

# Schedule of Vipassana Courses

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

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. (Anāpāna 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 ATs who have sat two 45-day courses.

## Gratitude Courses:

Previously the Teachers' Self Course—TSC. With the passing away of respected Gururji 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 Gururji and Mataji fall between these dates (in February) according to the Hindi calendar.

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

Please use NEW LONG COURSE APPLICATION FORM, available at Dhamma Giri, Dhamma Khetta, Dhamma Thali, Dhamma Sindhu, and Dhamma Patthana. (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](mailto:info.giri@vridhamma.org). To apply online for ten-day courses: [www.dhamma.org/schvia.shtml](http://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 to 20-4 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 17-2-2024,

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, 30-day: 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](mailto:info.pattana@vridhamma.org), Website: [www.pattana.dhamma.org](http://www.pattana.dhamma.org), 10-day 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](http://www.dhamma.org/en/schedules/schpattana.shtml). Email: [registration\\_pattana@dhamma.net.in](mailto:registration_pattana@dhamma.net.in); For all other inquiries, Contact Manager, Email: [info@pattana.dhamma.org](mailto:info@pattana.dhamma.org); Website: [www.pattana.dhamma.org](http://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 Vipassana Centre

(Under Dhamma Pattana Vipassana Trust)

Goregaon Vipassana 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](mailto: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](mailto:info@globalpagoda.org); Tel: 022 50427500 (Board Lines) - Extn. no. 9, Mobile: +91 8291894644. Email: [info@globalpagoda.org](mailto:info@globalpagoda.org); (Pl. bring a bottle so you can fill it with drinking water at GVP.)

## Mini anāpāna for Visitors

Mini anāpāna 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 Vātikā: 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](mailto:info@vatika.dhamma.org), Website: [vatika.dhamma.org](http://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](mailto: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 Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website [www.vahini.dhamma.org](http://www.vahini.dhamma.org), registration only online Email: [vahini.dhamma@gmail.com](mailto: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. Bhiwandi, Dist. Thane-421101. Email: [registration.dhamma.sarita@gmail.com](mailto:registration.dhamma.sarita@gmail.com); [info@sarita.dhamma.org](mailto:info@sarita.dhamma.org). Online registration [www.sarita.dhamma.org](http://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](mailto: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 Patthana, 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 Thali, Jaipur  
24-4 to 5-5-2024 Dhammapāla, Bhopal (M.P.)  
31-5-2024 to 11-6-2024 Dhamma Khetta, Hyderabad (Telangana)  
9 to 20-6-2024 Dhamma Thali, Jaipur  
16 to 27-6-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
14 to 25-7-2024 Dhamma Patthana, Sonepat, (Haryana)  
17 to 28-7-2024 Dhamma Nāga, Nagpur  
19 to 30-7-2024 Dhamma Lakkhana, 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 Dhamma Arunachala, Tiruvannamalai, (Tamilnadu)  
6 to 17-10-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
6 to 17-11-2024 Dhamma Bhandara, Bhandara  
17 to 28-11-2024 Dhamma Thali, Jaipur  
17 to 28-11-2024 Dhamma Mālavā, Indore (M.P.)  
24-11 to 5-12-2024 Dhamma Tapovana-II Igatpuri  
8 to 19-12-2024 Dhamma Patthana, Sonepat, (Haryana)  
31-12-2024 to 11-1-2025 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 Bhandara, 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 Lakkhana, Lucknow (U.P.)  
2 to 17-2-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
2 to 17-2-2024 Dhamma Pātliputta 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 Nāgajūna-II Nagarjun Sagar (Telan.)

