Schedule of Vipassana Courses

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.

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

Eligibility: Minimum one Satipaṃṭhāna 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►** 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: 2027►** 14 to 22-10, **3-day**: **2026►** 26 to 29-11. **Dhamma server and Trustee Workshop: 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: **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► 26 to 29-11. 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►** 23 to 31-10, 14 to 22-11, **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►** 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,

∞ 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: 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: 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► 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►** 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►** 4 to 7-11. **2027►** 12 to 15-8, 28-9 to 1-10, 30-11 to 3-12, **1-Day Megha: 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, **10-Day: 2027►**6 to 17-1, 20 to 31-1, 10 to 21-2, 10 to 21-3, 31-3 to 11-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 23-6 to 4-7. **3-day: 2027►** 4 to 7-2, 25 to 28-3, 15 to 18-4, 17 to 20-6. **1-day:** Every Saturday, Sunday and Public Holiday. **Group Sitting:** Daily 8 to 9 am and 6 to 7 pm. **∞ Special 10-day: 2027►** 24-2 to 7-3.

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/ **2027► 10-Day:** 10 to 21-02, 24-02 to 07-03, 10 to 21-03, 24-03 to 04-04, 07 to 18-04, 28-04 to 09-05, 12 to 23-05, 26-05 to 06-06, 23-06 to 04-07. **# ST:** 09 to 17-06, 13 to 21-10, **3-day:** 22 to 25-04, 17 to 20-06. **1-day:** Every Sunday. **Group Sitting:** Daily (any time) 7 am to 7 pm.

2027► ∞ Long Course: 20-day: 07 to 28-01, **30-day:** 07-01 to 07-02,

Dhamma Vāhinī: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com, **10-day**: **2027►** 09 to 20-01, 23-01 to 03-02, 06 to 17-02, 20-02 to 03-03, 06 to 17-03, 20 to 31-03, 03 to 14-04, 17 to 28-04, 01 to 12-05, 15 to 26-05, 29-05 to 09-06, 12 to 23-06, 26-06 to 07-07, **# ST: 2027►** 07 to 15-09,

∞ Long Courses: 20-day: 2026► 1 to 21-12, **2027►** 01 to 22-12, **30-day**: **2026►** 1 to 31-12, **2027►** 01-12 to 01-01-2028. 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 Bokking online. **Contact:** Mob. 91-779-83-24659, 77983-25086**. 2027► 10-day:** 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, 26-5 to 6-6, 9 to 20-6, 23-6 to 4-7. **# ST:** 15 to 23-4, 13 to 21-10. **2-day:** 24 to 25-4. **Teenagers' Course: (Girls)** 28-4 to 6-5, **Teenagers' Course: (Boys)** 9 to 17-5. **2-day Children Course:** 19 to 20-5, 22 to 23-5. **1-day: last day of 10-day course Contact:** Mintu Bera, Mob. 9503905086.

Dhamma Vāṭikā: Palghar

Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact:** 1) 9637101154, 2) shri Dubey, Mob. 93232 49299, 3) shri Jadhav, Mob. 90491 51464, Email: info@vatika.dhamma.org, Website: vatika.dhamma.org, **10-day: 2026►** 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. **# ST: 2027►**25-8 to 2-9, **3-day**: **2027►**10 to 13-6, **# Children Course:** (Girls)► **2026►** 4 to 5-11. **2027►** 2 to 3-6. (boys) **2026►** 6 to 7-11. **2027►** 5 to 6-6.

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. **2027► 10-day:** 2 to 10-1, 15 to 26-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 2 to 13-6, 16 to 27-6. **# ST:** 20 to 28-3, 28-8 to 5-9, 23 to 31-10. **∞ Special 10-day:** 12 to 23-5.

∞ Long Courses: 20-day: 15-9 to 6-10. **30-day:** 15-9 to 16-10.

INDIA

Special 10-day Course

20-11 to 1-12-2026	Dhamma Kalyāna, Kanpur (U.P.)
8 to 19-12-2026	Dhamma Paṭṭhāna, Sonepat, (Haryana)
20 to 31-1-2027	Dhamma Ambikā, South Gujarat
2 to 13-2-2027	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
24-2 to 7-3-2027	Dhamma Kanheri, Goregaon, Mumbai
3 to 14-3-2027	Dhamma Cakka, Sarnath (U.P.)
7 to 18-3-2027	Dhamma Sarovara, Dhule
31-3 to 11-4-2027	Dhammālaya, Kolhapur
7 to 18-4-2027	Dhamma Divākara, Mehsana (Guj.)
11 to 22-04-2027	Dhamma Thalī, Jaipur
9 to 20-5-2027	Dhamma Rata, Ratlam (M.P.)
12 to 23-5-2027	Dhamma Nāsikā, Nashik
15 to 26-5-2027	Dhamma Laddha, Leh Ladakh (J & K)
18 to 29-5-2027	Dhamma Vesali, Bihar
19 to 30-5-2027	Dhamma Gond, Gondia (Ozatola)
19 to 30-6-2027	Dhamma Paṭṭhāna, Sonepat, (Haryana)
19 to 30-06-2027	Dhamma Thalī, Jaipur
25-6 to 6-7-2027	Dhamma Tapovana-1 Igatpuri
4 to 15-7-2027	Dhamma Sarovara, Dhule
16 to 27-7-2027	Dhamma Bodhi, Bodhgaya, (Bihar)
18 to 29-7-2027	Dhamma Pāli, Bhavnagar, Gujarat
19 to 30-7-2027	Dhamma Lakkhaṇa, Lucknow (U.P.)
21-7 to 1-8-2027	Dhamma Paphulla, Bangalore
28-7 to 8-8-2027	Dhamma Setu, Chennai (Tamil Nadu)
22-8 to 2-9-2027	Dhamma Jalāsay - Mahuva, Gujarat
24-8 to 4-9-2027	Dhamma Ambikā, South Gujarat
22-9 to 3-10-2027	Dhamma Ajantā, Aurangabad
5 to 16-10-2027	Dhamma Pubbaja, Churu, Rajasthan
7 to 18-11-2027	Dhamma Mālavā, Indore (M.P.)
28-11 to 09-12-2027	Dhamma Thalī, Jaipur
5 to 16-12-2027	Dhamma Pāli, Bhavnagar, Gujarat
8 to 19-12-2027	Dhamma Paṭṭhāna, Sonepat, (Haryana)
2 to 13-2-2028	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)

