

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 2, No.5, 12 August, 2026.

RNI Regd. No. 49916

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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

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.

Satipatthāna 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 **Satipatthāna** 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 service.

60-day: Restricted to ATs, those who have completed at least two 45-day courses, and those deeply involved with Dhamma service.

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 Satipatthāna 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 of the local demand.

Please use only the new revised application form for long courses.

Bookings for all courses at all centers are being done online. Please check the dates on the internet and apply online accordingly.

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, 8380017284, 8956297220 Whatsapp: 8956297219, 8956297220, (10

am to 5 pm). Email: reg.giri@vridhamma.org. To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day: 2026**► 19 to 30-8, 2 to 13-9, 16 to 27-9, 28-10 to 8-11, 11 to 22-11, 23-12 to 3-1-2027. **2027**► 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 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, (only old Students 18 to 29-8), 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 27-10 to 7-11, 24-11 to 5-12, 22-12 to 2-1-2028. # **ST:** 1 to 9-10. **2027**► 14 to 22-10, **3-day: 2026**► 26 to 29-11. **Dhamma server and Trustee Workshop: 2026**► 10 to 11-10. **2027**► 23 to 24-10. **Indian Teacher Meeting: 2026**► 7 to 8-12. **2027**► 8 to 9-12. **International Teacher Meeting: 2026**► 9 to 10-12, **2027**► 10 to 11-12. **International AT Meeting: 2026**► 11 to 13-12, **2027**► 12 to 14-12. **AT Workshop: 2026**► 15 to 18-12. **2027**► 16 to 19-12. **Trainer's Workshop: 2026**► 14-12, **2027**► 15-12. **Maintenance Period: 2026**► 12 to 27-10, **2027**► 12 to 27-4, 8 to 23-11, **Golden Jubilee: 2026**► 6-12. **Website:** <https://schedule.vridhamma.org>

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 2026► 21 to 24-8, 18 to 21-9, 14 to 17-11, 1 to 4-12. **2027**► 21 to 24-1, 10 to 13-6, 9 to 12-7, 6 to 9-8, 3 to 6-9, 30-9 to 3-10, 9 to 12-12. **2-Day: 2026**► 25 to 27-12. **2027**► 19 to 21-2, 2 to 4-4. **Teenagers' Course: (Boys) 2026**► 27-8 to 4-9, 25-9 to 3-10, 23 to 31-10, 20 to 28-11. **2027**► 30-12 to 7-1, 27-1 to 4-2, 24-2 to 4-3, 22 to 30-3, 19 to 27-4, 14 to 22-5, 16 to 24-6, 15 to 23-7, 12 to 20-8, 9 to 17-9, 7 to 15-10, 4 to 12-11, 26-11 to 4-12, 31-12 to 8-1. **Teenagers' Course: (Girls) 2026**► 7 to 15-9, 12 to 20-10, 3 to 11-11, 13 to 21-12. **2027**► 10 to 18-1, 7 to 15-2, 11 to 19-3, 8 to 16-4, 30-4 to 8-5, 28-5 to 5-6, 27-6 to 5-7, 26-7 to 3-8, 23 to 31-8, 20 to 28-9, 23 to 31-10, 15 to 23-11, 20 to 28-12. **Maintenance Period: 2027**► 5 to 10-3, 16 to 22-10.

Bookings online for all courses at **All Centers**.

• Please note that you should not attempt to come to any course at Igatpuri without a confirmed booking; otherwise, the participant may have to be sent back, causing inconvenience to them and to us as well. • Residents of areas where there is a center should apply at their local center only. Without a special reason, applications for Dhamma Giri from such people will not be accepted. • Please be sure to bring your acceptance letter with you. • If for any reason you are unable to attend, kindly inform in time so that the opportunity can be given to someone on the waiting list.)

Dhamma Tapovana-1 Igatpuri

2027► **10-day executive courses:** 10 to 21-7, **10-day:** (Old Students only 28-3 to 8-4), # **ST:** 24-7 to 1-8, **2026**► **3-day:** 28-9 to 1-10.

∞ **Gratitude Course:** 2 to 17-2-2027, 2 to 17-2-2028.

∞ **Special 10-day:** 2027► 25-6 to 6-7,

∞ **Long Courses: 20-day:** 2027► 22-2 to 15-3, 12-4 to 3-5, **30-day:** 2027► 6-5 to 6-6, 9-8 to 9-9. **45-day:** (15 days Anapana)► 13-12 to 28-1-2027.

2027► 6-5 to 21-6, 9-8 to 24-9. 14-12 to 29-1-2028. **60-day: 2026**► 5-10 to 5-12. **2027**► 7-10 to 7-12, **Maintenance Period:** 2027► 16 to 27-3, 25-9 to 6-10, 8 to 13-12,

Dhamma Tapovana-2, Igatpuri

10-day: 2027► **21-4 to 2-5,** # **ST:** 2027► 10 to 18-4,

∞ **Long Courses: 20-day:** 2026► 8 to 29-10. **2027**► 14-5 to 4-6, 3 to 24-10, **30-day: 2026**► **4-11 to 5-12.** **2027**► 20-2 to 23-3, 7-6 to 8-7, 7-11 to 8-12, **45-day:** 2027► 20-2 to 7-4, 7-6 to 23-7, **60-day: 2026**► **1-8 to 1-10, 16-12-2026 to 15-2-2027.** **2027**► 29-7 to 28-9, 16-12-2027 to 15-2-2028,

Maintenance Period: 2026► **30-10 to 9-11,** **2027**► 3 to 13-5, 25-10 to 6-11,

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali (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, **10-day executive courses: 2026**► 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 10 to 21-11, 23-11 to 4-12, 9 to 20-12, 23-12 to 3-1-2027, **2027**► 5 to 16-1, 20 to 31-1, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 11 to 22-5, 9 to 20-6, 23-6 to 4-7, 6 to 17-7, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 3 to 14-11, 17 to 28-11, 9 to 20-12, 22-12 to 2-1-2028, 4 to 15-1, # **ST:** 2027► 20 to 28-2, 19 to 27-10, **3-day: 2026**► 30-9 to 3-10, 4 to 7-11. **2027**► 12 to 15-8, 28-9 to 1-10, 30-11 to 3-12, **1-Day Megha: 2026**► 4-10. **2027**► 17-1, 23-5, 18-7, 3-10, 16-1-2028, **AT Meeting:** 2027► 30-5 to 6-6,

∞ **Long Courses: 20-day:** 2027► 20-7 to 10-8,

∞ **Gratitude Course:** 2 to 17-2-2027.

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.

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. For details of the dates of Mega Courses (Mahashivirs), please see the last page of the newsletter. **Contact:** Email: info@globalpagoda.org; Tel: 022 50427500 (Board Lines) - Extn. no. 9, Mobile: +91 8291894644. Email: info@globalpagoda.org;

Dhamma Kanheri, Goregaon, Mumbai

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, **2025-10-Day:** (Female),

(Male), **3-day:** (Female), (Male), **1-day:** Every Saturday, Sunday and Public Holiday. Group Sitting: Daily 8 to 9 am and 6 to 7 pm.

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 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/> **1-day: Every Sunday. Group Sitting:** Daily (any time) 7 am to 7 pm.

Dhamma Vāhini: 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, **2026► 10-day:** 15 to 26-8, 29-8 to 9-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 13 to 24-11, **#ST:** 12 to 20-9, **3-day:** 7 to 10-11, **∞ Long Courses:** **20-day:** 1 to 21-12, **30-day:** 1 to 31-12, 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, Programs and Booking online. **Contact:** Mob. 91-779-83-24659, 77983-25086. **1-day: last day of 10-day course Contact:** Mintu Bera, Mob. 9503905086.

