

Schedule of Vipassana Courses

“Vipassana Newsletter” Vol. 1, No. 10, 12 January, 2026.

(Revised) Regd. No. MHENG/25/RAA43

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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: 20 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 Guraji 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 Guraji 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 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 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: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, (only old Student 22-7 to 2-8), 5 to 16-8, 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. #ST: 1 to 9-10. 3-day: 26 to 29-11. Dhamma server and Trustee Workshop: 10 to 11-10. Indian Teacher Meeting: 7 to 8-12. International Teacher Meeting: 9 to 10-12. International AT Meeting: 11 to 13-12. AT Workshop: 15 to 18-12. Trainer's Workshop: 14-12. Maintenance Period: 30-3 to 14-4, 12 to 27-10. Golden Jubilee: 6-12. Website: <https://schedule.vridhamma.org>

Dhamma Giri, Igatpuri, Short Course Area

3-Day: 6 to 9-2, 21 to 24-8, 18 to 21-9, 14 to 17-11, 1 to 4-12. 2-day: 2 to 4-7. Teenagers' Course: (Boys) 12 to 20-2, 10 to 18-3, 1 to 9-4, 23-4 to 1-5, 15 to 23-5, 5 to 13-6, 7 to 15-7, 30-7 to 7-8, 27-8 to 4-9, 25-9 to 3-10, 23 to 31-10, 20 to 28-11. Teenagers' Course: (Girls) 26-1 to 3-2, 23-2 to 3-3, 21 to 29-3, 12 to 20-4, 4 to 12-5, 25-5 to 2-6, 21 to 29-6, 19 to 27-7, 10 to 18-8, 7 to 15-9, 12 to 20-10, 3 to 11-11, 13 to 21-12. online Booking: Maintenance Period: 4 to 9-3.

(Important information: Igatpuri 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

10-day executive courses: 6 to 17-4, 25-7 to 5-8, (only old Students 20-4 to 1-5) #ST: 26-3 to 3-4. 3-day: 12 to 15-3, 28-9 to 1-10.

∞ Special 10-day: 24-2 to 7-3. ∞ Gratitude Course: 2 to 17-2.

∞ Long Courses: 20-day: 28-6 to 19-7. 30-day: 6-5 to 6-6, 9-8 to 9-9. 45-day: 6-5 to 21-6, 9-8 to 24-9, (15 days Anapana) 13-12 to 28-1-2027. 60-day: 5-10 to 5-12.

Maintenance Period: 16 to 25-3. online Booking.

Dhamma Tapovana-2, Igatpuri

#ST: 11 to 19-4.

Special 10-day: 28-4 to 9-5.

∞ Long Courses: 20-day: 12-5 to 2-6, 8 to 29-10. 30-day: 21-2 to 24-3, 8-6 to 9-7, 10-11 to 11-12. 45-day: 21-2 to 8-4, 8-6 to 24-7. 60-day: 1-8 to 1-10, 16-12 to 15-2-2027.

Maintenance Period: 20 to 27-4, 30-10 to 9-11.

Dhamma Pattana, Gorai, Mumbai

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

Indian AT Workshop/Meeting: 31-5 to 7-6.

∞ Gratitude Course: 2 to 17-2-2026.

∞ Long Courses: 20-day: 4 to 25-7. 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.

Dhamma Kanheri, Goregaon, Mumbai

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, 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.

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 (Mahashiviris), 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. org; (Pl. bring a bottle so you can fill it with drinking water at GVP.)

Mini ānāpāna for Visitors

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

Dhamma 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, 10-day: 2 to 13-1, 17 to 28-1, 31-1 to 11-2, 14 to 25-2, 28-2 to 11-3, 14 to 25-3, 28-3 to 8-4, 11 to 22-4, 25-4 to 6-5, 9 to 20-5, 23-5 to 3-6, 6 to 17-6, 20-6 to 1-7, 4 to 15-7, 1 to 12-8, 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,

∞ Special 10-day: 18 to 29-7,

∞ 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: Sogaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration.dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, Contact: Mob. 91-779-83-24659, (Contact: 25008868/25011096/25162505). 1-day: last day of 10-day course Contact: Mintu Bera, Mob. 9503905086, Office: 77983244659).

Dhamma Vātika: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, (Mob. 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: 28-1 to 8-2, 11 to 22-2, 18 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 8-8, 5 to 16-8, 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. 3-day: 27-2 to 2-3. #ST: 7 to 15-3. Dhamma Sevaka Workshop: 19 to 20-9. # Children Course: (boys) 27 to 28-5, 4 to 5-11, (Girls) 30 to 31-5, 6 to 7-11.