Gratitude Course

2 to 17-2-2027	Dhamma Tapovana-1 Igatpuri
2 to 17-2-2027	Dhamma Sarovara, Dhule
2 to 17-2-2027	Dhammālaya, Kolhapur
2 to 17-2-2027	Dhamma Nāga, Nagpur
2 to 17-2-2027	Dhamma Pattana, Gorai, Mumbai
2 to 17-2-2027	Dhamma Pātliputta Patna (Bihar)
2 to 17-2-2027	Dhamma Lakkhaṇa, Lucknow (U.P.)
2 to 17-2-2027	Dhamma Rata, Ratlam (M.P.)
2 to 17-2-2027	Dhamma Pubbaja, Churu, Rajasthan
2 to 17-2-2027	Dhamma Pushkar, Ajmer, Rajasthan
2 to 17-2-2027	Dhamma Divākara, Mehsana (Guj.)
2 to 17-2-2027	Dhamma Pāli, Bhavnagar, Gujarat
2 to 17-2-2027	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
2 to 17-2-2028	Dhamma Tapovana-1 Igatpuri
2 to 17-2-2028	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)

Schedule of Long Courss

20-day

24-10 to 14-11-2026	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
28-11 to 19-12-2026	Dhamma Sarovara, Dhule
1 to 21-12-2026	Dhamma Vāhinī, Titwala
2 to 23-12-2026	Dhammapāla, Bhopal (M.P.)
10 to 31-12-2026	Dhamma Pātliputta Patna (Bihar)
10 to 31-12-2026	Dhamma Setu, Chennai (Tamil Nadu)
22-12-26 to 12-1-2027	Dhamma Koṭa, Rajkot (Guj.)
07 to 28-01-2027	Dhamma Vipula, Belapur (New Mumbai)
01 to 22-02-2027	Dhamma Thalī, Jaipur
2 to 23-2-2027	Dhammālaya, Kolhapur
10-2 to 3-3-2027	Dhamma Ambikā, South Gujarat
22-2 to 15-3-2027	Dhamma Tapovana-I, Igatpuri
10 to 31-03-2027	Dhamma Sindhu, Mandvi-Kutch (Guj.)
21-3 to 11-4-2027	Dhamma Mālavā, Indore (M.P.)
24-3 to 14-4-2027	Dhamma Paṭṭhāna, Sonepat, (Haryana)
12-4 to 3-5-2027	Dhamma Tapovana-I, Igatpuri
25-4 to 16-5-2027	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
14-5 to 4-6-2027	Dhamma Tapovana-2, Igatpuri
24-6 to 15-7-2027	Dhamma Ajantā, Aurangabad
26-6 to 17-7-2027	Dhamma Nāga, Nagpur
30-6 to 21-7-2027	Dhammapāla, Bhopal (M.P.)
15-7 to 5-8-2027	Dhamma Pushkar, Ajmer, Rajasthan
17-7 to 7-8-2027	Dhamma Paṭṭhāna, Sonepat, (Haryana)
20-7 to 10-8-2027	Dhamma Pattana, Gorai, Mumbai
20-07 to 10-08-2027	Dhamma Sindhu, Mandvi-Kutch (Guj.)
3 to 24-8-2027	Dhamma Cakka, Sarnath (U.P.)
3 to 24-8-2027	Dhamma Utkal, Khariyar Road: (Orissa)
4 to 25-8-2027	Dhamma Divākara, Mehsana (Guj.)
1 to 21-9-2027	Dhamma Laddha, Leh Ladakh (J & K)
1 to 22-9-2027	Dhamma Bodhi, Bodhgaya, (Bihar)
8 to 29-9-2027	Dhamma Suvatthī, Sravasti (U.P.)
15-9 to 6-10-2027	Dhamma Nāsikā, Nashik
23-09 to 14-10-2027	Dhamma Thalī, Jaipur
2 to 23-10-2027	Dhamma Lakkhaṇa, Lucknow (U.P.)
3 to 24-10-2027	Dhamma Tapovana-2, Igatpuri
3 to 24-10-2027	Dhamma Sarovara, Dhule
24-10 to 14-11-2027	Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
7 to 28-11-2027	Dhamma Gond, Gondia (Ozatola)
20-11 to 11-12-2027	Dhamma Ambikā, South Gujarat
01 to 22-12-2027	Dhamma Vāhinī, Titwala
10 to 31-12-2027	Dhamma Pātliputta Patna (Bihar)
12-12-2027 to 2-1-2028	Dhamma Setu, Chennai (Tamil Nadu)

30-day

24-10 to 24-11-2026 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
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 Vāhinī, 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 (Telan.)
07-1 to 7-02-2027 Dhamma Vipula, Belapur (New Mumbai)
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 Paṭṭhāna, Sonepat, (Haryana)
01-02 to 04-03-2027 Dhamma Thalī, Jaipur
20-2 to 23-3-2027 Dhamma Tapovana-II, Igatpuri
28-2 to 31-3-2027 Dhamma Suvatthī, Sravasti (U.P.)
10-03 to 10-04-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
19-4 to 20-5-2027 Dhamma Paṭṭhāna, Sonepat, (Haryana)
25-4 to 26-5-2027 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
6-5 to 6-6-2027 Dhamma Tapovana-I, Igatpuri
7-6 to 8-7-2027 Dhamma Tapovana-II, Igatpuri
24-6 to 25-7-2027 Dhamma Ajantā, Aurangabad
15-7 to 15-8-2027 Dhamma Pushkar, Ajmer, Rajasthan
20-07 to 20-08-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
23-7 to 23-8-2027 Dhamma Koṭa, Rajkot (Guj.)
4-8 to 4-9-2027 Dhamma Divākara, Mehsana (Guj.)
9-8 to 9-9-2027 Dhamma Tapovana-I, Igatpuri
12-8 to 12-9-2027 Dhamma Paṭṭhāna, Sonepat, (Haryana)
24-8 to 24-9-2027 Dhammālaya, Kolhapur
01-09 to 02-10-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
15-9 to 16-10-2027 Dhamma Nāsikā, Nashik
19-9 to 20-10-2027 Dhamma Ambikā, South Gujarat
23-09 to 24-10-2027 Dhamma Thalī, Jaipur
26-9 to 27-10-2027 Dhamma Bodhi, Bodhgaya, (Bihar)
2-10 to 2-11-2027 Dhamma Lakkhaṇa, Lucknow (U.P.)
24-10 to 24-11-2027 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
25-10 to 25-11-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
1-11 to 2-12-2027 Dhamma Cakka, Sarnath (U.P.)
1-11 to 2-12-2027 Dhammapāla, Bhopal (M.P.)
7-11 to 8-12-2027 Dhamma Tapovana-II, Igatpuri
01-12 to 01-01-2028 Dhamma Vāhinī, Titwala
12-12-27 to 12-1-2028 Dhamma Setu, Chennai (Tamil Nadu)
14-12-27 to 14-01-28 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
8-2 to 10-3-2028 Dhamma Ambikā, South Gujarat