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, Website: vatika.dhamma.org, **10-day: 2026►** 19 to 30-8, 2 to 13-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 13 to 24-11, 26-11 to 7-12, 16 to 27-12, 30-12 to 10-1-2027. **2027►** 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **# ST:** 2027► 25-8 to 2-9, **3-day:** 2027► 10 to 13-6, 30-12-2027 to 2-1-2028, **Dhamma Sevak Workshop: 2026►** 19 to 20-9. **# Children Course:** (Girls) ► **2026►** 4 to 5-11. **2027►** 2 to 3-6, 20 to 21-10, (boys) **2026►** 6 to 7-11. **2027►** 5 to 6-6, 23 to 24-10,

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. Booking online for courses, 1-day, Children courses and Group sittings etc.

INDIA

Special 10-day Course

19 to 30-8-2026	Dhammārāma, Bhimavaram, W. G. (A.P.)
6 to 17-9-2026	Dhamma Pubbaja, Churu, Rajasthan
13 to 24-9-2026	Dhamma Sarovara, Dhule
3 to 14-10-2026	Dhamma Cakka, Sarnath (U.P.)
20-11 to 1-12-2026	Dhamma Kalyāṇa, Kanpur (U.P.)
8 to 19-12-2026	Dhamma Patṭhāna, Sonepat, (Haryana)
20 to 31-1-2027	Dhamma Ambikā, South Gujarat
3 to 14-3-2027	Dhamma Cakka, Sarnath (U.P.)
18 to 29-5-2027	Dhamma Vesali, Bihar
19 to 30-6-2027	Dhamma Patṭhāna, Sonepat, (Haryana)
25-6 to 6-7-2027	Dhamma Tapovana-1 Igatpuri
21-7 to 1-8-2027	Dhamma Paphulla, Bangalore
24-8 to 4-9-2027	Dhamma Ambikā, South Gujarat
5 to 16-10-2027	Dhamma Pubbaja, Churu, Rajasthan
8 to 19-12-2027	Dhamma Patṭhāna, Sonepat, (Haryana)

Gratitude Course

2 to 17-2-2027	Dhamma Tapovana-1 Igatpuri
2 to 17-2-2027	Dhamma Pattana, Gorai, Mumbai
2 to 17-2-2027	Dhamma Pātilputta Patna (Bihar)
2 to 17-2-2027	Dhamma Pubbaja, Churu, Rajasthan
2 to 17-2-2027	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2028	Dhamma Tapovana-1 Igatpuri

Schedule of Long Coursess

20-day	
1 to 22-9-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7 to 28-9-2026	Dhamma Garha, Bilaspur (Chhattisgarh)
8 to 29-9-2026	Dhamma Suvattthi, Sravasti (U.P.)
16-9 to 6-10-2026	Dhamma Ambikā, South Gujarat
16-9 to 7-10-2026	Dhamma Arunachala, Tiruvannamalai, (T.N.)
2 to 23-10-2026	Dhamma Lakkhaṇa, Lucknow (U.P.)
4 to 25-10-2026	Dhamma Thālī, Jaipur
8 to 29-10-2026	Dhamma Tapovana-2, Igatpuri
24-10 to 14-11-26	Dhamma Nāgajjuna-II Nagarjun Sagar (Talan.)
28-11 to 19-12-2026	Dhamma Sarovara, Dhule
1 to 21-12-2026	Dhamma Vāhini, Titwala
2 to 23-12-2026	Dhammapāla, Bhopal (M.P.)
10 to 31-12-2026	Dhamma Pātilputta Patna (Bihar)
10 to 31-12-2026	Dhamma Setu, Chennai (Tamil Nadu)
22-12-26 to 12-1-27	Dhamma Koṭa, Rajkot (Guj.)
10-2 to 3-3-2027	Dhamma Ambikā, South Gujarat

22-2 to 15-3-2027	Dhamma Tapovana-I, Igatpuri
24-3 to 14-4-2027	Dhamma Patṭhāna, Sonepat, (Haryana)
12-4 to 3-5-2027	Dhamma Tapovana-I, Igatpuri
14-5 to 4-6-2027	Dhamma Tapovana-2, Igatpuri
17-7 to 7-8-2027	Dhamma Patṭhāna, Sonepat, (Haryana)
20-7 to 10-8-2027	Dhamma Pattana, Gorai, Mumbai
3 to 24-8-2027	Dhamma Cakka, Sarnath (U.P.)
3 to 24-8-2027	Dhamma Utkal, Khariyar Road: (Orissa)
8 to 29-9-2027	Dhamma Suvattthi, Sravasti (U.P.)
3 to 24-10-2027	Dhamma Tapovana-2, Igatpuri
20-11 to 11-12-2027	Dhamma Ambikā, South Gujarat
10 to 31-12-2027	Dhamma Pātilputta Patna (Bihar)

30-day

1-9 to 2-10-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7-9 to 8-10-2026	Dhamma Garha, Bilaspur (Chhattisgarh)
16-9 to 17-10-2026	Dhamma Arunachala, Tiruvannamalai, (T.N.)
2-10 to 2-11-2026	Dhamma Lakkhaṇa, Lucknow (U.P.)
4-10 to 4-11-2026	Dhamma Thālī, Jaipur
24-10 to 24-11-26	Dhamma Nāgajjuna-II Nagarjun Sagar (Talan.)
4-11 to 5-12-2026	Dhamma Tapovana-II, Igatpuri
11-11 to 12-12-2026	Dhamma Cakka, Sarnath (U.P.)
26-11 to 27-12-2026	Dhammārāma, Bhimavaram, W. G. (A.P.)
27-11 to 28-12-2026	Dhamma Ambikā, South Gujarat
1 to 31-12-2026	Dhamma Vāhini, Titwala
2-12-26 to 2-1-2027	Dhammapāla, Bhopal (M.P.)
10-12-26 to 10-1-27	Dhamma Setu, Chennai (Tamil Nadu)
14-12 to 14-1-2027	Dhamma Nāgajjuna-II Nagarjun Sagar (Talan.)
17-1 to 17-2-2027	Dhamma Paphulla, Bangalore
19-1 to 19-2-2027	Dhamma Koṭa, Rajkot (Guj.)
1-2 to 4-3-2027	Dhamma Patṭhāna, Sonepat, (Haryana)
20-2 to 23-3-2027	Dhamma Tapovana-II, Igatpuri
28-2 to 31-3-2027	Dhamma Suvattthi, Sravasti (U.P.)
19-4 to 20-5-2027	Dhamma Patṭhāna, Sonepat, (Haryana)
6-5 to 6-6-2027	Dhamma Tapovana-I, Igatpuri
7-6 to 8-7-2027	Dhamma Tapovana-II, Igatpuri
9-8 to 9-9-2027	Dhamma Tapovana-I, Igatpuri
12-8 to 12-9-2027	Dhamma Patṭhāna, Sonepat, (Haryana)
19-9 to 20-10-2027	Dhamma Ambikā, South Gujarat
1-11 to 2-12-2027	Dhamma Cakka, Sarnath (U.P.)
7-11 to 8-12-2027	Dhamma Tapovana-II, Igatpuri
8-2 to 10-3-2028	Dhamma Ambikā, South Gujarat

45-day

1-9 to 17-10-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
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16-9 to 2-11-2026 Dhamma Arunachala, Tiruvannamalai, (T.N.)

7-10 to 22-11-2026 Dhamma Patthāna, Sonepat, (Haryana)

15-10 to 30-11-2026 Dhamma Suvattī, Sravasti (U.P.)

24-10 to 9-12-2026 Dhamma Nāgajjuna-II Nagarjun Sagar (Talan.)

1-11 to 17-12-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)

27-11-2026 to 12-1-2027 Dhamma Ambikā, South Gujarat

13-12 to 28-1-2027 (15 days Anapana) Dhamma Tapovana-I, Igatpuri

14-12 to 29-1-2027 Dhamma Nāgajjuna-II Nagarjun Sagar (Talan.)

