
2 to 17-2-2024	Dhammapāla, Bhopal (M.P.)			
2 to 17-2-2024	Dhamma Mālavā, Indore (M.P.)			
2 to 17-2-2024	Dhamma Pīṭha, Ahmedabad (Gujarat)			
2 to 17-2-2024	Dhamma Lakkhaṇa, Lucknow (U.P.)			
2 to 17-2-2024	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)			
2 to 17-2-2024	Dhamma Patliputta Patna (Bihar)			
8 to 29-2-2024	Dhamma Vipula: Belapur (New Mumbai)			
15-2 to 1-3-2024	Dhamma Sarovara, Dhule			
2 to 17-2-2025	Dhamma Pātliputta Patna (Bihar)			
2 to 17-2-2025	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)			

Shecdule of Long Courss				
20-day				
4 to 25-12-2023	Dhamma Lakkhaṇa, Lucknow (U.P.)			
15-12-2023 to 5-1-2024	Dhamma Vāhinī, Titwala			
23-12-2023 to 13-1-2024	Dhamma Pushkar, Ajmer, Rajasthan			
27-12-2023 to 17-1-2024	Dhamma Khetta, Hyderabad (Telangana)			
3 to 24-2-2024	Dhamma Thalī, Jaipur			
7 to 28-2-2024	Dhamma Paphulla, Bangalore			
2 to 23-4-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)			
6 to 27-4-2024	Dhamma Paṭṭhāna, Sonepat, (Haryana)			
25-4 to 16-5-2024 (Telan.)	Dhamma Nāgajjuna-II Nagarjun Saga			
15-5 to 5-6-2024	Dhamma Tapovana-II Igatpuri			
31-5-2024 to 21-6-2024	Dhamma Khetta, Hyderabad (Telangana)			
1 to 22-7-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)			
23-7 to 13-8-2024	Dhamma Pattana, Gorai, Mumbai			
20-7 to 10-8-2024	Dhamma Kānana, Balaghat (M.P.)			
30-7 to 20-8-2024	Dhamma Paṭṭhāna, Sonepat, (Haryana)			
8 to 29-9-2024	Dhamma Suvatthī, Sravasti (U.P.)			
8 to 29-9-2024	Dhamma Garha, Bilaspur (Chhattisgarh)			
28-9 to 19-10-2024	Dhamma Thalī, Jaipur			
29-9 to 20-10-2024	Dhamma Tapovana-II Igatpuri			
2 to 23-10-2024	Dhamma Lakkhaṇa, Lucknow (U.P.)			
4 to 25-11-2024	Dhamma Sarovara, Dhule			
4 to 25-11-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)			
6 to 27-11-2024	Dhammārāma, Bhimavaram, W. G. (A.P.)			
30-11 to 21-12-2024	Dhamma Pātliputta Patna (Bihar)			
31-12-2024 to 21-1-2025	Dhamma Khetta, Hyderabad (Telangana)			
2-2 to 23-2-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)			
7 to 27-5-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)			

30-day		
23-12-2023 to 23-1-2024	Dhamma Pushkar, Ajmer, Rajasthan	
[24-12-2023 to 24-01-2024	Dhamma Giri, Igatpuri (Only for AT, SAT,	
Teachers)]		
25-12-23 to 25-1-2024	Dhamma Ambikā, South Gujarat	
27-12-2023 to 27-1-2024	Dhamma Tapovana-I Igatpuri	

27-12-2023 to 27-1-2024	Dhamma Khetta, Hyderabad (Telangana)	
5-1 to 5-2-2024	Dhamma Kānana, Balaghat (M.P.)	
3-2 to 5-3-2024	Dhamma Thalī, Jaipur	
7-2 to 9-3-2024	Dhamma Paphulla, Bangalore	
8-2 to 10-3-2024	Dhamma Vipula: Belapur (New Mumbai)	
9-2 to 11-3-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
15-2 to 17-3-2024	Dhamma Patthāna, Sonepat, (Haryana)	
20-2 to 22-3-2024	Dhamma Tapovana-II Igatpuri	
29-2 to 31-3-2024	Dhamma Suvatthī, Sravasti (U.P.)	
25-4 to 26-5-2024 Dh	amma Nāgajjuna-II Nagarjun Sagar (Telan	
03-05 to 03-06-2024	Dhamma Tapovana-I Igatpuri	
5-5 to 5-6-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
14-5 to 14-6-2024	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
31-5-2024 to 1-7-2024	Dhamma Khetta, Hyderabad (Telangana)	
23-6 to 24-7-2024	Dhamma Tapovana-II Igatpuri	
12-8 to 12-9-2024	Dhamma Tapovana-II Igatpuri	
25-8 to 25-9-2024	Dhamma Paṭṭhāna, Sonepat, (Haryana)	
1-9 to 2-10-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
8-9 to 9-10-2024	Dhamma Garha, Bilaspur (Chhattisgarh)	
28-9 to 29-10-2024	Dhamma Thalī, Jaipur	
2-10 to 2-11-2024	Dhamma Lakkhaṇa, Lucknow (U.P.)	
22-10 to 22-11-2024 Dh	ıamma Nāgajjuna-II Nagarjun Sagar (Telan	
4-11 to 5-12-2024	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
6-11 to 7-12-2024	Dhammapāla, Bhopal (M.P.)	
31-12-2024 to 31-1-2025	Dhamma Khetta, Hyderabad (Telangana)	
1-3 to 1-4-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
7-5 to 6-6-2025	Dhamma Sindhu, Mandvi-Kutch (Guj.)	
45-day		