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.

INDIA

Special 10-day Course

2 to 13-2-2026 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
4 to 15-2-2026 Dhamma Bhandāra, Bhandara
18-2 to 1-3-2026 Dhamma Cakka, Sarnath (U.P.)
24-2 to 7-3-2026 Dhamma Tapovana-I, Igatpuri
5 to 16-4-2026 Dhamma Thali, Jaipur
28-4 to 9-5-2026 Dhamma Tapovana-II, Igatpuri
20 to 31-5-2026 Dhamma Kōṭa, Rajkot (Guj.)
14 to 25-6-2026 Dhamma Sarovara, Dhule
14 to 25-6-2026 Dhamma Thali, Jaipur
17 to 28-6-2026 Dhamma Rata, Ratlam (M.P.)
18 to 29-6-2026 Dhamma Patthāna, Sonapat, (Haryana)
1 to 12-7-2026 Dhamma Malla, Yavatmal
14 to 22-7-2026 Dhamma Thali, Jaipur
15 to 26-7-2026 Dhamma Divākara, Mehsana (Guj.)
19 to 30-7-2026 Dhamma Lakkhaṇa, Lucknow (U.P.)
29-7 to 9-8-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)
5 to 16-8-2026 Dhamma Setu, Chennai (Tamil Nadu)
19 to 30-8-2026 Dhammārāma, Bhimavaram, W. G. (A.P.)
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 Kalyāna, Kanpur (U.P.)
8 to 19-12-2026 Dhamma Patthāna, Sonapat, (Haryana)

Gratitude Course

2 to 17-2-2026 Dhamma Pattana, Gorai, Mumbai
2 to 17-2-2026 Dhamma Tapovana-I, Igatpuri
2 to 17-2-2026 Dhamma Malla, Yavatmal
2 to 17-2-2026 Dhamma Anākula, Akola
2 to 17-2-2026 Dhamma Nāga, Nagpur
2 to 17-2-2026 Dhamma Sarovara, Dhule
2 to 17-2-2026 Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2026 Dhamma Pitha, Ahmedabad (Gujarat)
2 to 17-2-2026 Dhamma Pali, Bhavnagar, Gujarat
2 to 17-2-2026 Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 17-2-2026 Dhamma Rata, Ratlam (M.P.)
2 to 17-2-2026 Dhamma Pātīputta Patna (Bihar)
2 to 17-2-2026 Dhamma Khetta, Hyderabad (Telangana)
2 to 17-2-2026 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

Schedule of Long Courses

20-day

16-1 to 6-2-2026 Dhamma Paphulla, Bangalore
16-1 to 6-2-2026 Dhamma Setu, Chennai (Tamil Nadu)
1 to 22-2-2026 Dhamma Thali, Jaipur
23-3 to 13-4-2026 Dhamma Patthāna, Sonapat, (Haryana)
15-4 to 6-5-2026 Dhammārāma, Bhimavaram, W. G. (A.P.)
25-4 to 16-5-2026 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
5 to 26-5-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)
12-5 to 2-6-2026 Dhamma Tapovana-2, Igatpuri
20-6 to 15-7-2026 Dhamma Bhandāra, Bhandara
28-6 to 19-7-2026 Dhamma Tapovana-I, Igatpuri
4 to 25-7-2026 Dhamma Pattana, Gorai, Mumbai
7 to 28-7-2026 Dhamma Nāga, Nagpur
7 to 28-7-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)
16-7 to 6-8-2026 Dhamma Pushkar, Ajmer, Rajasthan
16-7 to 6-8-2026 Dhamma Patthāna, Sonapat, (Haryana)
25-7 to 15-8-2026 Dhamma Kōṭa, Rajkot (Guj.)
3 to 24-8-2026 Dhamma Cakka, Sarnath (U.P.)
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 Suvattī, Sravasti (U.P.)
19 to 30-7-2026 Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 23-10-2026 Dhamma Lakkhaṇa, Lucknow (U.P.)
4 to 25-10-2026 Dhamma Thali, Jaipur
8 to 29-10-2026 Dhamma Tapovana-2, Igatpuri
24-10 to 14-11-2026 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)
28-11 to 19-12-2026 Dhamma Sarovara, Dhule
1 to 21-12-2026 Dhamma Vāhini, Titwala
10 to 31-12-2026 Dhamma Pātīputta Patna (Bihar)
22-12-26 to 12-1-2027 Dhamma Kōṭa, Rajkot (Guj.)