19-1 to 6-3-2027 Dhamma Kōṭa, Rajkot (Guj.)

1-2 to 19-3-2027 Dhamma Patthāna, Sonepat, (Haryana)

20-2 to 7-4-2027 Dhamma Tapovana-II, Igatpuri

28-2 to 15-4-2027 Dhamma Suvattī, Sravasti (U.P.)

6-5 to 21-6-2027 Dhamma Tapovana-I, Igatpuri

7-6 to 23-7-2027 Dhamma Tapovana-II, Igatpuri

15-6 to 31-7-2027 Dhamma Ambikā, South Gujarat

9-8 to 24-9-2027 Dhamma Tapovana-I, Igatpuri

6-10 to 21-11-2027 Dhamma Patthāna, Sonepat, (Haryana)

15-10 to 30-11-2027 Dhamma Suvattī, Sravasti (U.P.)

14-12 to 29-1-2028 Dhamma Tapovana-I, Igatpuri

17-12-27 to 1-2-28 Dhamma Ambikā, South Gujarat

60-day

5-10 to 5-12-2026 Dhamma Tapovana-I, Igatpuri

16-12-26 to 15-2-27 Dhamma Tapovana-II, Igatpuri

1-1 to 3-3-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)

29-7 to 28-9-2027 Dhamma Tapovana-II, Igatpuri

7-10 to 7-12-2027 Dhamma Tapovana-I, Igatpuri

16-12-27 to 15-2-28 Dhamma Tapovana-II, Igatpuri

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **2026► 10-day:** (Only for Hindi, Marathi, Students)► 12 to 23-9, 10 to 21-10, 14 to 25-11, 12 to 23-12, (Only for Hindi, English, Students)► 22-8 to 2-9, 24-10 to 4-11, 28-11 to 9-12, 26-12 to 6-1-2027, **#ST:** (Only for Hindi, English, Students)► 26-9 to 5-10, **3-day:** 3 to 6-9, 7 to 10-9, **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, **2026► 10-day:** (Only for Hindi, English, Students)► 6 to 17-9, 4 to 15-10, 6 to 17-12, (Only for Hindi, Marathi, Students)► 16 to 27-8, 20-9 to 1-10, 17 to 28-10, 15 to 26-11, 20 to 31-12, **#ST:** (Only for Hindi, Marathi, Students)► 28-10 to 5-11, **1-day:** Every Month First and Third Saturday 8:30 am to 4:30 pm, Registration

Start at 8:30 to 9:00 am. **# Children Course:** (8 yrs Complete to 18 years) Every Month First and Third Sunday, 8:00 am to 2:30.

2026► [Children Course Teachers Workshop: (only Children Course Teacher for Hindi, English students) 27-8, 5 pm to 30-8, 5 pm. Please read the entire CCT kit before the workshop and please bring the same for the workshop. **Contact:** 1) Sunanda Rathi, Mob. 9371177265, 2) Mr. Sagar Kasar, Mob. 9730176230, Link to Apply for Workshop: punna.dhamma.org/cctworkshop.php]

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vijapur Road Aurangabad 431003. Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org,

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 hour 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.) **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org **2026► 10-day:** 30-8 to 10-9, 27-9 to 8-10, 9 to 20-10, 24-10 to 4-11, 15 to 26-11, 20 to 31-12. **#ST:** 13 to 22-9, **3-day:** 23 to 26-8, **2-day:** 13 to 15-11. **1-day:** 9-8, 15-11. **# Children Course:** 4-11, 5-11, 13-11. **∞ Special 10-day:** 13 to 24-9. **∞ Long Courses:** **20-day:** 28-11 to 19-12.

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. **2026► 10-day:** 12 to 23-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 14 to 25-10, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-2027, **#ST:** 30-10 to 7-11, **3-day:** 27 to 30-8, **2-day:** 25 to 27-11, **1-day:** Every Month second Sunday, 10am to 4 pm **# Children Course:** Every month Fourth Sunday 10am to 4 pm.

Dhammālaya, 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,

Dhamma Sugandha : Bhose (Sangali)

Dhamma Sugandha, Sangli Vipassana Meditation Center, Gat no 564, Talav road, Near Yellma Temple, Khamkar wadi, Bhose, 416420, Dist. Sangli. For online registration: https://schedule.vridhamma.org/courses/sugandha, Email: sanglivipassana@gmail.com.registration.dhammasugandha@vridhamma.org; **Contact:** 1. Dr. Amit Patil, 9222161236, 2. Suniel Chaugule, 9403841943, 10-Day: (Hindi Marathi)►

2-Day: (Hindi Marathi)► 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) **2026► 10-day:** 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 14 to 25-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, **ST:** 24-12 to 1-1, **1-day:** 16-8, 30-8, 13-9, 27-9, 11-10, 25-10, 8-11, 22-11, 6-12, 20-12, **# Children Course:** (13 to 18 yrs)► 16-8, 8-11, (8 to 12 yrs)► 27-9, 20-12, **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, **Group Sitting:**► every Sunday 8 to 9 am. and every day 6 to 7 pm, **Anapana Sadhna:**► (boys and girls) Every Sunday 8 to 9:45, pm **Contact:** 2) Mr. Narnavare Guruji, Mob. 9422129229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9373104305,

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Dhule, Mob. 9422865574, 2. Dr. Bhagat, Mob. 9423432475. **2026► 10-day:** 15 to 26-8, 30-8 to 10-9, 30-9 to 11-10, 21-10 to 1-11, 22-11 to 3-12, 11 to 22-12. **#ST:** 11 to 19-11. **3-day:** 25 to 28-9, 4 to 7-11. **1-day:** 26-8, 13-9, 29-9. **2-day Children Course:** (only boys)► 6 to 8-12. (Only Girls)► 25 to 27-12. **# Children Course:** 20-9, 1-11.

Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **10-day:** (Male Only)► (Female Only) **3-Day:** (Male Only) (Female Only)

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, **Contact:** 1) Mr. Kamlesh Kolhatkar, Mob. 91304-57115, 2) Mr. Santosh Kulkarni Mob. 92252-31778.

Pavani (Bhandara): 10-day: 1-day: At: Dhammabhas Buddhavihar Samiti, Pavani Dist. Bhandara, **Contact:** 1. Mr. Shende, M. 8999916043, 2. Mr. Bhandkar, M. 99757676636.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **2026► 10-day:** 2 to 13-9, 7 to 18-10. **#ST:** 6 to 13-9. **2-day:** 2 to 4-10. **1-day:** 23-8, 13-9, 18-10, 15-12. **# Children Course:** (10 to 16 yrs)► 25-12, 26-12. **Group Sitting:**► Daily 8 am to 9 am and 6 pm to 7 pm. **Contact:** Choureji, 9890441071, Harishachandra: 9421711409, Deshbhartar: 9423185322, 7588749108.

Dhamma Nirañjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Mr. Dahivele, Mob. 94231-

48636. 2) Mr. Bhawe, Mob. 9421572499,

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact**: 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738.