Dhamma Sindhu, Mandvi-Kutch (Guj.) 10-12-2023 to 25-1-2024 10-12-2023 to 25-1-2024 Dhamma Ambikā, South Guiarat 14-12-23 to 29-1-2024 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) 3-2 to 20-3-2024 Dhamma Thalī, Iaipur 9-2 to 26-3-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.) 9-2 to 27-3-2024 Dhamma Bodhi, Bodhgaya, (Bihar) 15-2 to 1-4-2024 Dhamma Patthana, Sonepat, (Haryana) 20-2-2024 to 6-4-2024 Dhamma Tapovana-II Igatpuri 29-2 to 15-4-2024 Dhamma Suvatthī, Sravasti (U.P.) 25-4 to 10-6-2024 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) Dhamma Tapovana-I Igatpuri Dhamma Sindhu, Mandvi-Kutch (Guj.) 03-05 to 18-06-2024 5-5 to 20-6-2024 31-5-2024 to 16-7-2024 Dhamma Khetta, Hyderabad (Telangana) Dhamma Tapovana-II Igatpuri Dhamma Sindhu, Mandvi-Kutch (Gui.) 12-8 to 27-9-2024 1-9 to 17-10-2024 8-10 to 23-11-2024 Dhamma Paṭṭhāna, Sonepat, (Haryana) 15-10 to 30-11-2024 Dhamma Suvatthī, Sravasti (U.P.) Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) 22-10 to 7-12-2024 6-11 to 22-12-2024 Dhammapāla, Bhopal (M.P.) 12-12 to 27-1-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.) 13-12-2024 to 28-01-2025 Dhamma Tapovana-I Igatpuri 14-12-24 to 29-1-2025 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.) 1-3 to 16-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.) 5-2-2024 to 6-4-2024 Dhamma Tapovana-I Igatpuri

Dhamma Tapovana-I Igatpuri 03-10 to 03-12-2024 9-12-2024 to 8-2-2025 Dhamma Tapovana-II Igatpuri

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). 10-day: (Only for Hindi, Marathi, Students)2023» 9 to 20-12. 2024» 6 to 17-1, 10 to 21-2, 13 to 24-4, 9 to 20-5, 8 to 19-6, 13 to 24-7, 10 to 21-8, 14 to 25-9, 12 to 23-10, 9 to 20-11, 14 to 25-12, (Only for Hindi, English, Students)2023»» 25-11 to 6-12, 23-12 to 3-1-2024. 2024» 24-2 to 6-3, 23-3 to 3-4, 27-4 to 8-5, 25-5 to 5-6, 27-7 to 7-8, 24-8 to 4-9, 28-9 to 9-10, 23-11 to 4-12, 28-12 to 8-1-2025. #ST: (Only for Hindi, Marathi, Students)2024» 18 to 27-1. (Only for Hindi, English, Students) 2024» 9 to 18-3, 22-6 to 1-7, 3-day: 2024» 1 to 4-2, 4 to 7-7, 5 to 8-9, 26 to 29-10, # 2-day Children Course: 2024» (12 to 18 yrs) (only Boys) 14 to 15-5, (Only Girls) 17 to 18-5, Contact: Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Puṇṇa, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, 10-day: (Only for Hindi, English, Students)2023» 3 to 14-12, 2024» 1 to 12-1, 5 to 16-2, 3 to 14-3, 7 to 18-4, 2 to 13-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 6 to 17-10, 4 to 15-11, 1 to 12-12, (Only for Hindi, Marathi, Students)2023» 17 to 28-12, 2024» 15 to 26-1, 18 to 29-2, 17 to 28-3, 21-4 to 2-5, 16 to 27-6, 21-7 to 1-8, 18 to 29-8, 15 to 26-9, 17 to 28-11, 15 to 26-12, #ST: (Only for Hindi, Marathi, Students) 2024» 20 to 28-10, Teenagers' Course: (Boys)2024» 5 to 13-5, (Girls)2024» 19 to 27-5, 1-day: Every Month First and Third Saturady 8:30 am to 4:00 pm, Introduction to Vipassana: Every 3rd Saturday of the Month Time: 4 pm to 5:30 pm

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vaijapur Road Aurangabad431003.Tel: (0240) 2040444, Contact: Email: info@ dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www. dhammaajanta.org, 10-day: 2024» 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 30-8 to 10-9, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 25-10 to 5-11, 29-11 to 10-12, 13 to 24-12, 27-12 to 7-1, Teenagers' Course: (Girls) 2024» 15 to 23-11, 1-day: 2024» Every Sunday

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule - Hendrun Bus is available from Dhule Bus Stand every hourse up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) 10-day: 10 to 21-12, 2024» 7 to 18-1, 20 to 31-1, 2 to 13-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 7 to 18-7, 21-7 to 1-8, 25-8 to 5-9, 8 to 19-9, 29-9 to 10-10, 13 to 24-10, 1 to 12-12, 15 to 26-12, #ST: 2024» 29-3 to 6-4, 23-6 to 1-7, 20 to 28-9, 2-Day: 2024» 3 to 5-5, 3 to 5-7, 1-Day: 2023» 10-12, 2024» 7-1, 3-3, 21-7, 27-10, 1-12, 15-12, # 1-Day Children Course: 2024» 7-5, 8-5, 28-10, 29-12,

Gratitude Course: 2024» 15-2 to 1-3.

AT Meeting: 2024» 20 to 21-8, Trustee Workshop: 2024» 21 to 22-8, ∞ Spaishal 10-day: 2023» 24-12 to 4-1-2024, 2024» 4 to 15-8,

∞ ∞ Long Courses: 20-day: 2024» 4 to 25-11, Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@ sarovara.dhamma.org

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, Contact: 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866, 10-day: (Only male)» (Only Female)» #ST: 2-day:

Dhammalaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123, Email: info@alava. dhamma.org; (No admission without confirmation) Contact: Mob. 97674-13232. 9697933232, 7420943232, 10-day: (Hindi/Marathi speaking students only) 13 to 24-12, #ST: (Hindi/Marathi speaking students only)» 15 to 24-12, 1-day: 11-12, # Children Course: 28 to 29-12,

Dhamma Sugandha: Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhose, 416420 tahsil. Miraj, Dist. Sangli. For online registration: https://schedule. vridhamma.org/courses/sugandha, Contact: 1) Dr.Amit Patil, Mo. 9222161236, 2) Suniel Chaugule, Mo. 94038419432, 3) Sanjay Chaugule, Mo. 7249711008, Email: info@sugandha.dhamma.org sanglivipassana@gmail.com, 10-Day: (Hindi Marathi)» 3 to 14-12, 17 to 28-12, 3-Day: (Hindi Marathi)» 28 to 31-12, For One day: https:// sugandha.dhamma.org/oneday.php