30-day

16-1 to 16-2-2026 Dhamma Paphulla, Bangalore
16-1 to 16-2-2026 Dhamma Setu, Chennai (Tamil Nadu)
1-2 to 4-3-2026 Dhamma Thali, Jaipur
1-2 to 4-3-2026 Dhamma Patthāna, Sonapat, (Haryana)
21-2 to 24-3-2026 Dhamma Tapovana-II, Igatpuri
28-2 to 31-3-2026 Dhamma Suvattī, Sravasti (U.P.)
10-3 to 10-4-2026 Dhamma Sindhu, Mandvi-Kutch (Guj.)
18-4 to 19-5-2026 Dhamma Patthāna, Sonapat, (Haryana)
25-4 to 26-5-2026 Dhamma Nāgajūna-II Nagarjun Sagar (Telan.)

5-5 to 5-6-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-5 to 6-6-2026	Dhamma Tapovana-I, Igatpuri
8-6 to 9-7-2026	Dhamma Tapovana-II, Igatpuri
1-7 to 1-8-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
16-7 to 16-8-2026	Dhamma Pushkar, Ajmer, Rajasthan
25-7 to 25-8-2026	Dhamma Kota, Rajkot (Guj.)
5-8 to 6-9-2026	Dhamma Pitha, Ahmedabad (Gujarat)
5-8 to 6-9-2026	Dhamma Pitha, Ahmedabad (Gujarat)
9-8 to 9-9-2026	Dhamma Tapovana-I, Igatpuri
11-8 to 11-9-2026	Dhamma Patthana, Sonepat, (Haryana)
1-9 to 2-10-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7-9 to 8-10-2026	Dhamma Garha, Bilaspur (Chhattisgarh)
2-10 to 2-11-2026	Dhamma Lakkhana, Lucknow (U.P.)
4-10 to 4-11-2026	Dhamma Thali, Jaipur
24-10 to 24-11-2026	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
10-11 to 11-12-2026	Dhamma Tapovana-II, Igatpuri
11-11 to 12-12-2026	Dhamma Cakka, Sarnath (U.P.)
26-11 to 27-12-2026	Dhammārama, Bhimavaram, W. G. (A.P.)
1 to 31-12-2026	Dhamma Vāhini, Titwala
14-12 to 14-1-2027	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
19-1 to 19-2-2027	Dhamma Kota, Rajkot (Guj.)

45-day

16-1 to 3-3-2026	Dhamma Setu, Chennai (Tamil Nadu)
1-2 to 19-3-2026	Dhamma Thali, Jaipur
1-2 to 19-3-2026	Dhamma Patthana, Sonepat, (Haryana)
21-2 to 8-4-2026	Dhamma Tapovana-II, Igatpuri
28-2 to 15-4-2026	Dhamma Suvatti, Sravasti (U.P.)
10-3 to 25-4-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-4 to 10-6-2026	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
5-5 to 20-6-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-5 to 21-6-2026	Dhamma Tapovana-I, Igatpuri
26-5 to 11-7-2026	Dhamma Khetta, Hyderabad (Telangana)
8-6 to 24-7-2026	Dhamma Tapovana-II, Igatpuri
7-7 to 22-8-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-7 to 9-9-2026	Dhamma Kota, Rajkot (Guj.)
9-8 to 24-9-2026	Dhamma Tapovana-I, Igatpuri
1-9 to 17-10-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
7-10 to 22-11-2026	Dhamma Patthana, Sonepat, (Haryana)
15-10 to 30-11-2026	Dhamma Suvatti, Sravasti (U.P.)
24-10 to 9-12-2026	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
1-11 to 17-12-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
13-12 to 28-1-2027 (15 days Anapana)	Dhamma Tapovana-I, Igatpuri
14-12 to 29-1-2027	Dhamma Nāgajuna-II Nagarjun Sagar (Telan.)
19-1 to 6-3-2027	Dhamma Kota, Rajkot (Guj.)

60-day

1-1 to 3-3-2026	Dhamma Sindhu, Mandvi-Kutch (Guj.)
26-5 to 26-7-2026	Dhamma Khetta, Hyderabad (Telangana)
1-8 to 1-10-2026	Dhamma Tapovana-II, Igatpuri
5-10 to 5-12-2026	Dhamma Tapovana-I, Igatpuri
16-12 to 15-2-2027	Dhamma Tapovana-II, Igatpuri
1-1 to 3-3-2027	Dhamma Sindhu, Mandvi-Kutch (Guj.)

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). Contact: Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Punṇa, 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, 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 Complate to 18 years) Every Month First and Third Sunday, 8:00 am to 2:30.