### Schedule of Long Courses

#### 20-day

4 to 25-12-2023 Dhamma Lakkhana, Lucknow (U.P.)  
15-12-2023 to 5-1-2024 Dhamma Vāhini, 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 Thali, 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 Patthana, Sonepat, (Haryana)  
25-4 to 16-5-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
15-5 to 5-6-2024 Dhamma Tapovana-II Igatpuri  
31-5-2024 to 21-6-2024 Dhamma Vāhini, 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, Balghat (M.P.)  
30-7 to 20-8-2024 Dhamma Patthana, Sonepat, (Haryana)  
8 to 29-9-2024 Dhamma Suvathī, Sravasti (U.P.)  
8 to 29-9-2024 Dhamma Garha, Bilaspur (Chhattisgarh)  
28-9 to 19-10-2024 Dhamma Thali, Jaipur  
29-9 to 20-10-2024 Dhamma Tapovana-II Igatpuri  
2 to 23-10-2024 Dhamma Lakkhana, 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 Thali, 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, Sonapat, (Haryana)  
 20-2 to 22-3-2024 Dhamma Tapovana-II Igatpuri  
 29-2 to 31-3-2024 Dhamma Suvatti, Sravasti (U.P.)  
 25-4 to 26-5-2024 Dhamma Nāgajūna-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 Patthāna, Sonapat, (Haryana)  
 31-5-2024 to 1-7-2024 Dhamma Khetta, Hyderabad (Telangana)  
 23-6 to 24-7-2024 Dhamma Tapovana-I Igatpuri  
 12-8 to 12-9-2024 Dhamma Tapovana-II Igatpuri  
 25-8 to 25-9-2024 Dhamma Patthāna, Sonapat, (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 Thali, Jaipur  
 2-10 to 2-11-2024 Dhamma Lakkhana, Lucknow (U.P.)  
 22-10 to 22-11-2024 Dhamma Nāgajūna-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**

10-12-2023 to 25-1-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
 10-12-2023 to 25-1-2024 Dhamma Ambikā, South Gujarat  
 14-12-23 to 29-1-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
 3-2 to 20-3-2024 Dhamma Thali, Jaipur  
 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 Patthāna, Sonapat, (Haryana)  
 20-2-2024 to 6-4-2024 Dhamma Tapovana-I Igatpuri  
 29-2 to 15-4-2024 Dhamma Suvatti, Sravasti (U.P.)  
 25-4 to 10-6-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
 03-05 to 18-06-2024 Dhamma Tapovana-I Igatpuri  
 5-5 to 20-6-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
 31-5-2024 to 16-7-2024 Dhamma Khetta, Hyderabad (Telangana)  
 12-8 to 27-9-2024 Dhamma Tapovana-II Igatpuri  
 1-9 to 17-10-2024 Dhamma Sindhu, Mandvi-Kutch (Guj.)  
 8-10 to 23-11-2024 Dhamma Patthāna, Sonapat, (Haryana)  
 15-10 to 30-11-2024 Dhamma Suvatti, Sravasti (U.P.)  
 22-10 to 7-12-2024 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)  
 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 Nāgajūna-II Nagarjun Sagar (Telan.)  
 1-3 to 16-4-2025 Dhamma Sindhu, Mandvi-Kutch (Guj.)

**60-day**

5-2-2024 to 6-4-2024 Dhamma Tapovana-I Igatpuri  
 03-10 to 03-12-2024 Dhamma Tapovana-I Igatpuri  
 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, 3-8-2024» 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 Punna, 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 Saturday 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, Vajapur 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 house 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, Bhatgaon Solapur**

**Dhamma Siddhapuri Vipassana Sadhana Kendra**, Off Vijapur rod, Near Bhatavadi, soregaon - dongaon road, 4 km. from soregaon, Tal. Uttar Solapur, Dist: Solapur-413002, **contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalkhandra 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@alaya.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 : Bhoze (Sangali)**

**Dhamma Sugandha, Sangli Vipassana Meditation Centre**, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhoze, 416420 tahsil. Miraj, Dist. Sangli. For online registration: https://schedule.vridhamma.org/courses/sugandha, **Contact:** 1) Dr.Amit Patil, Mo. 9222161236, 2) Sunil 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 10-3, **Gratitude Course:** 2024» 2 to 17-2, **Special 10-day:** 2024» 17 to 28-7, **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abhyankar Smruti Bhawan, Abhyankar 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 Anapana 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, Pimpalgaon, 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 vishuddhimago Vipassana Charitable Trust, Dhampapvan 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 1-5, **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) 3-1, 11-12, 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:** Chourey, 9890441071, Vinodji, 9422833002, Deshbhrtar: 9423185322, 7588749108.

**Dhamma Nirāñjana, 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**, Hivara, Post Zadsbi, 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 Apply: https://www.dhamma.org/en/schedules/vr/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 Prasara 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 yr) Every month Third Sunday, **Contact:** 1) Mr. Jagannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803.

**Dhamma Jalgaon, Jalgaon**

**Vipassana Centre**, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umalagaon, 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:** 31-12,

**Ballrapur (Chandrapur):** **10-day:** 13 to 24-12, **1-day:** # 2-day **Children Course:** (Boys only 10 to 15 yr) (only Girls 10 to 15 yr) **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: dhammapadesa@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