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,

2026► **10-day**: 26-8 to 6-9, 9 to 20-9, 30-9 to 11-10, 21-10 to 1-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1. **#ST**: 15 to 23-8. **3-Day**: 23 to 26-9, 14 to 17-10. **1-day**: 6-9, 27-9, 18-10, 22-11, 20-12. **# Children Course**: 9-8, 20-9, 11-10, 1-11, 6-12. **Contact**: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Dhamma Manjusā, Borgaon Manju, Akola

Dhamma Manjusā, Vipassana Centre, near Machhi Talav, Borgaon Manju, Dist. Akola, Maharashtra. Email: dhammamamajusha5@gmail.com **Contact**: 9404752533, 9922331988, **10-day**: (male/female)► **3-day**: (male/female)► **1-day**: (male/female)► **# Children Course**: (Boys/Girls)►

Dhamma Aavas, Latur

Dhamma Aavas, Vipassana Centre, Opp. RTO office, Vasant Vihar Colony, Babhagaon Road. Latur- 413531 **Contact**: 1. Mr. Kulkarni, Mob. 94054-22948, 2. Mr. Birle, Mob. 7385065500, online registration www.avasa.dhamma.org. **2026**► **10-day**: (only female)► 9 to 20-9, 21-10 to 1-11, (Only male)► 26-8 to 6-9, 7 to 18-10, 2 to 13-12, **#ST**: (only female)► 20 to 28-11, **2-day**: (Only male)► 25 to 27-9, (only female)► 2 to 4-10, **1-day**: 9-8, 23-8, 20-9, 18-10, 1-11, **# Children Course**: 6-9, 14-11, 13-12.

Dhamma Amrāvati, Lumbini, Mogara

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post- Bhankheda, Tal-Dist. Amravati. **Contact**: 1) Mr. Ranjan Waghmare, Mob. 9766395335, 2) Mr. Rahul Tantrpale, Mob. 9096277299, 3) Mr. Kishor Deshamukh, Mob. 93705-85203, <https://schedule.vridhamma.org/courses/amravati>, Email: dhammaamravati2020@gmail.com, **2026**► **10-day**: (only male 19 to 30-8), 16 to 27-9, 7 to 18-10, 18 to 29-11. **#ST**: 12 to 20-12. **3-day**: 29-10 to 1-11. **1-day**: 30-8, 27-9, 18-10, 29-11.

Rohnagaon: (Pavani Bhandara): 2026► **10-day**: 19 to 30-8, 9 to 20-9, 7 to 18-10, 4 to 15-11, 2 to 13-12, 23-12 to 3-1, **#ST**: 24-10 to 1-11, **At**: Managing by vishuddhimaggo Vipassana Charitable Trust, Dhammapavan Vipassana centre Rohnagaon (Pavani), Dist. Bhandara. **Contact**: 1) Shailesh kambale: 9923268962, 2) Mr. Madhav Ramteke: 8928996378.

Kotamba (Yavatmal): 2026► **10-day**: (Male

and Female)► 13 to 24-9, 4 to 15-10, 15 to 26-11, 13 to 24-12, **#ST**: (Male and Female)► 27-10 to 4-11, **1-day**: every Sunday. **Contact**: Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 9067788418, 9860328804, 9890429314, 9860674029.

Malkapur (Akola): 10-day: (Only male)► **3-day**: **Teenagers' Course: (Boys)**► at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact**: 1) Mr. Sham Aathavle Mob. 9404092468, 9112463416.

Patur (Akola): Vipassana Sadhana Prasara Kendra Shirla, Patur, Dist- Akola, 444501, 2025► **10-day**: (Female only)► (Male only)► **#ST**: (Female only)► **1-day**: Every month Second Sunday. **# Children Course: (13 to 17 year)** 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. 7588436222, 9423488566. **2026**► **10-day**: (only female)► 16 to 27-8, 20-9 to 1-10, 18 to 29-10, 22-11 to 3-12, 20 to 31-12, (only male)► 6 to 17-9, 4 to 15-10, 6 to 17-12, **#ST**: 29-10 to 7-11, **3-day**: 27 to 30-8, 1 to 4-9, **# Children Course 3-day**: (Boys only)► 12 to 15-11, (only Girls)► 15 to 18-11, **1-day**: Every month First Sunday.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At – Ajaypur, Po. – Chichpalli, Mul Road, Chandrapur, Online Registration :- **Website**:- www.ajaya.dhamma.org, Email: info@ajaya.dhamma.org, **Contact**: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 2) Mr. Gautam Chikate, Mobile: 9421812541, 9422506476,

Ballrapur (Chandrapur): 2026► **10-day**: 26-8 to 6-9, 17 to 28-9, 21-10 to 1-11, 18 to 29-11, 20 to 31-12. **3-day**: 15 to 18-8. **1-day**: 29-9, 1-11, 29-11. **# 2-day Children Course**: (Boys only)► 11 to 13-11 (only Girls)► 14 to 17-11. **Place**: Anupam Charitable Trust, Yenbodi Po. Kothari Tal. Ballrapur, Dist. Chandrapur - 442701, **Contact**: 1) shri Vasant Dhoke, Mob. 7875330276, 2) Mrs chakravati Phuljhele, Mob. 9850893946,

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**: (Male Hindi, Marathi, speaking Students)►, (Female Hindi, Marathi, speaking Students)►, (Male Hindi, English, speaking Students)►, (Male and Female Hindi, Marathi, speaking Students)► **3-day**: (Male and Female Hindi, English, speaking Students)►

Dhamma Udaka, Dapoli, Ratnagiri

Vipassana Meditation Centre, Pisai Near Matvan, Ta. Dapoli, Dist:- Ratnagiri - 415712, Maharashtra, **Office Contact**: Mob. 7499420272, Online Application: <https://schedule.vridhamma.org/courses/udaka.e.vridhamma.org>, **Contact**: 1. Mr. Nikesh Kasare, Mob. 969937134, 2. Mr. Chandrakant Bhagwat, Mob. 9545628659,

NORTH INDIA

Dhamma Thali, 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, **2026**► **10-day**: 23-8 to 3-9, 6 to 17-9, 19 to 30-9, 12 to 23-11, 25-11 to 6-12, 20 to 31-12. **#ST**: 7 to 15-12. **3-day**: 4 to 7-11. **2026**► ∞ Long Courses: **20-day**: 4 to 25-10. **30-day**: 4-10 to 4-11.

Dhamma Arañña : chaksu, (Rajasthan)

Dhamma Arañña Village - Badodiya, Tehsil - Kotkhavada, Chaksu - 303908, **2026**► **10-day**: 9 to 20-9, 23-9 to 4-10, 5 to 16-10, 23-10 to 3-11, 13 to 24-11, 1 to 12-12, 13 to 24-12, 26-12 to 6-1-2027. **#ST**: 29-8 to 6-9. **3-day**: 17 to 20-10, 26 to 29-11.

Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

Dhamma Nilaya Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708 Email: info@thali.dhamma.org, **2026**► **10-day**: 15 to 26-8, 29-8 to 9-9, 16 to 27-9, 7 to 18-10, 16 to 27-11, 29-11 to 10-12, 12 to 23-12, 25-12 to 5-1-2027. **3-day**: 11 to 14-9, 1 to 4-10, 22 to 25-10, 12 to 15-11. **Teenagers' Course: (Boys)**► 27-10 to 4-11.

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, **2026**► **10-day**: 19 to 30-8, 3 to 14-9, 16 to 27-9, 30-9 to 11-10, 23-10 to 3-11, 12 to 23-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2027. **#ST**: 12 to 20-10.

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9829007520, 9314727515, 8233013020, Email: info@marudhara.dhamma.org, **Contact**: 1) Mr. Nemichand Bhandari, Email: dhamma.maroodhara@gmail.com; Mob. Whatsapp No. 9887099049.