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 hourse up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) Contact: Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org 10-day: 18 to 29-1, 21-2 to 4-3, 8 to 19-3, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 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: 14 to 23-6, 13 to 22-9, 3-day: 30-4 to 3-5, 23 to 26-8, 2-day: 20 to 22-3, 13 to 25-11. 1-day: 18-1, 8-3, 5-4, 28-6, 9-8, 15-11. # Children Course: 15-5, 16-5, 4-11, 13-11, 5-11.

∞ Gratitude Course: 2 to 17-2. Special 10-day: 14 to 25-6, 13 to 24-9.

Long Courses: 20-day: 28-11 to 19-12.

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur road,

Near Bhavevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist. Solapur-413002. Contact: 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukaramde, Mob. 9860759866. 1-day: Every Month second Sunday, 10am to 4 pm # Children Course: Every month Fourth Sunday 10am to 4 pm.

Dharmālaya, 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. Sunil Chaugule, 9403841943, 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: 21-1 to 1-2, 18-2 to 1-3, 4 to 15-3, 25-3 to 5-4, 8 to 19-4, 3 to 14-5, 10 to 21-6, 24-6 to 5-7, 5 to 16-8, 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: 21 to 29-4, 24-12 to 1-1, 3-day: 5 to 8-6, 31-7 to 3-8, 1-day: 18-1, 1-3, 15-3, 5-4, 19-4, 1-5, 24-5, 21-6, 5-7, 29-7, 16-8, 30-8, 13-9, 27-9, 11-10, 25-10, 8-11, 22-11, 6-12, 20-12, Teenagers' Course: (Girls) 16 to 24-5, (Boys): 26-5 to 3-6, # Children Course: (13 to 18 yrs) ► 18-1, 19-4, 16-8, 8-11, (8 to 12 yrs) ► 1-3, 21-6, 27-9, 20-12, At Workshop/Meeting: (Only Teacher, Senior Assistant Teacher, Assistant Teacher, Trainee ATs) ► 17 to 21-3, Dhamma Servers Workshop: 22-3.

∞ Gratitude Course: 2 to 17-2-2026.

∞ Long Courses: 20-day: 7 to 28-7, Contact: (for correspondence) Kalyanmitra Charitable Trust, Abhyankar Smriti Bhawan, Abhyankar 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 Sadhana: (boys and Girls) Every Sunday 8 to 9:45, pm Contact: 2) Mr. Narnavare Guruj, Mob. 9422129229, 8999247556, 2) Mr. Kamlesh Chahande, Mob. 9373104305.

Dhamma Mallā, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. Contact: 1. Mr. Dhole, Mob. 9422865574, 2. Dr. Bhagat, Mob. 9423432475. 10-day: 3 to 14-1, 16 to 27-1, 19-2 to 2-3, 5 to 16-3, 22-3 to 2-4, 20-4 to 1-5, 20-5 to 31-5, 17 to 28-6, 15 to 26-7, 30-7 to 10-8, 15 to 26-8, 30-8 to 10-9, 30-9 to 11-10, 21-10 to 1-11, 22-11 to 3-12. #ST: 5 to 13-4, 11 to 19-11. 3-day: 15 to 18-4. 1-day: 30-1, 19-4, 1-5, 17-5, 14-6, 12-7, 29-7, 26-8, 13-9, 29-9. Teenagers' Course: (Girls) 9 to 17-5. (Boys): 6 to 14-6. # Children Course: 1-2, 3-4, 3-5, 31-5, 28-6, 26-7.

Special 10-day: 1 to 12-7.

∞ Gratitude Course: 2 to 17-2.

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) 2024»

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.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) 10-day: 4 to 15-3, 1 to 12-4, 15 to 26-7, 12 to 23-8, 2 to 13-9, 7 to 18-10. #ST: 4 to 12-4, 6 to 13-9, 3-day: 24 to 26-1, 27 to 30-3. 2-day: 20 to 22-2, 2 to 4-10. 1-day: 15-2, 15-3, 12-4, 1-5, 26-7, 23-8. # Children Course: (10 to 16 yrs) ► 19-4, 26-4, 10-5, 17-5, 24-5, 7-6, 14-6. Group Sitting: Daily 8 am to 9 am and 6 pm to 7 pm. CCT Workshop: 18 to 19-7. Trustees' and Dhamma Servers' Workshop: 18 to 19-7. Special 10-day: 4 to 15-2.

∞ Long Courses: 20-day: 20-6 to 15-7. Contact: Chourej, 9890441071, Harishachandra: 9421711409, Deshbhrtar: 9423185322, 7588749108.