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurjhari Village, near Nagpur-Kalmeshwar Road, Contact: Mob. 9370990771, 9423403294, 9403870195. 9422182336, Email:info@naga.dhamma.org(No admission without confirmation) 10-day: 2023» 13 to 24-12, 2024» 3 to 14-1, 17 to 28-1, 21-2 to 3-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, (Male Old Students Only»17 to 28-7), 31-7 to 11-8, 14 to 25-8, 28-8 to 8-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, #ST: 2023» 25-12 to 2-1-2024, 2024» 12 to 20-3, 24-12 to 1-1-2025, 3-day: 2024» 29-1 to 1-2, 22 to 25-3, 8 to 11-5, 13 to 16-9, 1-day; 2023» 10-12, 24-12, 2024» 23-5. Teenagers' Course: (Girls) 2024» 13 to 21-5. Boys: 2024» 26-5 to 2-6, # Children Course: (13 to 18 yrs)2024» 14-1, 7-4, 4-8, 27-10, (8 to 13 yrs)2024» 3-3, 16-6, 15-9, 8-12, AT Workshop/Meeting: 2024» 6 to Gratitude Course: 2024» 2 to 17-2,

Special 10-day: 2024» 17 to 28-7, Contact: (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, #ST: 8 to 16-12, Teenagers' Course: (Boys)» 23 to 31-12, Group Sitting:» every Sunday 8 to 9 am. and 6-12, Children Anapana:» every Sunday 8 to 9, Anapana Sadhna:» (Non-Meditator 10 Minutes Anapaan Sadhna: Every Sunday 8 am.) Contact: 1) Mr. Kamlesh Chahande, Mob. 9373104305, 2) Mr. Ramdas Bhaskar, Mob. 9921503273.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal 445001. Contact: 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. 10-day: 1-day: 31-12, 2-day Children Course: (Boys Only)» 16 to 18-12, (Girls Only)» 23 to 25-12,

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia -441601. Contact: 9421796656, 8669038011, 9921395006, 9764835035, Contact: 1) Mr. Brahmanand Shahare, Mob. 8698797834, 2) Mr. Hemant Raut, Mob. 9637836487, 10-day: 6 to 17-12, 20 to 31-12, 1-Day:» 31-12, # Children Course: 3-12,

Rohnagaon: (Pavani Bhandara): 10-day:» 13 to 24-12, 3-day: 9 to 12-12, At: Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. Contact: 1) Shailesh kambale: 9923268962, 2) Mr. Madhav

Ramteke: 98289 96378, 92233-49183.

Buldhana: 10-day:» (only male)» 9 to 20-12, At: Pangri Ta. Dist: Buldhana, Contact: 1) Mob. 7057220147, 9860143266, 7709435975, 9850043001

Chitki: (Wardha) Dhamma Kuti Vipassana Kendra, chitki, Pulgaon, Po. Kavtha, Ta. Devali, Dist: Wardha, (MS) 10-day: 17 to 28-12, Contact: 1. Shri Khandare, Mob. 7057690930.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 2023» 13 to 24-12, 2024» 3 to 14-1, 6 to 17-3, 1 to 12-4, 26-6 to 7-7, 31-7 to 11-8, 18 to 29-9, 16 to 27-10, #ST: 2024» 24-4 to 2-5. 3-Day: 2024» 22 to 25-3. 2 to 5-5. 2-Day: 2024» 17 to 19-2, 17 to 19-8, 1-Day: 2023» 3-12, 2024» 14-1, 17-2, 17-3, 12-4, 23-5, 23-6, 7-7, 11-8, 29-9, 27-10, 17-11, 15-12, # Children Course: 2024» 21-1, 18-2, 24-3, 21-4, 26-5, 2-6, 14-7, # Children Course: 2024» (10 to 16 years) 3-11, 1-12, 21-12, Dhamma Sammelan: 2024» 31-3, Group Sitting: 2023» Daily 8 to 9 am and 6 to 7 pm Trustee & Dhamma Servers Workshop: 2024» 29 to 30-3, Children Course Teacher Workshop: 2024» 29 to 30-3,

Gratitude Course: 2024» 2 to 17-2,

Special 10-day: 2024» 6 to 17-11, Contact: Choureji, 9890441071, Vinodji, 9422833002, Deshbhrtar:- 9423185322, 7588749108.

Dhamma Nirañjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, Contact: 1) Mr. Dahivele, Mob. 94231-48636. 2) Mr. Bhave, Mob. 9421572499, 10-day: (Only female)2023» (Only male)2023» 13 to 24-12, 2-day: 2023» 29 to 31-12, 1-day: 2023» 24-12, # 3-day Children Course: (Only Boys)2023» (Only Girls)2023»

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hiyara, Post Zadshi, Tal Selu, Dist, Wardha, Email: dhammavasudha@gmail.com Contact: 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. 10-day: #ST: 4 to 12-12,

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info.anakula.@vridhamma.org, Website: www. anakula.dhamma.org, Mob. 9421156138, 9881204125, 9421833060, online Aply: https://www.dhamma.org/en/schedules/v2/ schanakula#normal, Email: info.anakula@vridhamma.org, 10-day: 13 to 24-12, 3-day: 28 to 31-12, 1-day: 24-12, # Children Course: 10-12, Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Kotamba (Yavatmal): 10-day: (Male and Female)» 10 to 21-12, 2024» 7 to 18-1, 4 to 15-2, 18 to 29-4, 9 to 20-5, 2 to 13-6, 23-6 to 4-7, 14 to 25-7, 8 to 19-9, 4 to 15-11, 1 to 12-12, (Only female) 2024» 4 to 15-8, 29-9 to 10-10, #ST: 2024» 27-3 to 4-4, 1-day: Every Sunday: 8 am to 3 pm Contact: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 9067788418, 9860328804, 9890429314, 9860674029,

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist- Akola, 444501, 10-day: (Female only)» 22-12 to 2-1, #ST: (Female only)» 1-day: Every month Second Sunday, # Children Course: (12 to 17 yer) Every month Third Sunday, Contact: 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, Contact: Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. 10-day: (only male)» 3 to 14-12, (only female)» 17 to 28-12, Contact: 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Online Registration :- Website:- www.ajaya. dhamma.org, Email: dhammaajaya@gmail.com, 10-day: Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476, 10-day: 20 to 31-12, #ST: 8 to 16-12, 1-day:

Ballrapur (Chandrapur): 10-day: 13 to 24-12, 1-day: # 2-day Children Course: (Boys only 10 to 15 yer) (only Girls 10 to 15 yer) Place: Anupam Charitable Trust, Yenbodi Po. Kothari Tal. Ballrapur, Dist. Chandrapur - 442701, Contact: 1) shri Vasant Dhoke, Mob. 9423503514, 7875330276, 2) Shri. Manohar Phuljhele, Mob. 8551987943

Dhamma Padesa, Pali, Ratnagiri,

Konkan Vipassana Meditation Centre, Pali, Ratnagiri, Maharashtra, Contact: 1. Mr. Dharmapal, Mob. 9405111373, 2. Mr. Prashant, Mob. 8087731901, 3. Mr. Bansode, Mob. 9421171198. Email: dhammapadesh@gmail.com Email: vipassana.01mahad@gmail. com 10-day: (Female Hindi, Marathi, speaking Students)» (Female Hindi, English, speaking Students)» (Male Hindi, English, speaking Students)» 17 to 28-12, (Male Hindi, Marathi, speaking Students)» 2 to

13-12, 3-Day: (Hindi, English, speaking Students)» 1-Day: 30-12, Dhamma Udaka, Dapoli, Ratnagiri,

Vipassana Meditation Centre, Pisai Near Matvan, Ta. Dapoli, Dist:-Ratnagiri - 415712, Maharashtra, Office Contact: Mob. 7499420272, Application: https://schedule.vridhamma.org/courses/ udaka.e.vridhamma.org, Contact: 1. Mr. Nikesh Kasare, Mob. 9699937134, 2. Mr. Chandrakant Bhagwat, Mob. 9545628659, 10-day: (Male Only)2024» 3 to 14-1, 17 to 28-1, 31-1 to 11-2, 14 to 25-2, (Male and Female)2024» 28-2 to 10-3, 13 to 24-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6,

NORTH INDIA

Dhamma Thalī, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/ queries); Email: info@thali.dhamma.org, 10-day: 2023» 21-12-2023 to 1-1-2024, 2024» 3 to 14-1, 17 to 28-1, 27-3 to 7-4, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 14 to 25-9, 4 to 15-11, 17 to 28-11, 1 to 12-12, 22-12 to 2-1-2025, #ST: 2023» 12 to 20-12, 2024», 29-3 to 6-4. 28-5 to 5-6, 23 to 31-7, 13 to 21-12, 3-day: 2024» 7 to 10-4, # Children Course: 2024» 22 to 24-3, AT Meeting: (Rajasthan) 2024» 20 to 21-3, DhammaUtsav: 2024» 28-1.

Special 10-day: 2024» 14 to 25-4, 9 to 20-6, 17 to 28-11,

∞ Long Course: 20-day: 2024» 3 to 24-2, 28-9 to 19-10, 30-day: 2024» 3-2 to 5-3, 28-9 to 29-10, 45-day: 2024» 3-2 to 20-3,

Dhamma Pushkar, Ajmer, Rajasthan

Vipassana Centre, Near Village Rewat (Kedel), 23 kms from Ajmer and 9 kms from Pushkar towards Parbatsar. +91-94133-07570. Tel: (145) 2780570. Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail. com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275, 3-day: 2023» 14 to 17-12, #

∞ Long Course: 20-day: 2023» 23-12-2023 to 13-1-2024, 30-day: 2023» 23-12-2023 to 23-1-2024,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@ marudhara.dhamma.org, 10-day: #ST: 22 to 30-12, Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.maroodhara@gmail.com; Mob. Whatsapp No. 9887099049, 8233013020.

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail. com, info@pubbaja.dhamma.org, Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 9887099049, Whatsapp Only) #ST: 22 to 30-12,

Special 10-day: 20 to 31-12,

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabhgarh.] 10-day: 2023» 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 7 to 18-2, 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Paṭṭhāna, Sonepat, (Haryana)

Sadhana Sansthan, Village Kammaspur, Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg. dhammapatthana@gmail.com, #ST: 2023» 23 to 31-12, 2024» 5 to 13-1, 18 to 26-1, 2 to 10-2, 1 to 9-5, 19 to 27-6, 2 to 10-7, 27-11 to 5-12, 23 to 31-12, AT WorkShop: 2024» 30-9 to 3-10, Dhamma Sevak Workshop: 2024» 4-10, Special 10-day: 2023» 9 to 20-12, 2024» 2024» 14 to 25-7, 8 to 19-12,

∞ Long Course: 20-day: 2024» 6 to 27-4, 30-7 to 20-8, 30-day: 2024» 15-2 to 17-3, 14-5 to 14-6, 25-8 to 25-9, **45-day:** 2024» 15-2 to 1-4, 8-10 to 23-11, Contact: same as Dhamma Sota

Dhamma Kāruṇika, Karnal (Haryana)

Sadhana Sansthan, AirPort/Kunjpura Road, Near Goverment School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, Contact: 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 2023» 13 to 24-12, 27-12 to 7-1-2024, 2024» 10 to 21-1, 24-1 to 4-2, 14 to 25-2, 28-2 to 10-3, 13 to 24-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, #ST: 2024» 23 to 31-10, 3-day: 2024» 8 to 11-2, 7 to 10-11, Teenagers' Course: (Girls) 2024» 22 to 30-5, (Boys) 2024» 1 to 9-6,

Dhamma Hitakārī, Rohtak (Haryana)

Vipassana Dhyan Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 7 to 18-2, 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 2024» 5 to 13-11, 3-day: 2024» 1 to 4-2, 1 to 4-8, 14 to 17-11,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Émail: info@dhaja.dhamma.org, 10-day: 2023» 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 7 to 18-2, 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 2024» 5 to 13-11, 3-day: 2024» 1 to 4-2, 1 to 4-8, 14 to 17-11

Dhamma Sikhara, Dharamshala (H.P.)

Vipassana Kendra, Dharamkot, McLeodganj, Himachal Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: 2023 and 2024» every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) #ST: 2024» 20 to 28-3, 15 to 23-11, 3-day: 2024» 24 to 27-11.