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. Suresh Khanna, Mob. 094131-57056, 9887099049,

Schedule of Vipassana Courses

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Whatsapp Only) **10-day: 2026**» 19 to 30-9, 3 to 14-10, 12 to 23-11, 27-11 to 8-12, **2027**» 2 to 13-1, 15 to 26-1, 8 to 19-3, 25-3 to 5-4, 18 to 29-4, 2 to 13-5, 24-5 to 4-6, 7 to 18-6, 29-6 to 10-7, 14 to 25-7, 28-7 to 8-8, 17 to 28-8, 7 to 18-9, 21-9 to 2-10, 4 to 15-11, 29-11 to 10-12, 19 to 30-12. **#ST: 2026**» 16 to 24-8, 11 to 19-12, **2027**» 20 to 28-2, 7 to 15-4, 18 to 26-10, 18 to 26-11, **Teenagers' Course: (Boys)**» **2026**» 22 to 30-12, **3-day: 2026**» 8 to 11-9, 16 to 19-10, 22 to 25-10, **2027**» 28 to 31-1, 2 to 5-3, 16 to 19-5, 22 to 25-6, 11 to 14-8, 1 to 4-9, 13 to 16-12, **1-day: 2027**» 20-5. **# Children Course: 2026**» (13 to 16 yrs only Girls) 30-8 to 2-9, **∞ Gratitude Course: 2 to 17-2-2027, ∞ Special 10-day: 2026**» 6 to 17-9, **2027**» 5 to 16-10.

Dhamma Madhuvana, Sri Ganganagar, Rajasthan

Village 7A Choti, Padampura Road, Sri Ganganagar, Rajasthan. Contact: Ram Prakash Singhal, 91-9314510116; Babulal Narang, Tel: 91-9414225425, 9413377064. Email: info@madhuvana.dhamma.org, **2026**» **10-day: 29-8 to 9-9, 19 to 30-9, 7 to 18-10, 20 to 31-10, 18 to 29-11, 11 to 22-12, 24-12 to 4-1-2027. #ST: 18 to 26-8, 1 to 9-12. 3-day: 13 to 16-8, 11 to 14-9, 1 to 4-10, 12 to 15-11.**

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 Ballabgarh.] **10-day: 2026**» 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **2027**» 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 6 to 17-10, 20 to 31-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com**

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com, **#ST: 2026**» 3 to 11-7, 16 to 24-9, 26-11 to 4-12, 23 to 31-12, **2027**» 5 to 13-1, 18 to 26-1, 24-5 to 1-6, 6 to 14-6, 4 to 12-7, 25-11 to 3-12, 23 to 31-12, **AT Workshop: 2026**» 29-9 to 2-10, **2027**» 28-9 to 1-10, **Dhamma Sevak Workshop: 2026**» 3-10, **2027**» 2-10, **∞ Special 10-day: 2026**» 18 to 29-6, 8 to 19-12, **2027**» 19 to 30-6, 8 to 19-12, **∞ Long Course: 20-day: 2026**» 16-7 to 6-8, **2027**» 24-3 to 14-4, 17-7 to 7-8, **30-day: 2026**» 11-8 to 11-9, **2027**» 1-2 to 4-3, 19-4 to 20-5, 12-8 to 12-9, **45-day: 2026**» 7-10 to 22-11, **2027**» 1-2 to 19-3, 6-10 to 21-11, **Contact: same as Dhamma Sota**

Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Government 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: 2026**» 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2027, **2027**» 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 23-6 to 4-7, 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, 13 to 24-10, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1, **#ST: 2026**» 28-10 to 5-11, **2027**» 6 to 14-11, **3-day: 2026**» 7 to 10-10, **2027**» 7 to 10-1, 8 to 11-4, 8 to 11-7, 7 to 10-10, 18 to 21-11, **Teenagers' Course: (Boys) 2027**» 28-5 to 5-6, **(Girls) 2027**» 10 to 18-6,

Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact: 92543-48837, 9416303639. 10-day: 2026**» 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 18 to 29-11, 2 to 13-12, 16 to 27-12, **2027**» 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 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: 2026**» 21 to 29-10, **2027**» 20 to 28-10, **3-day: 2026**» 4 to 7-11, 12 to 15-11, **2027**» 1 to 4-4, 1 to 4-7,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehlanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org, **10-day: 2026**» 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 18 to 29-11, 2 to 13-12, 16 to 27-12, **2027**» 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 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: 2026**» 21 to 29-10, **2027**» 20 to 28-10, **3-day: 2026**» 4 to 7-11, 12 to 15-11, **2027**» 1 to 4-4, 1 to 4-7,

Dhamma Sikhara, Dharamshala (H.P.)

Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) **10-day: 2026 and 2027**» every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) **#ST: 2026**» 1 to 9-12, **2027**» 1 to 9-3, 1 to 9-12. **3-day: 2026**» 10 to 13-12, **2027**» 10 to 13-12.

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: 2025**» Every month 1 to 12 and 16 to 27 (Except #ST, **3-day, 2-day Course**) **#ST: 3-day: 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; **2026**» **10-day: 9 to 20-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, #ST: 29-8 to 6-9, 22 to 30-12, 3-day: 24 to 27-8, 3 to 6-11, 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, **2026**» **10-day: 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: 19 to 27-9. 2-day: 15 to 17-8, 15 to 17-9, 15 to 17-11, 15 to 17-12, # 2-day Children Course: (8 to 12 yrs boys, and 8 to 15 yrs Girls) 31-12 to 2-1-27, ∞ Long Course: 20-day:- 2 to 23-10, 30-day:- 2-10 to 2-11, Contact: 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesh, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.**

Dhamma Suvatthi, 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: 2026**» 15 to 26-8, 1 to 12-10, 2 to 13-12, **2027**» 2 to 13-1, 17 to 28-1, 1 to 12-2, 14 to 25-2, 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, 15 to 26-8, 1 to 12-10, 2 to 13-12. **2028**» 2 to 13-1, 17 to 28-1, **#ST: 2026**» 28-8 to 5-9, 14 to 22-12. **2027**» 28-8 to 5-9, 15 to 23-12. **# Children Course:- 2026**» 24 to 27-12, **2027**» 27 to 30-5, 24 to 27-12. (only Boys) **2026**» 27 to 30-12.

∞ Long Courses: 20-day:- 2026» 8 to 29-9, **2027**» 8 to 29-9, **30-day: 2027**» 28-2 to 31-3, **45-day:- 2026**» 15-10 to 30-11, **2027**» 28-2 to 15-4, 15-10 to 30-11, **Contact: 1) shri Gopal Sharan Singh, Mob. 9415751053, 2) shri Naresh Agrawal, Mob. 9935599453,**

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/-), **Contact: Mr. Anil Maurya. Mob. 90132-59177, 10-day: 2026**» 18 to 29-7, 3 to 14-9, 18 to 29-9, 18 to 29-10, 16 to 27-12. **2027**» 4 to 15-1, 18 to 29-1, 3 to 14-2, 17 to 28-2, 3 to 14-4, 18 to 29-4, 3 to 14-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7, 3 to 14-9, (18 to 29-9 Vietnamese Students) 3 to 14-10, 6 to 17-12, **#ST: 2026**» 30-10 to 7-11. **2027**» 23 to 31-3, 17 to 25-10, **3-day: 2026**» 28 to 31-8. **2027**» 17 to 20-3, 27 to 30-8, **2-day: 2027**» 1 to 3-1, 29 to 31-1, 14 to 16-5, **1-day: (Every month Fourth Sunday):- 2026**» 30-8, 27-9, 25-10, 27-12. **2027**» 20-5, **Teenagers' Course: (Boys) 2027**» 21 to 29-5, **Teenagers' Course: (Girls) 2027**» 20 to 28-12, **# 3-day Children Course:- 2026**» 28 to 31-12. **2027**» (9 to 12 yrs only Girls) 21 to 24-12, (13 to 16 yrs only Girls) 25 to 28-12, (13 to 15 yrs only Boys) 28 to 31-12, **∞ Special 10-day: 2026**» 3 to 14-10. **2027**» 3

to 14-3, **Long Courses: 20-day:** 2026► 3 to 24-8, 2027► 3 to 24-8, **30-day:** 2026► 11-11 to 12-12, 2027► 1-11 to 2-12,

'Dhamma Kāya', Kushinagar (U.P.)