45-day

24-10 to 9-12-2026 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
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 (Telan.)
19-1 to 6-3-2027 Dhamma Koṭa, Rajkot (Guj.)
01-02 to 19-03-2027 Dhamma Thalī, Jaipur
1-2 to 19-3-2027 Dhamma Paṭṭhāna, Sonepat, (Haryana)
9-2 to 27-3-2027 Dhamma Bodhi, Bodhgaya, (Bihar)
20-2 to 7-4-2027 Dhamma Tapovana-II, Igatpuri
28-2 to 15-4-2027 Dhamma Suvatthī, Sravasti (U.P.)
10-03 to 25-04-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
25-4 to 10-6-2027 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
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
23-7 to 7-9-2027 Dhamma Koṭa, Rajkot (Guj.)
9-8 to 24-9-2027 Dhamma Tapovana-I, Igatpuri
24-8 to 9-10-2027 Dhammālaya, Kolhapur
01-09 to 17-10-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
6-10 to 21-11-2027 Dhamma Paṭṭhāna, Sonepat, (Haryana)
15-10 to 30-11-2027 Dhamma Suvatthī, Sravasti (U.P.)
24-10 to 9-12-2027 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
25-10 to 10-12-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
1-11 to 17-12-2027 Dhammapāla, Bhopal (M.P.)
14-12 to 29-1-2028 Dhamma Tapovana-I, Igatpuri
14-12-27 to 29-1-28 Dhamma Nāgajjuna-II Nagarjun Sagar (Telan.)
17-12-2027 to 1-2-2028 Dhamma Ambikā, South Gujarat

60-day

16-12-2026 to 15-2-2027 Dhamma Tapovana-II, Igatpuri
1-1 to 3-3-2027 Dhamma Sindhu, Mandvi-Kutch (Guj.)
2-6 to 2-8-2027 Dhamma Khetta, Hyderabad (Telangana)
29-7 to 28-9-2027 Dhamma Tapovana-II, Igatpuri
7-10 to 7-12-2027 Dhamma Tapovana-I, Igatpuri
16-12-2027 to 15-2-2028 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 23-12, (Only for Hindi, English, Students)▸ 28-11 to 9-12, 26-12 to 6-1-2027, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org, Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Puṇṇa, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, **2026▸ 10-day:** (Only for Hindi, English, Students)▸ 6 to 17-12, (Only for Hindi, Marathi, Students)▸ 20 to 31-12, **1-day:** Every Month First and Third Saturady 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, Vaijapur Road Aurangabad431003.Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org, **2027▸ 10-day:** 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, 19 to 30-5, 2 to 13-6. **#ST:** 7 to 15-4, 22 to 30-9. **3-day:** 14 to 17-5. **2-day:** 23 to 25-10. **Teenagers' Course: (Boys) 2027▸** 5 to 13-5, **∞ Special 10-day:** 22-9 to 3-10. **∞ Long Course: 20-day:** 24-6 to 15-7. **30-day:** 24-6 to 25-7.

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: 2026▸** 20 to 31-12. **2027▸** 3 to 14-1, 17 to 28-1, 21-2 to 4-3, 26-3 to 6-4, 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. **#ST:** 2027▸ 9 to 18-3, 6 to 15-7. **2-day:** 2027▸20 to 22-3, **1-day:** 2027▸ 17-1, 26-3, 20-5, 6-6. **# Children Course:** 2027▸6-5, 20-5,
2027▸ **∞ Gratitude Course:** 2 to 17-2. **∞ Special 10-day:** 7 to 18-3, 4 to 15-7. **∞ Long Courses: 20-day: 2026▸** 28-11 to 19-12. **2027▸**3 to 24-10.

Dhamma Siddhapuri, Bhategaon Solapur

Dhamma Siddhapuri Vipassana Sadhana Kendra, Off Vijapur rod, Near Bhatevadi, soregaon - dongaon rod, 4 km. from soregaon, Ta. Uttar solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866. **10-day: 2026▸**2 to 13-12, 16 to 27-12, 30-12 to 10-1-2027, **2027▸** 13 to 24-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 5 to 16-5, 19 to 30-5, 16 to 27-6, 30-6 to 11-7. **#ST: 2027▸** 13 to 21-4, 20 to 28-10. **3-day: 2027▸** 28 to 31-1. **2-day: 2026▸** 25 to 27-11, **2027▸** 11 to 13-6. **Teenagers' Course: (Girls)** 2027▸ 24-4 to 2-5, **Teenagers' Course: (Boys)** 1 to 9-6. **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, **2027▸10-Day:** 1 to 12-1, 14 to 25-1, 3 to 14-3, 17 to 28-3, 14 to 25-4, 2 to 13-5, 9 to 20-6, 23-6 to 4-7, **#ST:** 2 to 11-4, 9 to 18-7, 12- to 21-11. **3-Day:** 26-2 to 1-3. **2-Day:** 25 to 27-1. **Teenagers' Course:** (Boys)21 to 29-5, **Teenagers' Course:** (Girls) 30-5 to 7-6. **# 2-Day Children Course:** 15 to 16-5, 17 to 18-5. **# 1-Day Children Course:** 14-3.
∞ Gratitude Course: 2 to 17-2. **∞ Special 10-day:** 31-3 to 11-4.
∞ Long Courses: 20-day: 2 to 23-2. **30-day:** 24-8 to 24-9. **45-day:** 24-8 to 9-10.

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, For One day: https://sugandha.dhamma.org/oneday.php **2027▸10-Day:** 17 to 28-01, 07 to 18-02, 21-02 to 04-03, 07 to 18-03, 21-03 to 01-04, 04 to 15-04, 18 to 29-04, 02 to 13-05, 16 to 27-05, 28-05 to 08-06, 20-06 to 01-07, 04 to 15-07, 18 to 29-07, 08 to 19-08. **#ST:** 01 to 09-01, 09 to 18-06, 24-10 to 02-11. **3-day:** 10 to 13-01.

Dhamma Pathara : Ahmednagar

Vipassana Meditation Centre, Gat No. 645, At Post Kakanewadi, Taluka Parner, (Ahilyanagar), Dist Ahmednagar - 414303, **Contact:** +91 9405013585, **2027▸ 10-Day:** 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, 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.