Dhamma Nārāñja, Nanded

Vipassana Centre, New Danki, Near Godavari River, Contact: 1) Mr. Dahivele, Mob. 94231-48636, 2) Mr. Bhawe, Mob. 9421572499, 10-day: (Only male) ► (only Female) ► 2-day: 1-day: # 2-Day Children Course: (Boys) ► (Girls) ► 1-Day Children Course:

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivra, Post Zadschi, 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:

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Kharpekheda 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/v2/schanakula#normal, Email: info.anakula@vridhamma.org, 10-day: 19-2 to 2-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 27-5 to 7-6, 10 to 21-6, 1 to 12-7, (Only Bhikkhu 15 to 26-7), 29-7 to 9-8, 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: 21 to 29-1, 15 to 23-8. 3-Day: 28-4 to 1-5, 24 to 27-6, 23 to 26-9, 14 to 17-10. Teenagers' Course: (Girls) ► 6 to 14-5. (Boys) ► 15 to 24-5. 1-day: 30-1, 15-3, 29-3, 3-5, 7-6, 28-6, 12-7, 26-7, 6-9, 27-9, 18-10, 22-11, 20-12. # Children Course: 18-1, 26-4, 24-5, 9-8, 20-9, 11-10, 1-11, 6-12.

∞ Gratitude Course: 2 to 17-2. Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125, 2) Mr. Anand, Mob. 9422181970.

Dhamma Manjusa, Bargaon Manju, Akola

Dhamma Manjusa, Vipassana Centre, near Machhi Talav, Bargaon Manju, Dist. Akola, Maharashtra. Email: dhammamanjusha5@gmail.com Contact: 9404752533, 9922331988, 10-day: (male/female) ► 3-day: (male/female) ► 1-day: (male/female) ► # Children Course: (Boys/Girls) ►

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 Tantrapale, Mob. 9096277299, 3) Mr. Kishor Deshmukh, Mob. 93705-85203, https://schedule.vridhamma.org/courses/amravati, Email: dhammaamravati2020@gmail.com, 10-day: 21-1 to 1-2, 18-2 to 1-3, 11 to 22-3, (only female 18 to 29-7), (only male 19 to 30-8). #ST: 17 to 25-4, 12 to 20-12. 3-day: 29-4 to 2-5. 2-day: 15 to 17-1. 1-day: 1-2, 11-3, 22-3, 21-6, 29-7, 30-8, 27-9. Teenagers' Course: (Boys) ► 13 to 21-6. (Girls) ► 1 to 9-6. # Children Course: 11-3. Dhamma Sannam: 26-5. Maintenance Period: 15 to 18-5.

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Halls, Ajintha Road, Umala gaon, Tal. Dist. Jalgaon-425001, Tel: (02577) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, Contact: Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. 10-day: Contact: 7588436222, 8421532276.

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): 10-day: 19 to 30-1, 11 to 22-2, 25-3 to 5-4, 13 to 24-5, 17 to 28-6, 17 to 28-7, 26-8 to 6-9, 17 to 28-9. #ST: 21 to 29-4. 3-day: 1 to 4-3, 15 to 18-8. 1-day: 1-1, 30-1, 22-2, 30-4, 1-5, 29-7, 29-9, 1-11, 29-11. # 2-day Children Course: (Boys only) ► 25 to 27-5. (only Girls) ► 18 to 30-5. 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. 9699937134, 2. Mr. Chandrakant Bhagwat, Mob. 9545628659, 10-day:

NORTH INDIA

Dhamma Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 2008, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, 10-day: 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 30 to 14-5, 17 to 28-5, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9. #ST: 24-3 to 1-4, 19 to 27-5, 14 to 27-7, 7 to 15-12. Special 10-day: 5 to 16-4, 14 to 25-6.

∞ Long Courses: 20-day: 1 to 22-2, 4 to 25-10. 30-day: 1-2 to 4-3, 4-10 to 4-11. 45-day: 1-2 to 19-3.

Dhamma Arañña : chaksu, (Rajasthan)

Dhamma Arañña Village - Badodiya, Tehsil - Kotkhavada, Chaksu - 303908, 10-day: 10 to 21-2, 25-2 to 8-3, 18 to 29-3, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 9 to 20-9, 23-9 to 4-10, 5 to 16-10, 23-10 to 3-11, 13 to 24-11. #ST: 31-1 to 8-2, 29-8 to 6-9. 3-day: 12 to 15-3, 2 to 5-4, 7 to 10-5, 25 to 28-6.