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. 10-day: 2023 and 2024» Every month 1 to 12 and 16 to 27 (Except #ST, 3-day, 2-day Course) #ST: 2024» 1 to 10-5, 1 to 10-8, 1 to 10-11, 3-day: 2024» 10 to 13-8, 10 to 13-11, 2-day: 2024» 27 to 29-2, 10 to 12-5, Group Sitting: 2023» every Sunday from 9 am. 1-day: 2023» every Fourth Sunday. Email: info@ladakh.in.dhamma. org; lvisuddha@yahoo.com,

Dhamma Salila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001, Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail. com: 10-day: 13 to 24-12, 2024» 24-1 to 4-2, 7 to 18-2, 21-2 to 3-3, 6 to 17-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 2024» 14 to 22-1, 2 to 10-10, 3-day: 2023» 27 to 30-12, 2024» 19 to 22-3, 14 to 17-8, 27 to 30-10, Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 2024» 4 to 15-1, 19 to 30-1, 19-2 to 1-3, 4 to 15-3, 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8, 4 to 15-9, 4 to 15-11, 19 to 30-11, 4 to 15-12, 19 to 30-12, #ST: 2023» 24-12-2023 to 1-1-2024, 2024» 22 to 30-3, 19 to 27-9, 2-Day: 2024» 15 to 17-1, 15 to 17-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8, 15 to 17-9, 15 to 17-11, 15 to 17-12, # Children Course: 2024» (8 to 12 yrs)» 18 to 20-3,

Gratitude Course: 2024» 2024» 2 to 17-2,

∞ Special 10-day: 2024» 19 to 30-7,

∞ Long Course: 20-day: 2023» 4 to 25-12, 2024» 2 to 23-10, 30-day: 2024» 2-10 to 2-11, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

Dhamma Suvatthī, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma. org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 2023» 2 to 13-12, 2024» 2 to 13-1, 17 to 28-1, 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 15 to 26-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2025, #ST: 2023» 14 to 22-12, 2024» 29-8 to 6-9, 14 to 22-12, # Children Course: (8 to 12 yrs boys, and 8 to 16 yrs Girls) 2023» 24 to 27-12, 2024» 27 to 30-5, 24 to 27-12, (12 to 16 vrs only Boys) 2023» 28 to 31-12, 2024» 28 to 31-12,

∞ Long Courses: 20-day: 2024» 8 to 29-9, 30-day: 2024» 29-2 to 31-3. 45-day: 2024» 29-2 to 15-4, 15-10 to 30-11, Contact: 1, Mob. 094157-51053, 2. Murli Manohar, Mob. 094150-36896,

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-), 10-day: 20 to 31-12, 1-day: 31-12, Contact: Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

Dhamma Kalyāṇa, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma. kalyana@gmail.com, (No admission without confirmation) 10-day: 5 to 16-12, 20 to 31-12, 1-Day: Every month Fourth Sunday. 10 am to 5 pm, 'Dhamma Kāya', Kushinagar (U.P.)

'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist:

Kushinagar-274402, (U.P.) Mob. +919415277542 dhammakaaya.vskk@gmail.com; 10-day: Every month 1 to 12 and 16 to 27. Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhapur-273003, 2, Mob. 9935599453.

Dhamma Sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut- -250404, Office Contact: Tel. 9555515548 8171490433 7505414181 10-day: 6 to 17-12 20 to 31-12 2024» 3 to 14-1, 17 to 28-1, 7 to 18-2, 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST; 2024» 5 to 13-11, 3-day: 2024» 1 to 4-2, 1 to 4-8, 14 to 17-11,

Dhamma Licchavī, Muzaffarpur (Bihar)

Dhamma Licchavī Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@ licchavi dhamma org 10-day: 5 to 16-12, 19 to 30-12, 2024» 5 to 16-1. 19 to 30-1, 5 to 16-2, 19-2 to 1-3, 3 to 14-3, 5 to 16-4, 19 to 30-4, 5 to 16-5. 19 to 30-5. 5 to 16-6. 19 to 30-6. 5 to 16-7. 19 to 30-7. 5 to 16-8. 19 to 30-8, 5 to 16-9, 17 to 28-9, 29-9 to 10-10, 15 to 26-10, 9 to 20-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, 5 to 16-1-2025, 19 to 30-1, #ST: 15 to 23-03-2024, Contact: V K Goenka, Mob. 7779842059,

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, Contact: 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, 10-day: 2023 and 2024 » every month 3 to 14 and 17 to 28.

Dhamma Bodhi, Bodhgaya, (Bihar)

Bodh Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, 9955911556, Email: registration.bodhi@vridhamma. org, Website: www.bodhi.dhamma.org, Long course Email: bodhi. longcourse@gmail.com Contact: 99559-11556. 10-day: 1 to 12-12, 15

∞ Long Courses: 45-day: 2024» 9-2 to 27-3,

Nalanda (Bihar): 10-day: 2023» January to December Every Month 2 to 13, Place: Near Navnalanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955911556, Contact: Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

Dhamma Pātliputta Patna (Bihar)

Patna Vipassana Center, Meditation Block, Buddha Smriti Park, Near Patna Junction Patna - 800001. Bihar India. Contact: Mobile: +91 6205978822, E-mail: info@patna.in.dhamma.org, Website: http://www. pataliputta.dhamma.org, 10-Day: 2024» 3 to 14-1, 17 to 28-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 17 to 28-4, 3 to 14-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 17 to 28-11, 22-12 to 2-1-2025, 3 to 14-1, 17 to 28-1, #ST: 2024» 24-5 to 1-6, 3-day: 2024» 15 to 18-5, 29-7 to 1-8, Teenagers' Course: (Girls)» 2023» 23 to 31-12, 1-day: 2023 and 2024» Every sunday, Mini Anapana Meditation: 2023 and 2024» Every Day, #3-Day Children Course: 2024» (Ony Girls 12 to 16 years)» » 29-4 to 2-5, **2024**» (Only Boys 12 to 16 years)» 29-6 to 2-7, ∞ Gratitude Course: 2 to 17-2-2024, 2 to 17-2-2025.