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: 2026▸** 25-11 to 6-12, 9 to 20-12, **2027▸** 6 to 17-1, 20 to 31-1, 24-2 to 7-3, 17 to 28-3, 31-3 to 11-4, 21-4 to 2-5, 2 to 13-6, 21-7 to 1-8, 4 to 15-8, 18 to 29-8, 1 to 12-9, 15 to 26-9, 2-9 to 10-10, 13 to 24-10, 27-10 to 7-11, 10 to 21-11, 24-11 to 5-12, 8 to 19-12, **#ST: 2026▸** 24-12 to 1-1, 2027▸ 16 to 24-6, 24-12 to 1-1-2028. **3-day: 2027▸** 19 to 22-2, 16 to 19-4, 5 to 8-5. **1-day: 2026▸** 22-11, 6-12, 20-12, **Teenagers' Course: (Girls) 2027▸** 10 to 18-5, **Teenagers' Course: (Boys)** 22 to 30-5. **# Children Course: 2026▸** (8 to 12 yrs)▸ 20-12, **AT Workshop: 2027▸** 8 to 12-3. **∞ Gratitude Course: 2027▸** 2 to 17-2.
∞ Long Course: 20-day: 2027▸ 26-6 to 17-7. **Contact:** (for correspondence) Kalyanmitra Charitable Trust, Abyankar Smruti Bhawan, Abyankar Road, Dhantoli, Nagpur 440012. Tel: (0712) 245-8686, 2420261.

Dhamma Sugati, Sugatanagar

Vipassana Sadhana Kendra, Sugata Nagar, Nagpur 440 014, **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. Dhole, Mob. 9422865574, 2. Dr. Bhagat, Mob. 9423432475. **2026▸ 10-day:** 22-11 to 3-12, 11 to 22-12. **2-day Children Course: (only boys)▸** 6 to 8-12. **(Only Girls)▸** 25 to 27-12.

Dhammades : Chincholi, Hingoli

Dhammades Vipassana Kendra, Chincholi, Tal-Dist: Hingoli, **Contact:** Mobile: 9405111373, 9420433905, 9881242487, **2027▸ 10-day:** (Female Only)▸ 17 to 28-1, 14 to 25-2, 14 to 25-3, 9 to 20-5, 6 to 17-6, 20-6 to 1-7. (Male Only)▸ 31-1 to 11-2, 25-4 to 6-5, 23-5 to 3-6, (Male & Female)▸ 28-2 to 11-3, 28-3 to 8-4. **#ST:** (Male & Female)▸ 3 to 11-1. **2-day:** (Male & Female)▸14 to 16-1, 11 to 13-4. **1-day Megha:** 20-5, **Dhamma Meeting: 25-4. Workshop: 24-10.**

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. **2027▸ 10-day:** 6 to 17-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 24-3 to 4-4, 21-4 to 2-5, 5 to 16-5, 23-6 to 4-7. **#ST:** 6 to 14-4, 13 to 21-10. **3-day:** 18 to 21-3. **Teenagers' Course: (Boys/Girls)** 2 to 10-6, 12 to 20-6. **# 1-day Children Course:** 17-1, 14-2, 14-3, 2-5, 30-5, 4-7.
∞ Special 10-day: 19 to 30-5. **∞ Long Courses: 20-day:** 7 to 28-11.

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **2026▸ 1-day:** 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, Deshbhrtar: 9423185322, 7588749108.

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. 2027▸ **10-day:** 06 to 17-01, 19-02 to 02-03, 14 to 25-03, **#ST:** 16 to 24-10,

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:** 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1. **1-day:** 22-11, 20-12. **# Children Course:** 6-12. **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Dhamma Aavas, Latur

Dhamma Aavas, Vipassana **Centre,** Opp. RTO office, Vasant Vihar Colony, Babhalgaon 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 male)» 2 to 13-12, **#ST:** (only female)» 20 to 28-11, **# Children Course:** 13-12.

Dhamma Amrāvatī, Lumbini, Mogara

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post-Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Ranjan Waghamare, 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, **10-day: 2026▸** 18 to 29-11, **2027▸** 13 to 24-1, 17 to 28-3. **#ST: 2026▸** 12 to 20-12, **2027▸** 20 to 28-2. **3-day: 2027▸** 18 to 21-5. **1-day: 2026▸** 29-11, **2027▸** 5-1, 24-1, 14-2, 28-3, 18-4, 20-6. **Teenagers' Course: (Girls)** 22 to 30-4, **# Children Course:** 16-5,

Rohnagaon: (Pavani Bhandara): 2026▸ 10-day: 2 to 13-12, 23-12 to 3-1, **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 24-12, 2027▸ 10 to 21-1, 18 to 29-4, 4 to 15-5, 23-5 to 3-6, 13 to 24-6. **#ST:** (Male and Female)▸ 2027▸ 28-3 to 5-4. **1-day:** every Sunday. **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 7776964808.

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. **10-day: 2026▸** (only female)» 22-11 to 3-12, 20 to 31-12, **2027▸** 17 to 28-1, 21-2 to 4-3, 21-3 to 1-4, 18 to 29-4, 16 to 27-5, 20-6 to 1-7. (only male)» 6 to 17-12, 2027▸ 3 to 14-1, 7 to 18-2, 7 to 18-3, 4 to 15-4, 2 to 13-5, 6 to 17-6. **3-day: 2027▸** 29-1 to 1-2, 2 to 5-2. **# Children Course 3-day:** (Boys only)» **2027▸** 28 to 31-5. (only Girls)» 2027▸ 1 to 4-6.

Ballrapur (Chandrapur): 2026▸ 10-day: 18 to 29-11, 20 to 31-12. **1-day:** 29-11. **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: dhammapadesh@gmail.com Email: vipassana.01mahad@gmail.com **10-day:** (Male Hindi, Marathi, speaking Students)▸ **2027▸** 17 to 28-1, 21-2 to 4-3, 18 to 29-4, 20-6 to 1-7. (Female Hindi, Marathi, speaking Students)▸ **2027▸** 3 to 14-1, 7 to 18-2, 4 to 15-4, 16 to 27-5. (Male Hindi, English, speaking Students)▸**2027▸** 6 to 17-6. (Male and Female Hindi, Marathi, speaking Students)▸ **2027▸** 14 to 25-3, 2 to 13-5. **#ST:** (Male and Female Hindi, English, speaking Students)▸ **2027▸** 11 to 19-7, 7 to 15-11. **3-day:** (Male and Female Hindi, English, speaking Students)▸ **2027▸** 31-1 to 3-2, 7 to 10-3, 28 to 31-3. **2-day:** (Male and Female Hindi, English, speaking Students)▸ **2027▸** 30-5 to 1-6.

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, **2027▸ 10-day:** 6 to 17-01, 20 to 31-01, 3 to 14-02, 17 to 28-2, 3 to 14-3, 17 to 25-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 09-5, 12 to 23-5, 9 to 20-6, 23-6 to 4-7, **#ST:** 1 to 9-9.