<p>Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)</p> <p>Dhamma Nilaya Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708 Email: info@thali.dhamma.org, 10-day: 28-1 to 8-2, 11 to 22-2, 7 to 18-3, 4 to 15-5, 25-5 to 5-6, 17 to 28-6, 1 to 12-7, 20 to 31-7, 1 to 12-8, 15 to 26-8, 29-8 to 9-9, 16 to 27-9. 3-day: 23 to 26-1, 26-2 to 1-3, 19 to 22-2, 9 to 12-4, 30-4 to 3-5, 16 to 19-7. Teenagers' Course: (Boys) 14 to 22-4, 16 to 24-5. Teenagers' Course: (Girls) 31-3 to 8-4, 6 to 14-6. 2-day Children Course: (13 to 18 yrs Boys) 24 to 26-3, 24 to 26-4, (13 to 18 yrs Girls) 27 to 29-3, 27 to 29-4. # Children Course: 24-5.</p> <p>Dhamma Pushkar, Ajmer, Rajasthan</p> <p>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. 9829071778, 2) Anil Dhariwal, Mob. 098290-28275, 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 5 to 16-3, (18 to 29-3 Old Students only), 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 19 to 30-8, 3 to 14-9, 16 to 27-9. #ST: 12 to 20-10. ∞ Long Courses: 20-day: 16-7 to 6-8, 30-day: 16-7 to 16-8.</p> <p>Dhamma Marudhara, Jodhpur, Rajasthan</p> <p>Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chausani Link Road, Chokha Jodhpur-342009. Mob. 982907520, 9314727515, 8233013020, Email: info@marudhara.dhamma.org, 10-day: #ST: Teenagers' Course: (Boys) ∞ Special 10-day: Contact: 1) Mr. Nemichand Bhandari, Email: dhamma.maroodhara@gmail.com; Mob. Whatsapp No. 9887099049.</p> <p>Dhamma Pubbaja, Churu, Rajasthan</p> <p>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, Whatsapp Only)</p> <p>Dhamma Madhuvana, Sri Ganganagar, Rajasthan</p> <p>Village 7A Choti, Padampur Road, Sri Ganganagar, Rajasthan. Contact: Ram Prakash Singhal, 91-9314510116; Babul Narang, Tel: 91-941225425, 9413377064. Email: info@madhuvana.dhamma.org, 10-day: 18 to 29-1, 1 to 12-2, 15 to 26-2, 7 to 18-3, 25-3 to 5-4, 14 to 25-4, 17 to 28-5, 31-5 to 11-6, 13 to 24-6, 5 to 16-7, 19 to 30-7, 1 to 12-8, 29-8 to 9-9, 19 to 30-9, 7 to 18-10, 20 to 31-10. #ST: 5 to 13-5, 18 to 26-8, 1 to 9-12. 3-day: 19 to 22-3, 9 to 12-4, 30-4 to 3-5, 25 to 28-6, 13 to 16-8.</p> <p>Dhamma Sota, Sohna (Haryana)</p> <p>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: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8. Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com</p> <p>Dhamma Patthana, Sonapat, (Haryana)</p> <p>Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com, #ST: 18 to 26-1, 23 to 31-5, 5 to 13-6, 3 to 11-7, 16 to 24-9, 26-11 to 4-12, 23 to 31-12, AT Workshop: 29-9 to 2-10, ∞ Special 10-day: 18 to 29-6, 8 to 19-12, ∞ Long Course: 20-day: 23-3 to 13-4, 16-7 to 6-8, 30-day: 1-2 to 4-3, 18-4 to 19-5, 11-8 to 11-9, 45-day: 1-2 to 19-3, 7-10 to 22-11, Contact: same as Dhamma Sota</p> <p>Dhamma Karunika, Karnal (Haryana)</p> <p>Vipassana Sadhana Sansthan, AirPort/Kunjpura 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: 28-1 to 8-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9. #ST: 28-10 to 5-11, 3-day: 7 to 10-5, 5 to 8-8. Teenagers' Course: (Boys) 28-5 to 5-6, Teenagers' Course: (Girls) 10 to 18-6,</p> <p>Dhamma Hitakari, Rohtak (Haryana)</p> <p>Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8. #ST: 21 to 29-10, 3-day: 30-4 to 3-5, 30-7 to 2-8.</p> <p>Dhamma Dhaja, Hoshiarpur (Punjab)</p> <p>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: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9. #ST: 21 to 29-10, 3-day: 30-4 to 3-5, 30-7 to 2-8.</p> <p>Dhamma Sikhara, Dharamshala (H.P.)</p> <p>Himachal Vipassana Kendra, Dharamkot, McLeodganj, Dharamshala-176219, Dist. Kangra. Email: info@sikhara.dhamma.