'Dhamma Kāya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil-Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: dhammakaya.vskk@gmail.com; **Contact:** 1) Mr. Bhumiidhar, Mob. 097944-78377, 2) Mr. Mukesh Mittal, Mob. 98711-13335.

10-day:- 2026► 1 to 12-9, 16 to 27-9, 1 to 12-10, 16 to 27-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 16 to 27-12. **2027►** every month 1 to 12 and 16 to 27 except during Jun, in February, July 1 to 12-2, 15 to 26-2, 16 to 27-7, **#ST: 2027►** 3 to 11-7. **3-day: 2027►** 7 to 10-6, 27 to 30-8, 27 to 30-12, **Teenagers' Course: (Boys) 2027►** 11 to 19-6, 21 to 29-6. **1-day: 2027►** 20-5

Dhamma Kalyāna, 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. 08795460149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) **2026► 10-day:** 20 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12. **#ST:** 22 to 30-11. **3-day:** 1 to 4-9. **1-day:** Every month Fourth Sunday. 10 am to 5 pm. **∞ Special 10-day:** 20-11 to 1-12.

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: 2026►** 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 18 to 29-11, 2 to 13-12, 16 to 27-12, **2027►** 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 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: 2026►** 21 to 29-10, **2027►** 20 to 28-10, **3-day: 2026►** 4 to 7-11, 12 to 15-11, **2027►** 1 to 4-4, 1 to 4-7,

Dhamma Licchavī, Muzaffarpur (Bihar)

Dhamma Licchavī Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@licchavi.dhamma.org, **10-day: 2026►** 19 to 30-8, 5 to 16-9, 19 to 30-9, 5 to 16-10, 19 to 30-10, 19 to 30-11, 5 to 16-12, 19 to 30-12. **2027►** Every Month 2 to 13 and 16 to 27, in November **2027►** 7 to 18-11, 20-11 to 1-12, **2028►** 2 to 13-1, 16 to 27-1, (except during other course's). **#ST: 2027►** 24-3 to 1-4, 2 to 10-9, **Contact:** V K Goenka, Mob. 7779842059.

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, **Contact: 99344-30429. Contact: 1. Smt, Ambapali Chaudhary, Mob. 99110-82646, 2. Mr Gopal Gupta, Mob. 99348-82150, Email: dhammaupavan@gmail.com, 10-day: 2026 and 2027►** 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: 2025►** Every Month 1 to 12 and 16 to 27, and 13 to 24-1-2026, (except during other course's).

Nalanda (Bihar): 10-day: 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: 2026►** 17 to 28-8, 3 to 14-9, 17 to 28-9, 3 to 14-10, 17 to 28-10, 3 to 14-11, 27-11 to 8-12. **2027►** Every Month 3 to 14 and 17 to 28, (except during other course's). in December 27-11 to 8-12, 3 to 14-1-2028, 17 to 28-1. **# ST:** 17 to 25-11. **2027►** 21 to 29-5, 17 to 25-11, **3-Day: 2026►** 29-8 to 1-9. **2027►** 29-3 to 1-4, 29-7 to 1-8, 29-8 to 1-9, **# 3-day Children Course:** (Only Boys 12-to 16 yrs) **2027►** 29-6 to 2-7, (Only Girls 12-to 16 yrs) **2027►** 30-5 to 2-6, **1-day: 2026 and 2027►** Every Sunday. **Mini Anapana Meditation: 2026 and 2027►** Every Day.

Gratitude Course: 2 to 17-2-2027

∞ Long Course: 20-day: 2026► 10 to 31-12. **2027►** 10 to 31-12.

Dhamma Vesali, Bihar

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: 2026►** Every Month 1 to 12 and 16 to 27, (except during other course's). and **2027►** Every Month 4 to 15 and 18 to 29, (except during other course's). in February, May, June, October and November 2027 onwards: 2 to 13-2, 16 to 27-2, 20-6 to 1-7, 17 to 28-10, **#ST: 2026►** 30-10 to 7-11. **2027►** 7 to 15-11, **∞ Special 10-day:** 18 to 29-5-2027.

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob, 78746-23305, 99256-74104, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 99745-75660, 84690-03479. Gandhidham: 094262-50746. Mandvi: 09974575660. **2026► 10-Day:** 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 8 to 19-10, 23-10 to 3-11, 7 to 18-11, 21-11 to 2-12, 6 to 17-12, 20 to 31-12. **#ST:** 23-11 to 1-12. **1-Day:** 29-9. **∞ Long Course: 20-day:** 1 to 22-9. **30-day:** 1-9 to 2-10. **45-day:**

1-9 to 17-10, 1-11 to 17-12. **60-day: 2027►** 1-1 to 3-3-27. **Contact:** 7874623305, 9825320551.

Dhamma Kōṭa, Rajkot (Guj.)

Saurashtra Vipassana Research centre, At Rangpar, Ta. Padadhari, Jamnagar Road, Rajkot - 360110, 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.

2026► 10-Day: 29-8 to 9-9, 10 to 21-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 6 to 17-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-27. **#ST:** 29-8 to 6-9, 7 to 15-11. **3-Day:** 11 to 13-9, 2 to 4-10, 23 to 25-10, 7 to 9-11, 27 to 29-11, 25 to 27-12.

∞ Long Courses: 20-day: 22-12-26 to 12-1-27.

2027► 30-day: 19-1 to 19-2-27, **45-day:** 19-1 to 6-3.

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, Gujarat. Email: info@divakara.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: 2026►** 26-8 to 6-9, 16 to 27-9, 30-9 to 11-10, 14 to 25-10, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1, **2027►** 6 to 17-1, 20 to 31-1, 24-2 to 7-3, **3-day: 2026►** 9 to 12-9, 29-10 to 1-11, **2027►** 2-day: 19 to 21-2, **∞ Gratitude Course:** 2 to 17-2-2027.

Maintenance Period: 2 to 10-11-2026,

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. **2026► 10-day:** 9 to 20-9, 23-9 to 4-10, 7 to 18-10, 21-10 to 1-11, 6 to 17-11, 19 to 30-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-2027, 13 to 24-1, 27-1 to 7-2, 10 to 21-2, **∞ Long Courses: 30-day:** 5-8 to 6-9, **Contact:** Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambikā, South Gujarat

Vipassana Dhyana 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: 2026►** 29-8 to 9-9, 14 to 25-9, 30-9 to 11-10, 9-10 to 20-10, 23-10 to 3-11,

13 to 24-11, 26-11 to 7-12, 9 to 20-12, 30-12 to 10-1-2027, 2027► 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 31-3 to 11-4, 13 to 24-4, 7 to 18-5, 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, 24-8 to 4-9, 6 to 17-9, 19 to 30-9, 2 to 13-10, 15 to 26-10, 3 to 14-11, 17 to 28-11, 8 to 19-12, 21-12-2027 to 1-1-2028, 2028► 3 to 14-1, 17 to 28-1, 2 to 13-2, 15 to 26-2, 28-2 to 10-3, 15 to 26-3, 5 to 16-4, #ST: 2026► 13 to 21-11, 2027► 1 to 9-4, 3 to 11-11, 3-Day: 2026► 15 to 18-10, 24 to 27-12, 2027► 25-3 to 28-3, 19 to 22-8, 2 to 5-12, 2028► 30-3 to 2-4, # Children Course: (Only Boys) 2027► 6 to 7-5, (Only Girls) 10 to 11-5, Teenagers' Course: (Girls) 2027► 14 to 22-5, Teenagers' Course: (Boys) 2027► 26-4 to 4-5, ∞ Special 10-day: 2027► 20 to 31-1, 24-8 to 4-9, ∞ Long Courses: 20-day: 2026► 16-9 to 6-10, 2027► 10-2 to 3-3, 20-11 to 11-12, 30-day: 2026► 27-11 to 28-12, 2027► 19-9 to 20-10, 2028► 8-2 to 10-3, 45-day: 2026► 27-11 to 12-1-2027, 2027► 15-6 to 31-7, 17-12-2027 to 1-2-2028, 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:- Bhavnagar, Gujarat Email: dhammapali15@gmail.com, Contact: Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. 2026► 10-Day: 30-8 to 10-9, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 25-10 to 4-11, 8 to 19-11, 22-11 to 3-12, 6 to 17-12, 20 to 31-12. 3-Day: 20 to 23-8.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharuch Gujarat - 393110, Email: info@narmada.dhamma.org, Contact: Patel: 9824451381, Krishna: 9328170462.) 10-Day: 2027► 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 5 to 16-5, 24-5 to 4-6, 17 to 28-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 29-9 to 10-10, 14 to 25-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, 29-12 to 9-1, 2028► 12 to 23-1, 25-1 to 5-2, 9 to 20-2, 23-2 to 5-3, 15 to 26-3, #ST: 2027► 6 to 14-6, 3-Day: 2027► 12 to 15-8, 2028► 7 to 10-3, # Children Course: (Only Girls) 2027► 18 to 19-5, (Only Boys) 2027► 21 to 22-5, Meeting: 2028► 6-2.