Mahad (Raigad) : 2027▸ Place: Ambedkar Smark, to, Dasturi Rd, Shivaji Ch. Mahad, **Contact: 77190-70011, 2027▸ 10-day:** 3 to 14-1, 17 to 28-1, 31-1 to 11-2, 14 to 25-2, 28-2 to 11-3, 21-3 to 1-4, 4 to 15-4, 20-6 to 1-7, 4 to 15-7, **3-day:** 11 to 14-3,

NORTH INDIA

Dhamma Thalī, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries);

Email: info@thali.dhamma.org, **10-day: 2026►** 25-11 to 6-12, 20 to 31-12. **2027►** 2 to 13-1, 17 to 28-1, 26-1 to 6-2, 27-3 to 7-4, 11 to 22-4, 25-4 to 6-5, 9 to 20-5, 23-5 to 3-6, 6 to 17-6, 19 to 30-6. **#ST: 2026►** 7 to 15-12. **2027►** 29-03 to 06-04, 25-05 to 02-06. **3-day: 2027►** 19 to 22-03,

2027► **∞ Special 10-day:** 11 to 22-04, 19 to 30-06, 28-11 to 09-12, **20-day:** 01 to 22-02, 23-09 to 14-10, **30-day:** 01-02 to 04-03, 23-09 to 24-10, **45-day:** 01-02 to 19-03,

Dhamma Araññā : chaksu, (Rajasthan)

Dhamma Araññā Village - Badodiya, Tehsil - Kotkhavada, Chaksu - 303908, **10-day: 2026►** 1 to 12-12, 13 to 24-12, 26-12 to 6-1-2027. 2027► 13 to 24-1, 26-1 to 6-2, 7 to 18-2, 10 to 21-3, 31-3 to 11-4, 14 to 25-4, 5 to 16-5, 20 to 31-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7. **#ST: 2027►17 to 25-8. 3-day: 2026►** 26 to 29-11. 2027► 7 to 10-1, 4 to 7-3, 25 to 28-3, 29-4 to 2-5, 15 to 18-7, 26 to 29-8.

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

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, **10-day: 2026►** 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2027. **2027►** 6 to 17-1, 20 to 31-1, 20-2 to 3-3, 10 to 21-3, 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7. **#ST: 2027►** 17 to 25-10. 3-day: **2027►** 4 to 7-3. **∞ Gratitude Course: 2027►** 2 to 17-2.

∞ Long Courses: 20-day: 2027► 15-7 to 5-8. **30-day: 2027►** 15-7 to 15-8.

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

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabhgarh.] **10-day: 2026►** 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. **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Paṭṭhāna, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com, **#ST: 2026►** 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. **∞ Special 10-day: 2026►** 8 to 19-12, **2027►** 19 to 30-6, 8 to 19-12,

∞ Long Course: 20-day: 2027► 24-3 to 14-4, 17-7 to 7-8, **30-day: 2027►** 1-2 to 4-3, 19-4 to 20-5, 12-8 to 12-9, **45-day:- 2027►** 1-2 to 19-3, 6-10 to 21-11, **Contact:** same as Dhamma Sota

Dhamma Kāruṇika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjpura Road, Near Goverment School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, **Contact:** 1) Mr Verma, Mob. 9992000601, (3 pm to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, **10-day: 2026►** 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. **#ST: 2027►** 6 to 14-11, **3-day: 2027►**7 to 10-1, 8 to 11-4. **Teenagers' Course: (Boys) 2027►** 28-5 to 5-6, **(Girls) 2027►** 10 to 18-6,

Dhamma Hitakārī, Rohtak (Haryana)

Vipassana Dhyan Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact:** 92543-48837, 9416303639. **10-day: 2026►** 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. **#ST: 2027►**20 to 28-10, **3-day: 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►** 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,

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. **2027► 10-day:** Every month 1 to 12 and 16 to 27 and 17 to 28-8. **(Except #ST, 3-day, 2-day Course) #ST:** 19 to 28-3, 1 to 10-8. **2-day:** 28 to 30-5. **∞ Special 10-day: 2027► 15 to 26-5. Long Courses: 20-day:** 1 to 21-9, Email: info@ladakh.in.dhamma.org; lvisuddha@yahoo.com.

Dhamma Salila, Dehradun

Dehradun Vipassana Centre, Village Jantanwala, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com; **10-day: 2026►** 25-11 to 6-12, 9 to 20-12, **2027►** 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 24-3 to 4-4, 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, 30-6 to 11-7. **#ST: 2026►** 22 to 30-12, 2027► 8 to 16-8, 15 to 23-12. **3-day:** 2027► 14 to 17-1, 16 to 19-3. **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhaṇa, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, **10-day: 2026►** 19 to 30-11, 4 to 15-12, 19 to 30-12. **2027►** 4 to 15-1, 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, **#ST: 2027►** 24-3 to 1-4, 19 to 27-9, **2-day: 2026►** 15 to 17-12. **2027►** 15 to 17-1, 15 to 17-3, 15 to 17-4, 15 to 17-5, 15 to 17-6. **# 2-day Children Course:** (8 to 12 yrs boys, and 8 to 15 yrs Girls) **2026►** 31-12 to 2-1-27. **2027►** 19 to 22-3. **Gratitude Course: 2027►** 2 to 17-2, **∞ Special 10-day: 2027►** 19 to 30-7,

∞ Long Courses: 20-day:- 2027► 2 to 23-10, **30-day: 2027►** 2-10 to 2-11, **Contact:** 1. Sh. R. K. Singh, Mob. 9616744793, 2. Pankaj Jain, Mob. 098391-20032. 3. Mrudula Mukesha, Mob. 94150-10879, 4. Sh. Rajeev Yadav, Mob. 9415136560.

Dhamma Suvatthī, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. **10-day:-2026►** 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, **#ST:- 2026►** 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. (only Boys)**► 2026►** 27 to 30-12. **∞ Long Courses: 20-day:-**

2027► 8 to 29-9, 30-day:-2027► 28-2 to 31-3, **45-day:- 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►** 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. **#ST: 2027►** 23 to 31-3, 17 to 25-10, 3-day: **2027►** 17 to 20-3, 2-day: **2027►** 1 to 3-1, 29 to 31-1, 14 to 16-5, 1-day: (Every month Fourth Sunday.)- **2026►** 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: 2027► 3 to 14-3, **Long Courses: 20-day: 2027►** 3 to 24-8, **30-day: 2027►** 1-11 to 2-12,

'Dhamma Kāya', Kushinagar (U.P.)