</p>	<p>org Tel: 09218514051, 09218414051, (Registration over phone between 4 to 5 pm) 10-day: every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's) #ST: 1 to 9-3, 1 to 9-12. 3-day: 10 to 13-12.</p> <p>Dhamma Laddha, Leh Ladakh (J & K)</p> <p>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.</p> <p>Dhamma Salila, Dehradun</p> <p>Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com, 10-day: 28-1 to 8-2, 11 to 22-2, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 9 to 20-9. #ST: 22-2 to 2-3, 29-8 to 6-9, 22 to 30-12, 3-day: 6 to 9-3, 24 to 27-8. Contact: 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.</p> <p>Dhamma Lakkhana, Lucknow (U.P.)</p> <p>Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: 19 to 30-1, 19-2 to 2-3, 4 to 15-3, 4 to 15-4, 19 to 30-4, 4 to 15-5, 19 to 30-5, 4 to 15-6, 19 to 30-6, 4 to 15-7, 4 to 15-8, 19 to 30-8. #ST: 24-3 to 1-4, 19 to 27-9. 2-day: 15 to 17-3, 15 to 17-4, 15 to 17-5, 15 to 17-6, 15 to 17-7, 15 to 17-8. # 2-day Children Course: (8 to 12 yrs boys, and 8 to 15 yrs Girls) 19 to 21-3. ∞ Gratitude Course: 2 to 17-2, ∞ Special 10-day:- 19 to 30-7, ∞ 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.</p> <p>Dhamma Suvathi, Sravasti (U.P.)</p> <p>Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvathi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 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, #ST:- 28-8 to 5-9, 14 to 22-12. # Children Course:- 27 to 30-5, ∞ Long Courses: 20-day:- 8 to 29-9. 30-day:- 28-2 to 31-3. 45-day:- 28-2 to 15-4, 15-10 to 30-11. Contact: 1) shri Gopal Saran Singh, Mob. 9415751053, 2) shri Naresh Agrawal, Mob. 9935599453.</p> <p>Dhamma Cakka, Sarnath (U.P.)</p> <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: 3 to 14-1, 18 to 29-1, 3 to 14-2, 3 to 14-4, 18 to 29-4, 3 to 14-5, 18 to 29-5, 3 to 14-6, 18 to 29-6, 3 to 14-7, 18 to 29-7. #ST:- 7 to 15-3, 30-10 to 7-11. 3-day:- 28 to 31-8. 2-day:- 30-1 to 1-2. 1-day:- (Every month Fourth Sunday.)- 25-1, 22-2, 22-4, 26-4, 1-5, 24-5, 26-7, 29-7, 30-8. # Children Course:- 15-2, 14-4, 14-6. Dhamma Sevaka Workshop: 14-1, 2-8. ∞ Special 10-day:- 18-2 to 1-3, 3 to 14-10. Long Courses: 20-day: 3 to 24-8. 30-day: 11-11 to 12-12.</p> <p>Dhamma Kalyana, Kanpur (U.P.)</p> <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) 10-day: 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9. #ST: 22-2 to 2-3, 22 to 30-11. 3-day: 1 to 4-4, 1 to 4-9. # 3-day Children Course: 1 to 4-6. Teenagers' Course: (Girls) 24-5 to 1-6. 1-day: Every month Fourth Sunday. 10 am to 5 pm. Special 10-day: 20-11 to 1-12.</p> <p>'Dhamma Kaya', Kushinagar (U.P.)</p> <p>'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: dhammakaya.vsk@gmail.com; Contact: 1) Mr. Bhumiidhar, Mob. 097944-78377, 2) Mr. Mukesh Mittal, Mob. 98711-13335. 10-day: 1 to 12-1, 16 to 27-1, 1 to 12-2, 15 to 26-2, 1 to 12-3, 16 to 27-3, 1 to 12-4, 16 to 27-4, 2 to 13-5, 16 to 27-5, 16 to 27-7, 1 to 12-8, 16 to 27-8, 1 to 12-9, 16 to 27-9. #ST: 4 to 12-7. 3-day: 7 to 10-6. Teenagers' Course: (Girls) 29-5 to 6-6, Teenagers' Course: (Boys) 11 to 19-6, 21 to 29-6. 1-day: 1-5, 30-6.</p> <p>Dhamma Sudha, Meerut (U.P.)</p> <p>Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut -250404, Office Contact: Tel. 9555515548, 8171490433, 7505414181, 10-day: 21-1 to 1-2, 4 to 15-2, 18-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9. #ST: 21 to 29-10, 3-day: 30-4 to 3-5, 30-7 to 2-8.</p>