Dhamma Junagadh, Junagadh Gujarat

Village Patla, Junagadh - Bhesan Road, Ta. Bhesan, Dist: Junagadh - 362031, Phone No. 7016212530, 7016212531, Email: dhammajunagadh21@gmail.com 2026► 10-Day: 30-8 to 10-9, 4 to 15-10, 8 to 19-11, 20 to 31-12.

Dhamma Jalāsay : Mahuva, Gujarat

Dhamma Jalāsay: Mahuva, Village Nikol, Ta. Mahuva, Dist Bhavnagar, Gujarat-364290, Tel: 95100-83705, 02844-222012, 225363, Email: dhammajalashaya@gmail.com, 2026► 10-Day: 30-8 to 10-9, 20-9 to 1-10, 18 to 29-10, 8 to 19-11, 13 to 24-12. 3-Day: 22 to 25-8.

Dhamma Aravalli : Modasa, Gujarat

Dhamma Aravalli: Sakariya Village Malpur Road Modasa, Dist Aravalli -383315. Gujarat

2026► 10-Day: (Only male) 30-9 to 11-10, 11 to 22-11, 30-12 to 10-1, (Only Female) 9 to 20-9, 2 to 13-12, 3-Day: (Only male) 20 to 23-8, 22 to 25-10, 24 to 27-12, 2-Day: (Only Female) 25 to 27-9,

Nikol (Mahuva): Village, Nikol, Tal. Mahuva, Dist. Bhavnagar, Gujarat-364290, Phon: 95100-83705, 02844-222012, 225363, Email: dhammajalashaya@gmail.com, 2026► 10-day: 30-8 to 10-9, 20-9 to 1-10, 18 to 29-10, 8 to 19-11, 13 to 24-12. 3-day: 22 to 25-8.

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: 2026► 2 to 13-9, 28-9 to 9-10, 14 to 25-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12. 2027► 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 9 to 20-4, 28-4 to 9-5, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7, 7 to 18-7, 4 to 15-8, 8 to 19-9, 30-9 to 11-10, 14 to 25-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12. #ST: 2026► 16 to 24-9, 2027► 5 to 13-1, 25-8 to 2-9, 3-day: 2026► 27 to 30-8, 24 to 27-12. 2027► 22 to 25-4, 18 to 21-8, 23 to 26-9, 28 to 31-10. 2-day: 2027► 3 to 5-4. Teenagers' Course: (Girls) 2027► 12 to 20-5, ∞ Special 10-day: 2027► 21-7 to 1-8. ∞ Long Courses: 30-day: 2027► 17-1 to 17-2.

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudiavakkam, 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; 2026► 10-day: 19 to 30-8, 16 to 27-9, 30-9 to 11-10, 14 to 25-10, 11 to 22-11, 25-11 to 6-12, 16 to 27-12. #ST: 26-10 to 3-11. 3-day: 10 to 13-9, 4 to 7-11, 10 to 13-12. Teenagers' Course: (Boys) 30-8 to 7-9. 1-day: 16-8, 13-9, 11-10, 22-11, 27-12. # Children Course: 30-8, 27-9, 25-10, 6-12. ∞ Long Courses: 20-day: 10 to 31-12, 30-day: 10-12-2026 to 10-1-2027.

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: 2026► 19 to 30-8, 2 to 13-9, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-2027, 2027► 20 to 31-1-2027, 3 to 14-2, 17 to 28-2, 3 to 14-3.

2026► ∞ Long Courses: 20-day: 16-9 to 7-10, 30-day: 16-9 to 17-10, 45-day: 16-9 to 2-11,

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyaipatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, Contact: 9442603490, 9442103490, Email: dhammamadhura@gmail.com, 2026► 10-day: 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 14 to 25-10, 18 to 20-11, 2 to 13-12, 16 to 27-12. #ST: 1 to 9-8, 3-day: 27 to 30-8, 29-10 to 1-11, 12 to 15-11.

Dhamma Triveni : Tiruppur, (Tamil Nadu)

Dhamma Triveni, Vipassana Meditation Centre, SF No. 144, Pongupalayam Village, Kalampalayam Post, Tiruppur District: - Tiruppur - 641666, Contact: +91 7092011228, Website: https://triveni.vridhamma.org, Email: info.triveni@vridhamma.org, 2026► 10-day: 16 to 27-8, 13 to 24-9, 18 to 29-10, 18 to 29-11, 20 to 31-12, 3-day: 3 to 6-9, 8 to 11-10, 12 to 15-11, 10 to 13-12, 1-day: 27-9, 4-10, 1-11, 6-12,

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, 2026► 10-day: 2026► 7 to 18-9, 21-9 to 1-10, 4 to 15-10, 18 to 29-10, 2 to 13-11, 16 to 27-11, 30-12 to 10-1, 2027► 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4. #ST: 2026► 25-8 to 2-9. (Megha Course on the occasion of Golden Jubilee: 2-day: 2026► 3 to 5-9, 1-day:- 23-8, 6-9.)

1-day Children Course: Ending day of every 10-day course in Andhra 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 to 4pm)

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, 2026► 10-day: 25-10 to 5-11, 11 to 22-11, 26-11 to 7-12. 2-day: 18 to 20-12. Teenagers' Course: (Boys)► 29-8 to 6-9, 26-9 to 4-10, 10 to 18-10. (Girls)► 12 to 20-9, 23 to 31-12. # Children Course: 22-11. Dhamma Sevak Workshop: 19 to 21-10, 11 to 13-12.

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above.... 2026► 10-day: 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 7 to 18-10. # Children Course: 23-8, 6-9, 20-9, 4-10, 18-10. ∞ Long Courses: 20-day: 24-10 to 14-11. 30-day: 24-10 to 24-11, 14-12 to 14-1-27. 45-day: 24-10 to 9-12, 14-12 to 29-1-27.

Dhammārāma, Bhimavaram, W. G. (A.P.) Vipassana International Meditation Centre, Village Kumudavalli, Mandal-Pala Koderu,

Dist. West Godavari 534 210. (1.5 kms from Bhimavaram, on the Bhimavaram-Thanku Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org, **2026**► **10-day:** 2 to 13-9, 23-9 to 4-10, 11 to 22-11, **#ST:** 23 to 31-10. **2-day:** 6 to 8-11, **Maintenance Period:** 4 to 5-11. **∞ Special 10-day:** 19 to 30-8.

∞ **Long Courses:** **30-day:** 26-11 to 27-12.

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>.