'Dhamma Kaya', Vipassana Sadhana Kendra, Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +91 9415277542. Email: dhammakaaya.vskk@gmail.com; Contact: 1) Mr. Bhumidhar, Mob. 097944-78377, 2) Mr. Mukesh Mittal, Mob. 98711-13335. **10-day:- 2026►** 1 to 12-12, 16 to 27-12. **2027►** every month 1 to 12 and 16 to 27 except during Jun, in February, july 1to 12-2, 15 to 26-2, **#ST: 2027►** 3 to 11-7. **3-day: 2027►**7 to 10-6, **Teenagers' Course:** (Boys) **2027►**11 to 19-6, 21 to 29-6. **1-day: 2027►**20-5

Dhamma Kalyāṇa, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08795460149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) **2026► 10-day:** 5 to 16-12, 20 to 31-12. **#ST:** 22 to 30-11. **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►** 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. **#ST: 2027►**20 to 28-10, **3-day: 2027►** 1 to 4-4, 1 to 4-7,

Dhamma Licchavī, Muzaffarpur (Bihar)

Dhamma Licchavī Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzzaffarpur 843113. Tel: 7779842059, 7766834500, Email: info@licchavi.dhamma.org, **10-day: 2026►** 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►** 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. **2027► 10-day:** 13 to 24-1, 1 to 12-4, 16 to 27-4, 1 to 12-5, 16 to 27-5, 1 to 12-6, 16 to 27-6. **# ST:** 26-1 to 3-2, 1 to 9-5.

∞ Special 10-day: 16 to 27-7.

∞ Long Course: 20-day: 1 to 22-9. **30-day:** 26-9 to 27-10. **45-day:** 9-2 to 27-3.

Nalanda (Bihar): 2027► 10-day: January to December Every Month 3 to 14, **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.patalipputta.dhamma.org, **10-Day: 2026►** 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, **# ST: 2027►** 21 to 29-5, 17 to 25-11, **3-Day: 2027►** 29-3 to 1-4, **# 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 **4to 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, #ST: **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. **10-Day: 2026►** 21-11 to 2-12, 6 to 17-12, 20 to 31-12. **2027►** 3 to 14-1, 18 to 29-1, 2 to 13-2, 16 to 27-2, 4 to 15-3, 18 to 29-3, 2 to 13-4, 16 to 27-4, **#ST: 2026►** 23-11 to 1-12. **2027►** 20 to 28-1, 18 to 26-4, **# Children Course: 2027►** 28-4 to 1-5,

2027► ∞ Long Course: 20-day: 10 to 31-3, 20-7 to 10-8, **30-day:** 10-3 to 10-4, 20-7 to 20-8, 1-9 to 2-10, 25-10 to 25-11, **45-day: 2026►** 1-11 to 17-12. **2027►** 10-3 to 25-4, 1-9 to 17-10, 25-10 to 10-12, 60**-day: 2027►**1-1 to 3-3, **Contact:** 7874623305, 9825320551.

Dhamma Koṭa, 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. **10-Day: 2026►** 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-27. **2027►** 15 to 26-1, 27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 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. **#ST: 2027►** 20 to 28-3, 28-10 to 5-11. **3-Day: 2026►** 27 to 29-11, 25 to 27-12.

∞ Long Courses: 20-day: 2026► 22-12-26 to 12-1-27. **30-day: 2027►** 19-1 to 19-2, 23-7 to 23-8, **45-day: 2027►** 19-1 to 6-3, 23-7 to 7-9.

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►** 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, 10 to 21-3, 24-3 to 4-4, 21-4 to 2-5, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7. **2027► #ST:** 7 to 15-4. **2-day:** 19 to 21-2, **∞ Gratitude Course:** 2 to 17-2. **∞ Special 10-day:** 7 to 18-4. **∞ Long Course: 20-day:** 4 to 25-8. **30-day:** 4-8 to 4-9.

Dhamma Piṭha, Ahmedabad (Gujarat)

Gurjar Vipashyana Kendra, (40 km from Ahmedabad Railway Station, 3 km Dholka town), Village Ranoda, Tal. Dholka, Dist. Ahmedabad 387810, Mobile: 89800-01110, 89800-01112, 94264-19397. Tel: (02714) 294690. Email: info@pitha.dhamma.org (Day zero starting day of every course, Bus facility to Centre is Available from Paldi St Bus stand (Ahmedabad) at 2:30 pm. **10-day: 2026►** 19 to 30-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1-2027, 2027► 13 to 24-1, 27-1 to 7-2, 10 to 21-2, 3 to 14-3, 17 to 28-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 22-5 to 2-6, 4 to 15-6, 19 to 30-6. **#ST: 2027►** 2 to 10-7. **3-day: 2027►** 24 to 27-2, 12 to 15-5. **Contact:** Ms Shashi Todi, Mob. 98240-65668.

Dhamma Ambikā, South Gujarat

Vipassana Dhyan Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasurat@gmail.com, **10-day: 2026►** 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, #ST: **2027►** 1 to 9-4, 3 to 11-11, **3-Day: 2026►**

24 to 27-12, **2027►** 25-3 to 28-3, **# 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: 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. **10-Day: 2026►** 22-11 to 3-12, 6 to 17-12, 20 to 31-12. **2027►** 3 to 14-1, 17 to 28-1, 21-3 to 1-4, 18 to 29-4, 2 to 13-5, 16 to 27-5, 20-6 to 1-7. **#ST: 2027►** 30-5 to 7-6. **3-Day: 2027►** 8 to 11-4, 10 to 13-6. **Teenagers' Course: (Girls) 2027►** 20 to 28-2. **Teenagers' Course: (Boys) 2027►** 6 to 14-3.

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

∞ **Special 10-day: 2027►** 18 to 29-7, 5 to 16-12.

Dhamma Narmada, Jhagadia, Bharuch Gujarat

Vipassana Kendra, At & Po. Uchedia, Ta. Jhagadia, Dist. Bharucch Gujarat - 393110, Email: info@narmada.dhamma.org, **Contact:** Patel: 9824451381, Krishna: 9328170462.) **2027► 10-Day:** 13 to 24-1, 26-1 to 6-2, 10 to 21-2, 24-2 to 7-3, 9 to 20-3, 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, **#ST:** 6 to 14-6, **3-Day:** 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 **10-Day: 2026►** 13 to 24-12. 2027► 10 to 21-1, 14 to 25-2, 14 to 25-3, 2 to 13-5, 16 to 27-5, 13 to 24-6. **#ST: 2027►** 1 to 9-8. **3-Day: 2027►** 23 to 26-1, 3 to 6-6.

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, **10-Day: 2026►** 13 to 24-12. 2027► 3 to 14-1, 25-4 to 3-6, 18 to 29-7, **#ST: 2027►** 24-1 to 1-2. **3-Day: 2027►** 25 to 28-3, ∞ **Special 10-day: 2027►** 22-8 to 2-9.