∞ Long Course: 20-day: 2024» 30-11 to 21-12,

Dhamma Vesali Vipassana Center, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Email: info@vaishali. in.dhamma.org; Website: www.vaishali.in.dhamma.org, Contact: 9031012302, 9031012303, 10-day: every month 4 to 15 and 18 to 29 (except during #ST: course's)

Dhamma Vesali, Bihar

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob, 9925674104, 9638577325, Email: info@sindhu.dhamma.org Contact: Bhui: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-Day: 5 to 16-12, 19 to 30-12, 2024» 3 to 14-1-2024, 16 to 27-1, 6 to 17-2, 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 4 to 15-4, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 19 to 30-10, 3 to 14-11, 17 to 28-11, 30-11 to 11-12, 15 to 26-12, 29-12 to 9-1, 2025» 12 to 23-1, 1 to 12-2, 16 to 27-2, 3 to 14-3, 16 to 27-3, 31-3 to 11-4, 13 to 24-4, #ST: 2024» 16 to 24-4, 2 to 10-7, 19 to 27-11, 3-day: 2024» 26 to 29-1, 8 to 11-3, 22 to 25-6, 15 to 18-8, 24 to 27-1, Teenagers' Course: (Boys) 2024» 25-4 to 3-5, 26-4 to 4-5, (Girls) 2024» 8 to 16-5, 5 to 13-5,

Special 10-day: 2024» 16 to 27-6, 6 to 17-10,

∞ Long Courses: 20-day: 2024» 2 to 23-4, 1 to 22-7, 4 to 25-11, 2-2 to 23-2-2025, 7 to 27-5, 30-day: 2024» 9-2 to 11-3, 5-5 to 5-6, 1-9 to 2-10, 4-11 to 5-12, 1-3 to 1-4-2025, 7-5 to 6-6, 45-day: 10-12-2023 to 25-1-2024, 2024» 9-2 to 26-3, 5-5 to 20-6, 1-9 to 17-10, 12-12 to 27-1-2025, 1-3 to 16-4-2025, Contact: 7874623305, 9825320551.

Dhamma Kota, Raikot (Gui.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. City Contact: 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291, 10-day: 6 to 17-12, 20 to 31-12,

Gujarati Vipassana Newsletter: Rs 30/- for one year and Rs 100/for 4 years. Contact: Saurashtra Vipassana Research Centre, Bhabha Dining Hall, Panchnath Road, Rajkot-360001. Tel: (0281) 2233666, Mobile: 94272-21591. 7878727223,

Dhamma Divākara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Guiarat, Email: info@diyakara.dhamma.org, Tel: (02762) 272-800. Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel. Tel: Mob. 8734093341. Tel: (02762) 254-634. 253315. Email: upendrakpatel@gmail.com, 10-day: 13 to 24-12, 27-12 to 7-1, 2024» 10 to 21-1-2024, 24-1 to 4-2, 7 to 18-2, 21-2 to 3-3,

Dhamma Pīṭha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. 10-day: 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 21-2 to 3-3,

∞ Gratitude Course: 2 to 17-2-2024, Contact: Ms Shashi Todi, Mob. 98240-65668

Dhamma Ambikā, South Gujarat

Vipassana Dhyan Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma. org Online registration: dhammaambikasurat@gmail.com, 10-day: 1 to 12-2-2024, 21-2 to 3-3, 6 to 17-3, 3-day: 15 to 18-2-2024,

∞ Long Courses: 30-day: 25-12-2023 to 25-1-2024, 45-day: 10-12-2023 to 25-1-2024, Contact: 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshibhai K Patel, Mob. 098250-44536,

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh - Palitana Road, Dist:-Bhaynagar, Guiarat Email: dhammapali15@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. 10-day: 6 to 17-12, 20 to 31-12,

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharucch Gujarat - 393110, Email: info@narmada.dhamma.org, 10-day: (Only Female)» 27-12-2023 to 7-1-2024, (Only Male)» 13 to 24-12, 10-1-2024 to 21-1-2024, (One Day: Every 2nd, 4th and 5th Sunday 8am-1pm. Contact: Patel: 9824451381, Krishna: 9328170462.)

Mahuva: Bhavnagar (Gujarat) Dhamma Jalashaya Centre, Mahuva Bhavnagar Guj. Contact: Phone: 9510083705, 02844-222012, 02844-225363, 10-day: 20 to 31-12-2023, 2024» 31-1 to 11-2, 6 to 17-3,

SOUTH INDIA

Dhamma Paphulla, Bangalore

Bangalore Vipassana Centre: (23 km from City Railway station,) Alur Village, Near Alur Panchayat office, Off Tumkur Road, Dasanapura Bangalore North Taluka 562 123. Tel: (080) 23712377, Mob. 7829912733, 8861644284, 9972588377, Email: info@paphulla. dhamma.org; [Bus No. 256, 258, 258C from Majestic Bus Stand Gat down Makali (Near Himalaya Drugs), cross road and take auto | 10-Day: 2023» 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 13 to 24-3, 27-3 to 7-4, 24-4 to 5-5, 20 to 31-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 14 to 25-8, 11 to 22-9, 3 to 14-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11-12 to 22-12, #ST: 2024» 12 to 20-4, 28-8 to 5-9, 3-day: 2024» 1 to 4-2, 26 to 29-9, 26 to 29-12, Teenagers' Course: Special 10-day: 2024» 31-7 to 11-8, (Bovs) 2024» 8 to 16-5,

■ Long Courses: 20-day: 2024» 7 to 28-2, **30-day:** 2024» 7-2 to 9-3, Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudiyakkam, Chennai 600044, Contact: Tel: +91-7550034777, Mobile: 94440-21622, 94442-80952, Email: setu. dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) Contact City Office: S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; 10-day: 20 to 31-12, Teenagers' Course: (Boys)» 11 to 18-12,

Dhamma Arunachala, Tiruvannamalai, (Tamilnadu)

Vipassana Meditation Centre, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode 606603. Phone: +91-9597246178, +91-9884393459, Website:, http://www.arunachala.dhamma.org, Email: arunachala. dhamma@gmail.com, info@arunachala.dhamma.org, 10-day: 2023» 6 to 17-12, 20 to 31-12, 2024» 3 to 14-1, 17 to 28-1, 31-1 to 11-2, 14 to 25-2, 6 to 17-3, 20 to 31-3, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, # ST: 2024»18 to 26-09, Special 10-day: 2024» 18 to 29-09,

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 10-day: 6 to 17-12,

20 to 31-12

Dhamma Khetta, Hyderabad (Telangana)

Vipassana International Meditation Centre, (12.6 km) Mile Stone, Nagarjuna Sagar Rd, Kusum Nagar, Vansthalipuram Hyderabad-500070. Email: info@khetta.dhamma.org Tel: (040) 2424-0290, 32460762, 09491594247, Fax: 2424-1746, 10-day: 13 to 24-12, # Special 10-day: 27-12-ST: 13 to 21-9.