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Kolar Road, 2.8 KM from D-Mart, Bhopal 462 044. **Contact:** Mob: 94069-27803, Mr. K. R. Jha, Mob. 8319855865, Email: dhammapala.bhopal@gmail.com, info@mpvneers.com Online application: www.pala.dhamma.org, **2026**► **10-day:** 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 7 to 18-10, 17 to 28-11. **3-Day:** 21 to 24-10, 2 to 5-11, 11 to 14-11. **1-Day:** 6-9, 20-9, 18-10, 29-11, 3-1-2027. **# Children Course:** (8 to 12 yrs) 15-11, (13 to 18 yrs) 23-8, 4-10. **∞ Long Courses:** **20-day:** 2 to 23-12. **30-day:** 2-12-26 to 2-1-2027.

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. Group Sitting: Except Course Time 9:30 am to 10:30.

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:** WhatsApp No. 9479785033, 9826103572, **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956. **2026**► **10-day:** 16 to 27-8, 10 to 21-9, 3 to 15-10, 22-10 to 3-11, 11 to 22-11, 4 to 15-12, 18 to 29-12. **3-Day:** 3 to 6-9, 26 to 29-11. **1-Day:** 27-9.

Dhamma Guṇa Guna-Gwalior Division, (M.P.)

Dhamma Guna, Village- Pagara, Dist.- Guna, MP – 473001. (12 kms. from Guna) **Contact:** Shri Rajkumar, Raghuvanshi, Mob: 9425131103, Shri Pradeep Pandey, Mob: 9425381284, Shri: Ratiram Pal, Mob: 9926519931, Email: info@guna.dhamma.org. **2026**► **10-day:** 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-27. **#ST:** 14 to 21-10.

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,

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** **2026**► 17 to 28-8, 16 to 27-9, 30-9 to 11-10, 21-10 to 1-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12. **2027**► 6 to 17-1, 3 to 14-2, 17 to 28-2, 5 to 16-3, 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 23-6 to 4-7, 7 to 18-7, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 15 to 26-9, 29-9 to 10-10, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, **#ST:** **2026**► 5 to 14-9. **2027**► 22 to 31-1, 3 to 12-9, **3-day:** **2026**► 17 to 20-10. **2027**► 19 to 22-3, 14 to 17-10, **Teenagers' Course:** **2027**► (Girls) 1 to 9-6, **2027**► (Boys) 12 to 20-6, **1-day:** **2026**► 16-8, 11-10. **2027**► 17-1, 31-1, 14-2, 28-2, 16-3, 4-4, 18-4, 4-7, 18-7, 29-8, 12-9, 26-9, 10-10, 19-12, **# 3-day Children Course: (Only Boys)**► **2026**► 25 to 28-12, **2027**► 25 to 28-12, (Only Girls)► **2026**► 29-12 to 1-1-27. **2027**► 21 to 24-12, **1-day Children Course:** **2026**► 27-9, 20-12. **2027**► 3-1, 9-5, 20-5, 30-5, 9-6, 1-8, 15-8, 24-10, 5-12, 2-1-2028, **Dhamma Sevak Workshop:** **2026**► 1-11. **2027**► 21-11, **Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. S.R. Suman, Mob. 9407981618.

Dhammāñcala, Surguja (Chhattisgarh)

Dhammāñcala Vipassana Meditation Centre, Unchdih Via Raghunathpur, Dist. Surguja-497116 (Ambikapur), Email: dhammachal@gmail.com Mob. 9826442968, **Contact:** 1) Ms. Kiran Sinha, Mob. 93290-80739, 2) Mr. Ajay Bhagdikar, Mob. 9425213827, **10-day:** **2026**► 3 to 14-9, 4 to 15-10, 15 to 26-11, 17 to 28-12, **2027**► 15 to 26-1, 11 to 22-2, 10 to 21-3, 16 to 27-4, 30-4 to 11-5, 19 to 30-5, 24-6 to 5-7, 15 to 26-7, 20 to 31-8, 8 to 20-9, 14 to 25-10, 19 to 30-11, 21-12 to 2-1-2028, **3-day:** **2027**► 25 to 28-3, 8 to 11-7, 4 to 7-11, **2-day:** **2027**► 5 to 7-2, 2 to 4-4, 4 to 6-6, 13 to 15-8, 1 to 3-10, **1-day:** **2026**► 16-8, 27-9, 25-10, 1-11, 6-12, **2027**► 26-1 30-5, 14-6, 26-7, 19-9,

Dhamma Kuti, Singarbhatta, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatta, Tah. Abhanpur, District- Raipur. The Center is located 24 KM from Raipur Railway Station Email: dhammakuti@gmail.com, **Contact:** 1) Mr Prasad, Mob. 9926342705, 2) Mr. Suresh Bang, Mob. 9425209354, **2027**► **10-day:** 3 to 14-1, 17 to 28-1, 31-1 to 11-2, 14 to 25-2, 7 to 18-3, 4 to 15-4, 18 to 29-4, 20-6 to 1-7, 4 to 15-7, 18 to 29-7, 8 to 19-8, 12 to 23-9, 10 to 21-10, 7 to 18-11, 21-11 to 2-12, 5 to 15-12, **Teenagers' Course: (Boys)**► 1 to 9-6, **Teenagers' Course: (Girls)**► 10 to 18-6, **3-day:** 21 to 24-3, 22 to 25-5, 2 to 5-10, 24 to 27-12, **Dhamma Sevak Workshop:** 22-8, 24-10,

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, **2026**► **10-day:** 14 to 25-8, 16 to 27-10, 13 to 24-11, 27-11 to 8-12, 10 to 21-12, 24-12 to 4-1-27, **3-day:** 30-10 to 2-11, **1-day:** 30-8, **Dhamma Sevak Workshop:** 11-10. **∞ Long Courses:** **20-day:** 7 to 28-9. **30-day:** 7-9 to 8-10, **Contact:** 1. Mr. K.K. Sahu, Mob.: 97520-47811, Mr. S. Agrawal, Mob. 79743-55534.

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihati, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org **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. Unakoti, Tripura, Tripura 799 263. Email: info@puri.dhamma.org, **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154882, 09402527191. **10-day:**

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Email: info@utkal@vridhamma.org, Tel: 9406007779, 8839643639, **10-day:** **2026**► 20 to 31-8, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 20-11 to 1-12, 5 to 16-12, 20 to 31-12. **2027**► 5 to 16-1, 20 to 31-1, 5 to 16-2, 20-2 to 3-3, 5 to 16-3, 20 to 31-3, 20-4 to 1-5, 5 to 16-5, 20 to 31-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 18 to 29-11, 19 to 30-12, **#ST:** **2027**► 5 to 13-4, **3-Day:** **2027**► 16 to 19-4, 27 to 30-8, **1-Day:** **2026**► 16-8, 31-8, 16-9, 1-10, 16-10, 31-10, 16-11, 1-12, 16-12, 31-12. **2027**► 16-1, 31-1, 16-2, 3-3, 16-3, 31-3, 1-5, 16-5, 31-5, 16-6, 1-7, 16-7, 31-7, 24-8, 31-8, 16-9, 1-10, 16-10, 31-10, 16-11, 29-11, 8-12, 17-12, 30-12. **Teenagers' Course:** **2027**► (Boys) 1 to 8-12, (Girls) **2027**► 10 to 17-12,

∞ **Long Courses:** **20-day:** **2027**► 3 to 24-8, **Contact:** 1) Mr, Prafulldash, Mob. 7077704724,

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, **2027**► **10-day:** 30-12-2026 to 10-1-2027, 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 31-3 to 11-4, 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, 15 to 26-9, 29-9 to 10-10, 13 to 24-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12. **#ST:** 11 to 19-3. **3-Day:** 26 to 28-3, 29 to 31-10. **1-day:** 24-1, 7-3, 23-5, 18-7, 26-9. **Teacher Meeting:** 20 to 22-3.