Dhamma Aravalli : Modasa, Gujarat

Dhamma Aravalli: Sakariya Village Malpur Road Modasa, Dist Aravalli -383315. Gujarat **2026►** **10-Day:** (Only male) 30-12 to 10-1, (Only Female) 2 to 13-12, **3-Day:** (Only male) 24 to 27-12,

Dhamma : Songadh, (Gujarat)

Dhamma Songadh **Vipassana Dhyan Kendra,** Bal Amrai Songadh, Dist. Tapi. Gujarat 394670, Tel: 9274723969, 9374539123. **10-Day: 2026►** 26-11 to 7-12, 16 to 27-12, 30-12 to 10-1-2027, **2027►**27-1 to 7-2, 10 to 21-2, 24-2 to 7-3, 10 to 21-3, 31-3 to 11-4, 14 to 25-4, 28-4 to 9-5, 12 to 23-5, 26-5 to 6-6, 16 to 27-6, **3-day: 2026►** 19 to 22-11, 10 to 13-12, **2027►** 21 to 24-1, 25 to 28-3, 10 to 13-6, **Dhamma Sevak Workshop: 2027►** 16 to 17-1.

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►** 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, **#ST: 2027►** 5 to 13-1, 25-8 to 2-9, **3-day: 2026►** 24 to 27-12. **2027►** 22 to 25-4. **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 Nadī : Shivapura, Udupi (Karnataka)

Vipassana Meditation Centre, Mookambika Crusher Road, Shivapura Village, Chara Post. Hebri Taluka, Udupi Dis. Karnataka 576112, **2027► 10-Day:** 6 to 17-1, 10 to 21-2, 3 to 14-3, 7 to 18-4, 12 to 23-5, 9 to 20-6, 14 to 25-7, 11 to 22-8, 8 to 19-9,

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Contact: Tel: +91-7550034777, Mobile: 94440-21622, 94442-80952, Email: setu.dhamma@gmail.com; (Timings 10 am to 1 pm and 2 pm to 5 pm.) Contact City Office: S. K. Goenka, Tel: (044) 4340-7000, 4340-7001, Fax: 4201-1177, Mob. 98407-55555. Email: skgoenka@kgiclothing.in; **10-day: 2026►** 25-11 to 6-12, 16 to 27-12. **2027►** 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, 29-4 to 9-5, 16 to 27-6, **#ST: 2027►**17 to 25-4, 30-6 to 8-7, 16 to 24-10, **3-day: 2026►** 10 to 13-12. **2027►** 9 to 12-6, **1-day: 2026►** 22-11, 27-12. **2027►**17-1, 14-2, 14-3, 11-4, 20-5, 13-6. **Teenagers' Course:** (Girls) **2027►** 22 to 30-5, **Teenagers' Course:** (Boys) **2027►** 30-5 to 7-6, **# Children Course: 2026►** 6-12. **2027►** 31-1, 28-2, 28-3, 27-6. **# 2-day Children Course:** 15 to 16-5, **Dhamma server Meeting: 2027►** 9-4, **Children's course Teacher Meeting: 2027►** 24 to 25-4.

∞ **Special 10-day: 2027►**28-7 to 8-8,

∞ **Long Courses: 20-day: 2026►**10 to 31-12. **2027►**12-12 to 2-1-2028. **30-day: 2026►**10-12-2026 to 10-1-2027. **2027►** 12-12 to 12-1-2028.

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►** 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, 17 to 28-3, 7 to 18-4, 28-4 to 9-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, **#ST: 2027►**18 to 26-6.

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyapatti gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day: 2026►** 18 to 20-11, 2 to 13-12, 16 to 27-12. **2027►** 20 to 31-1, 3 to 14-2, 17 to 28-2, 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, 2 to 13-6, 16 to 27-6. #ST: **2027►** 23 to 31-7. **3-day: 2026►** 12 to 15-11. **2027►** 4 to 7-3.

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, **10-day: 2026►** 18 to 29-11, 20 to 31-12, **2027►** 20 to 31-1, 17 to 28-2, 3 to 14-3, 17 to 28-3, 14 to 25-4, 5 to 16-5, 19 to 30-5, 9 to 20-6. **3-day: 2026►** 10 to 13-12, **2027►** 7 to 10-1, 4 to 7-2, 11 to 14-2, 8 to 11-4, 3 to 6-6, 24 to 27-6. **1-day: 2026►** 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, **10-day: 2026►** 30-12 to 10-1, **2027►** 12 to 23-1, 27-1 to 7-2, 10 to 21-2, 23-2 to 6-3, 10 to 21-3, 24-3 to 4-4. 7 to 18-4, 21-4 to 2-5, 4 to 15-5, 19 to 30-5,

∞ Long Courses: **60-day: 2027►** 2-6 to 2-8.

1-day Children Course: Ending day of every **10-day** course in Andra Pradesh, and Telangana States. Eligibility: 1-day and 2-day Children's Course, 5th Standard and above or 10 yrs to 18 yrs (8 am 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, **10-day: 2026►** 26-11 to 7-12, **2027►** 10 to 21-1, 6 to 17-2, 4 to 15-5, 26-5 to 6-6. **3-day: 2027►**23 to 26-1, 11 to 14-3, 8 to 11-4. **2-day: 2026►** 18 to 20-12, **2027►** 26 to 28-3, 18 to 20-6. **Teenagers' Course: (Boys)► 2027►** 1 to 9-1, 10 to 18-4, 16 to 24-5. **Teenagers' Course: (Girls)► 2026►** 23 to 31-12, **2027►**27-3 to 4-4, 25-4 to 3-5, 19 to 27-6. **# Children Course: 2026►** 22-11. **2027►** 6-6. **Dhamma Sevak Workshop: 2026►** 11 to 13-12, **2027►** 29 to 31-1, 26 to 28-2, 22 to 24-4, 25 to 27-6.

Dhamma Nāgajjuna-II Nagarjun Sagar (Telangana)

Contact: VIMC, As above.... 10-day: 2027► 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 7 to 18-4, 16 to 27-6. **#ST: 2027►**16 to 25-6, 12 to 21-10. **# Children Course: 2027►** 7-3, 21-3, 4-4, 18-4, 27-6.

∞ **Special 10-day: 2027►** 2 to 13-2, **2028►** 2 to 13-2.

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

∞ Long Courses: **20-day: 2026►** 24-10 to 14-11, **2027►** 25-4 to 16-5, 24-10 to 14-11. **30-day: 2026►** 24-10 to 24-11, 14-12 to 14-1-27, **2027►** 25-4 to 26-5, 24-10 to 24-11, 14-12 to 14-1-2028. **45-day: 2026►** 24-10 to 9-12, 14-12 to 29-1-27, **2027►** 25-4 to 10-6, 24-10 to 9-12, 14-12 to 29-1-2028.