2023 to 7-1-2024, 31-5-2024 to 11-6-2024, 31-12 -2024 to 11-1-2025, ∞ Long Courses: 20-Day: 27-12-2023 to 17-1-2024, 31-

5-2024 to 21-6-2024, 31-12-2024 to 21-1-2025, **30-Day:** 27-12-2023 to 27-1-2024, 31-5-2024 to 1-7-2024, 31-12-2024 to 31-1-2025, 45-Day: 31-5-2024 to 16-7-2024

1-day Children Course: Ending day of every 10-day course in Andra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 yrs (8 am

Telugu Vipassana Newsletter: Published every month. Annual subscription: Rs. 50/-. Contact: Dhamma Khetta above.

Dhamma Nāgajjuna-I Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road,) Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajjuna.dhamma. org. 10-day: 2024» 10 to 21-1, 6 to 17-2, 3 to 14-5, 28-5 to 8-6, 23-10 to 3-11, 9 to 20-11, 23-11 to 4-12, 2-day; 2023» 1 to 3-12, 2024» 23 to 25-2, 8 to 10-3, Teenagers' Course: (Boys) 2024» 1 to 9-1, 6 to 14-4, 16 to 24-5, 20-6 to 7-7 27-7 to 4-8 24-8 to 1-9 21 to 20-9 3 to 11-10 (Girls): 2023 23 to 31-12, 2024» 23-2 to 31-3, 25-4 to 3-5, 13 to 21-6, 13 to 21-7, 10 to 18-8, 7 to 15-9, 23 to 31-12, # Children Course: 2024» 21-1, 3-3, 17-3, 31-3, 14-4, 7-7, 21-7, 4-8, 18-8, 1-9, 15-9, 29-9, 3-11, Dhamma Sevak Workshop: 2023» 8 to 10-12, 2024» 19 to 21-4, 18 to 20-10, 6 to 8-12,

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above.

10-day: 2024» 21-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, # ST: 2024» 12 to 20-6,

Gratitude Course: 2 to 17-2-2024, 2 to 17-2-2025

∞ Long Courses: 20-day: 2024» 25-4 to 16-5, 30-day: 2024» 25-4 to 26-5, 22-10 to 22-11, 45-day: 14-12-2023 to 29-1-2024, 2024» 25-4 to 10-6. 22-10 to 7-12, 14-12-2024 to 29-1-2025,

Dhammārāma, Bhimavaram, W. G. (A.P.)

Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koderu, Dist. West Godavari 534 210. (1.5 kms from Bhimayaram, on the Bhimayaram-Thanuku Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org, **10-day:** 2024» 27-12-23 to 7-1, 31-1 to 11-2, 13 to 24-3, 27-3 to 7-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 3 to 14-7, 31-7 to 11-8, 25-8 to 6-9, 16 to 27-10, 1 to 12-12, #ST: 2024» 21 to 29-2, 15 to 23-12, 3-day: 2024» 25 to 28-1, 18 to 21-7, 2-day: 2024» 19 to 21-4, 16 to 18-8, 1-day: every month Second Sunday. Workshop: Special 10-day: 2024» 11 to 22-9, 2024» 21 to 23-6,

■ Long Courses: 20-day: 2024» 6 to 27-11,

CENTRAL AND EASTERN INDIA

Dhamma Kānana, Balaghat (M.P.)

Dhamma Kanana Vipassana Centre, Wainganga Tat, Rengatola, P.O. Garra, Balaghat. Tel: (07632). 248145, Mob. 8989845100, 97531-44641, Contact: 1. Mr. Khobragade, Lumbini Nagar, Balaghat. Mob. 94243-36241. 2. Mr. Meshram, Tel: (07632) 239165, Email: dineshmeshram@ hotmail.com Mob. 094251-40015, 9753144641, online Application: https://www.dhamma.org/en/schedules/schkanana. 10-day: 2023» 1 to 12-12, 2024» (Only bhikkhus 13 to 24-2), 27-2 to 9-3, 12 to 23-3, 29-3 to 9-4, 13 to 24-4, 27-4 to 8-5, 11 to 22-5, 1 to 12-6, 2 to 13-7, 20 to 31-8, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 4 to 15-12, #ST: 2023» 17 to 25-12, 2024» 15 to 23-6, 21 to 29-12, 3-day: 2024» 23 to 25-3, 23 to 25-6, 11 to 13-8, 1-day: 2024» 24-2, 23-5, # Children Course: 2024» 11-2, 11-4, 26-5, 12-6,

∞ Long Courses: 20-day: 2024» 20-7 to 10-8, 30-day: 2024» 5-1 to 5-2,

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. Contact: Mob: 94069-27803, 7024771629, Contact: Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org, 10-day: 2024» 3 to 14-1, 17 to 28-1, 21-2 to 3-3, 6 to 17-3, 27-3 to 7-4, 10 to 21-4, 8 to 19-5, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, #ST: 2024» 22 to 31-10, 3-day: 2024» 21 to 25-3, 13 to 17-6, 15 to 19-8, 26 to 30-12, Teenagers' Course: (Boys) 2024» 22 to 30-5, (Girls): 2024» 3 to 11-6, Maintenance Week: 2024» 13 to 19-10, Sahabhagita Seminar: 2024» 1 to 2-6,