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<p>Dhamma Licchavi, Muzaffarpur (Bihar)</p> <p>Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@licchavi.dhamma.org 10-day: 19 to 30-1, 5 to 16-2, 19-2 to 2-3, 19 to 30-3, 5 to 16-4, 19 to 30-4, 5 to 16-5, 19 to 30-5, 5 to 16-6, 19 to 30-6, 5 to 16-7, 19 to 30-7, 5 to 16-8, 19 to 30-8, 5 to 16-9, 19 to 30-9, #ST: 8 to 16-3. Contact: V K Goenka, Mob. 7779842059.</p> <p>Dhamma Upavana, Baracakiya, (Bihar)</p> <p>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: Every Month 3 to 14 and 17 to 28.</p> <p>Dhamma Bodhi, Bodhgaya, (Bihar)</p> <p>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).</p> <p>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</p> <p>Dhamma Patliputta Patna (Bihar)</p> <p>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: 17 to 28-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 3 to 14-4, 3 to 14-5, 17 to 28-5, 3 to 14-6, 17 to 28-6, 3 to 14-7, 17 to 28-7, 3 to 14-8, 17 to 28-8, 3 to 14-9, 17 to 28-9. #ST: 17 to 25-4, 17 to 25-11. 3-Day: 29-3 to 1-4, 29-7 to 1-8. # 3-day Children Course: (Only Girls 12 to 16 yrs) 29-5 to 1-6, (Only Boys 12 to 16 yrs) 29-6 to 2-7, 1-day: Every sunday. Mini Anapana Meditation: Every Day. ∞ Gratitude Course: 2 to 17-2-2026. ∞ Long Course: 20-day: 10 to 31-12.</p> <p>Dhamma Vesali, Bihar</p> <p>Dhamma Vesali Vipassana Center, Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Email: info@vaishali.in.dhamma.org Website: www.vaishali.in.dhamma.org, Contact: 9031012302, 9031012303, 10-day: Every Month 1 to 12 and 16 to 27, In March 6 to 17-3, 30 to 31-3, (except during other course's and This Time 18-2 to 1-3). #ST: 30-10 to 7-11.</p> <p>GUJARAT</p> <p>Dhamma Sindhu, Mandvi-Kutch (Guj.)</p> <p>Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 99982-38484, 9825227336, Email: info@sindhu.dhamma.org Contact: Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. 10-day: 3 to 14-1, 18 to 29-1, 2 to 13-2, 17 to 28-2, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 19 to 30-5, 2 to 13-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9. #ST: 4 to 12-2, 2 to 10-6, 31-7 to 8-8, 23-11 to 1-12. Teenagers' Course: (Boys) 28-4 to 6-5. (Girls): 8 to 16-5, 1-Day: 12-5, 10-7. 2-Day Children Course:- (Girls) 6 to 8-5, (Boys) 16 to 18-5. Special 10-day: 29-7 to 9-8. ∞ Long Course: 20-day: 5 to 26-5, 7 to 28-7, 1 to 22-9. 30-day: 10-3 to 10-4, 5-5 to 5-6, 1-7 to 1-8, 1-9 to 2-10. 45-day: 10-3 to 25-4, 5-5 to 20-6, 7-7 to 22-8, 1-9 to 17-10, 1-11 to 17-12. 60-day: 1-1 to 3-3, 2027► 1-1 to 3-3-27. Contact: 7874623305, 9825320551.</p> <p>Dhamma Kota, Rajkot (Guj.)</p> <p>Saurashtra Vipassana Research centre, At Rangpur, Ta. Padadhar, Jammnagar District, 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. 10-day: 28-1 to 8-2, 11 to 22-2, 25-2 to 8-3, 11 to 22-3, 22-3 to 2-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 12 to 23-8, 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: 1 to 9-3, 29-8 to 6-9, 7 to 15-11. Teenagers' Course: (Girls) 14 to 22-4. (Boys): 4 to 12-4. 3-Day: 24 to 26-1, 13 to 15-2, 27-2 to 1-3, 20 to 22-3, 10 to 12-4, 24 to 26-4, 8 to 10-5, 22 to 24-5, 12 to 14-6, 26 to 28-6, 10 to 13-7. Maintenance Period: 23-3 to 3-4. Special 10-day: 20 to 31-5. ∞ Long Courses: 20-day: 31-12-25 to 21-1-26, 25-7 to 15-8, 22-12-26 to 12-1-27. 30-day: 31-12-25 to 31-1-26, 25-7 to 25-8, 19-1 to 19-2-27. 45-day: 25-7 to 9-9-2026, 2027► 19-1 to 6-3.</p> <p>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.</p> <p>Dhamma Divakara, Mehsana (Guj.)</p> <p>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:</p>
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