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-Thanuku Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org,

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

Dhamma Vijaya : West Godavari, (A.P.)

Dhamma Vijaya, **VMC, Vijayarai, Post** Pedavegi Mandal, Pin-534475, Dist. West Godavari, (A.P.), 15 K.M. from Eluru, Tel: (08812) 225522, Mob. 94414-49044, 98660-97618. Email:info@vijaya.dhamma.org, **2027► 10-day:** 20 to 31-1, 17 to 28-2, 17 to 28-3, 18 to 29-4, 19 to 30-5, 16 to 27-6. **3-day:** 27 to 30-6. **2-day:** 28-2 to 2-3.

Dhamma Anurakkhi : Kadapa (A.P.)

Vipassana International Meditation Centre, YSR Colony NAC Building, Pulivendula Kadapa, Andhra Pradesh - 516390, Phone: +91 8985065050, Email: info@anurakkhi.dhamma.org, **2027► 10-day:** 2 to 13-1, 20 to 31-1, 3 to 14-2, 17 to 28-2, 3 to 14-3, 31-3 to 11-4, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6. #ST: 23-4 to 2-5. 3-day: 14 to 17-1, 25 to 28-3. **2-day:** 19 to 21-3, 6 to 8-8. **Teenagers' Course: (Girls/Boys)** 13 to 21-4.

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@mpveneers.com Online application: www.pala.dhamma.org, **10-day: 2027►** 6 to 17-1, 20 to 31-1, 3 to 14-2, 3 to 14-3, 24-3 to 4-4, 7 to 18-4, 21-4 to 2-5, 16 to 27-5, 16 to 27-6. **#ST: 2027►**17 to 26-10. **1-day: 2026►** 29-11, 3-1-2027.

∞ **Long Courses: 20-day: 2026►** 2 to 23-12. **2027►** 30-6 to 21-7. **30-day: 2026►**2-12-26 to 2-1-2027. **2027►** 1-11 to 2-12. **45-day: 2027►** 1-11 to 17-12.

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. **2027► 10-day:** 3 to 14-1, 31-1 to 11-2, 14 to 25-2, 7 to 18-3, 18 to 29-4, 2 to 13-5, 23-5 to 3-6, 6 to 17-6. **#ST:** 16 to 24-1, 17 to 25-7. **3-day:** 1 to 4-3, 15 to 18-5. **1-day:** 3-1, 30-1, 7-3, 2-5, 20-5, 6-6. **# Children Course** (8 to 12 yrs) 14-4, (12 to 18 yrs) 26-1, 13-5, 17-6. **# 2-day Children Course:** (Only Girls 13-18 yrs) 25 to 26-6, (Only Boys 13-18 yrs) 28 to 29-6. **Workshop:** 19-6 7:45 am to 20-6 5pm. **Serv-Course:** (7:45 am to 5 pm) 28-2. **Group Sitting:** Except Course Time 9:30 am to 10:30. **2027►** ∞ **Special 10-day:** 7 to 18-11.

2027► ∞ **Long Courses: 20-day:** 21-3 to 11-4.

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. **10-day: 2026►** 4 to 15-12, 18 to 29-12. **2027►** 3 to 14-1, 19 to 30-1, 5 to 16-3, 19 to 30-3, 2 to 13-4, 25-4 to 6-5, 15 to 26-6. #ST: **2027►** 19 to 27-7. **3-day: 2026►** 26 to 29-11. **2027► 25 to 28-2. Teenagers' Course:** (Girls)**2027► 23 to 31-5, Teenagers' Course:** (Boys) **2027►** 4 to 12-6.

∞ **Gratitude Course: 2027►** 2 to 17-2. ∞ **Special 10-day: 2027►** 9 to 20-5.

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

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 (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day: 2026►** 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, **# ST: 2027►** 22 to 31-1, 3 to 12-9, **3-day: 2027►** 19 to 22-3. **Teenagers' Course: 2027► (Girls)** 1 to 9-6, **2027► (Boys)** 12 to 20-6, **1-day: 2027►**17-1, 31-1, 14-2, 28-2, 16-3, 4-4, 18-4. **# 3-day Children Course: (Only Boys)► 2026►** 25 to 28-12, **(Only Girls)► 2026►** 29-12 to 1-1-27. **1-day Children Course: 2026►** 20-12. **2027►** 3-1, 9-5, 20-5, 30-5, 9-6. **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►** 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. **3-day: 2027►** 25 to 28-3. **2-day: 2027►** 5 to 7-2, 2 to 4-4, 4 to 6-6. **1-day: 2026►** 6-12, **2027►** 26-1 30-5, 14-6,

Dhamma Kuti, Singarbhatha, Raipur (Chhattisgarh)

Vipassana Meditation Centre, village Singarbhatha, 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. Teenagers' Course: (Boys) ►1 to 9-6, **Teenagers' Course:** (Girls) ► 10 to 18-6, **3-day:** 21 to 24-3, 22 to 25-5. **# Children Course:** 28-3, 18-4, 2-5.

Dhamma Gaṛha, 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:** 27-11 to 8-12, 10 to 21-12, 24-12 to 4-1-27, **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 Banga : Kolkata (W.B.)

Bengal Vipassana Kendra, Kochpukur, Bamangachi, Sonarpur kolkata, West Bengal -700145, **Contact:** +91 98302 45650, +91 9836088007, Email: info@dhammabanga.org, **2027► 10-day:** 6 to 17-1, 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, 16 to 27-6. 3-day: 23 to 26-1, 10 to 13-6. **2-day:** 5 to 7-2. **Teenagers' Course: (Girls) 23 to 31-5.**

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►** 20-11 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. **#ST: 2027►** 5 to 13-4, **3-Day: 2027►** 16 to 19-4. **1-Day: 2026►** 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. ∞ **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) Centre Office, Mobile: 8873447344, 2) Mr. Surendra Pradhan, Mobile: 9438802966, 3) Mrs. Mamata Mishra, Mobile: 8328897974, Email: dhammabhubaneshwar@gmail.com, Contact: **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, **#ST:** 11 to 19-3. **3-Day:** 26 to 28-3. **1-day:** 24-1, 7-3, 23-5. **Teacher Meeting:** 20 to 22-3.

Dhamma Asama : Assam

Vipassana Centre, Aranya Nagar, Namghar Path, Po. Chandrapur, Kamrup, - 781150, Guwahati, Assam, **2027► 10-day:** 3 to 14-1, 17 to 28-1, 7 to 18-2, 7 to 18-3, 4 to 15-4, 2 to 13-5, 6 to 17-6. **#ST:** 19 to 27-3. **3-day:** 28 to 31-1, 18 to 21-2, 15 to 18-4, 13 to 16-5, 17 to 20-6.