Gratitude Course: 2024» 2 to 17-2, Special 10-day: 2024» 24-4 to 5-5, ∞ Long Courses: 30-day: 2024» 6-11 to 7-12, 45-day: 2024» 6-11 to 22-

Dhamma Mālavā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. Contact: 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931

29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. 10-day: 2023» (Old Student Only 3 to 14-12), 2024» 31-12 to 11-1, 13 to 24-1, 3 to 14-3, 16 to 27-3, 7 to 18-4, 5 to 16-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 4 to 15-8, 1 to 12-9, 15 to 26-9, 15 to 26-10, 1 to 12-12, (Old Student Only 15 to 26-12), #ST: 2024» 20 to 28-4, 20 to 28-8, 3-Day: 2023» 22 to 25-12, 2024» 25 to 28-1, 22 to 25-2, 29-3 to 1-4. 18 to 21-5, 25 to 28-7, 28-9 to 1-10, 7 to 10-11, 28 to 31-12, 1-day: 2023» (8 am to 2 pm) 3-12, 17-12, 2024» 29-1, 18-2, 3-3, 7-4, 5-5, 23-5, 2-6, 7-7 4-8, 1-9, 3-11, 1-12, Group Sitting: Except Course Time 9:30 am to 10:30, 2-Day-Seva: 2024» 4 to 5-5, 30-11 to 1-12,

Gratitude Course: 2024» 2 to 17-2,

Special 10-day: 2024» 17 to 28-11.

Dhamma Rata, Ratlam (M.P.)

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882. Email: dhamma.rata@gmail.com, Contact: 1) Mr. Ishwar, Mob. 7987509207, 2) Mr Adwani, Mob. 9826700116, 10-day: 5 to 16-12, #ST: 18 to 26-12, Contact Office: Vikram Nagar, Mhow road, Ratlam, Mob. 09479785033.

Dhamma Bala, Jabalpur (M.P.)

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. Contact: WhatsApp 1) Mr Gulshan Makan, Mob. 9425156895 2) Mr. Rajendra Dubey, Mob. 7999341818, Email: dhammabalajabalpur@yahoo.co.in, 10-day: 10 to 21-12,

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_ kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. 10-day: 2023» 3 to 14-12, 17 to 28-12, 2024» 7 to 18-1, 4 to 15-2, 18 to 29-2, 3 to 14-3, 31-3 to 11-4, 14 to 25-4, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, # ST: 2024» 20 to 29-1, 17 to 26-10, Teenagers' Course: (Girls) 2024» 2 to 10-6, 3-day: 2024» 23 to 26-3, 1-day: 2023» 31-12, 2024» 7-1, 4-2, 31-3, 23-5, 16-6, 7-7 4-8, 1-9, 6-10, 3-11, 1-12, Children's course: 2023» 31-12, 2024» 28-4, 5-5, 30-9, 2-10, 15-11, 29-12, Dhamma Sevak Workshop: 2023» 2024» 27-Contact: 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 9407981618,

Dhamma Kuti, Singarbhatha, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatha, Tah. Abhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station Contact: 1) Mr. G R Prajapati, Mob. 9893643646, 2) Mr. Suresh Bang, Mob. 9425209354, 10-day: 15 to 26-12, 1-day: 31-12,

Dhamma Garha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com, Website: www.garh.dhamma.org, 10day: 2023» 1 to 12-12, 15 to 26-12, 2024» 1 to 12-1, 15 to 26-1, 2 to 13-2, 25-2 to 7-3, 20 to 31-3, 1 to 12-4, 19 to 30-4, 14 to 25-6, 1 to 12-7, 14 to 25-7, 3 to 14-8, 13 to 24-10, 8 to 19-12, #ST: 2024» 22-11 to 1-12, 3-day: 2024» 14 to 17-11, 1-day: 2024» 28-1, 18-2, 10-3, 2-4, 23-5, 30-6, 28-7, 18-8, 1-9, 13-10, 8-12, # Children Course: 2023» 31-12, 2024» 31-3, 14-4, 5-5, 27-10, 10-11, Teenagers' Course: (Boys) 2024» 2 to 10-6, (Girls) 2024» 22 to 30-12, CCT Workshop: 2024» 8 to 10-11, Dhamma Sevak Workshop: 2024» 1-12, ∞ Long Courses: 20-day: 2024» 8 to 29-9, 30-day: 2024» 8-9 to 9-10. Contact: 1 Mr. K.K. Sahii. Mob : 97520-47811. Mr. S. Agrawal. Mob. 79743-55534

Dhamma Gangā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga. dhamma.org 10-day: 13 to 24-12, 27-12 to 7-1, #ST: 21 to 29-8, 1-Day: 10-12, 7-1-2024, Contact City Office: Tobacco House 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317

Dhamma Purī, North Tripura (Tripura)

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org 10-day: 24-12 to 4-1, Contact: M. Dewan, (0381) 2300441, Mob. 09862154881 09402527191.

Dhamma Bhubaneshwar, Kantabada, (Orissa)

"Dhamma Bhubaneshwar", At. Po. Kantabada, Dist. Khorda, Contact: 1) C. B. Kar, Mobile: 9437131019, 7681096441, 2) Mr. Pradeep Pradhan, Mob. 9439705409, 8093480338, Email: vipassanabbsr@gmail. com, 10-day: 2024» 17 to 28-1, 14 to 25-2, 13 to 24-3, 17 to 28-4, 15 to 26-5, 12 to 23-6, 17 to 28-7, 14 to 25-8, 11 to 22-9, 16 to 27-10, 13 to 24-11, 11 to 22-12, 1-day: 2024» 7-1, 4-2, 3-3, 7-4, 5-5, 2-6, 7-7, 4-8, 1-9, 6-10, 3-11, 1-12, Children's course: 2024»11-2, 9-6, 8-9, 8-12,

Sri Lanka, Pandatharippu, Jaffna

Pandatharippu, Jaffna, Sri Lanka, Place: Fatima Retreat House, Pandatharippu, Jaffna, Sri Lanka, 10-day: 2023» (Conducted in Tamil and English) 5 to 16-12-2023, Above 18 years To apply or for more Information Please contact us: Phone: (+94) 0773504491, 0716439454, Email: info@sobha.dhamma.org, website: www. sobha.dhamma.org