

For worldwide schedule of courses, visit: www.dhamma.org. For schedule of courses including one-day courses and group sittings in India, visit www.vri.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 for the past two years, and full commitment to Vipassana. 30-day: 20-day course and full-time Dhamma service in at least one ten-day course. (Anāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.) 45-day: two 30-day courses and deeply involved in Dhamma service. 60-day: only for ATs who have sat two 45-day courses.

15-Day Gratitude Course

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. Meditating so many people at same time will give good atmosphere to each other as Buddha said—**Samaggaṇam Tapo Sukho**. 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 according to the Hindi calendar.

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

Please use **NEW LONG COURSE APPLICATION FORM**, available at *Dhamma Giri, Dhamma Khetta, Dhamma Thali, Dhamma Sindhu, and Dhamma Patthāna*.

Teenagers' Course: 15 years Completed upto 19 years Completed (Please use new application form).

MAHARASHTRA

Dhamma Giri, Igatpuri

Vipassana International Academy, Dist. Nashik, Igatpuri-422403. Tel: (02553) 244-076, 244-086, 244144, 244440, Fax: 244176. (10 am to 5 pm). Email: info@giri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) 10-day 16 to 27-9, 30-9 to 11-10, 31-10 to 11-11, 14 to 25-11, 28-11 to 9-12, 26-12 to 6-1-2019, #ST: 5 to 13-9, Trustee & Dhamma Servers Workshop: 13 to 14-10, International AT Meeting 14 to 17-12, Trainer Workshop: 18 to 19-12, AT Workshop: 20 to 23-12, Please register on atmeetingindia@dhamma.net.in with following details: Full Name, Age, Gender, CT/assistant to CT/trustee, Name of Centre and Place: Special Requirement (if any):

Dhamma Tapovana Igatpuri

10-day executive courses: 15 to 26-10, Long Courses: 20-day: 8 to 29-9, 45-day: 29-10 to 14-12, 60-day: 18-12-2018 to 17-2-2019.

Dhamma Tapovana-2, Igatpuri

Long Course: Special 10-day: 7 to 18-10, 30-day:

4-9 to 4-10, 29-10 to 29-11, 45-day: 29-10 to 14-12, 60-day: 18-12-2018 to 17-2-2019,

Dhamma Pattana, Gorai, Mumbai

Dhamma Pattana Vipassana centre, Near Essel World, Gorai Creek, Borivali M(W), Mumbai 400091, Tel: (022) 62427518, Website: www.pattana.dhamma.org 10-day executive courses: 2018 5 to 16-9, 18 to 29-9, 17 to 28-10, 31-10 to 11-11, 24-11 to 5-12, 8 to 19-12, 21-12 to 1-1-2019. 2019 15 to 26-1, (Burmese Student 20-2 to 3-3,) 6 to 17-3, 20 to 31-3, 10 to 21-4, 24-4 to 5-5, 7 to 18-5, 5 to 16-6, 19 to 30-6, 21-8 to 1-9, 4 to 15-9, 17 to 28-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 24-12 to 4-1-2020, #ST: 2018 13 to 21-11, 2019 3 to 11-1, 3-day: 2019 4 to 7-4, 21 to 24-5, 16 to 19-7, 15 to 18-8, 1-Day Mega: 30-9, 2019 13-1, 19-5, 14-7, 29-9, AT Meeting: 2019 26-5 to 2-6,

15-Day Gratitude Course: 2019 2 to 17-2, Long Courses: Special 10-day: 2019 2 to 13-7, 20-day: 2019 21-7 to 11-8,

Online application:

www.dhamma.org/en/schedules/schpattana.shtml | Email: registration_pattana@dhamma.net.in

For all other inquiries, Contact Manager, Email: info@pattana.dhamma.org Website: www.pattana.dhamma.org 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 Sunday from 11 am to 5 pm. Meditators can benefit from meditating in presence of the Buddha's relics. **Contact:** Tel: 022-28452235, Email: info@globalpagoda.org; (Pl. bring bottle so you can fill it with drinking water at GVP.)

Mini Anāpāna for Visitors

Mini Anāpāna Training Sessions, Hindi/English of about 15-20 minutes duration 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)

Plot No. 91A; Sector 26, Parsik Hill, CBD Belapur; (Parsik Hill, Nearest Railway Station: Seawoods on Harbour line) Navi Mumbai 400 614, Tel: 022-27522277, 27522404/03 (Timing 11 am to 5 pm) Email: dhammavipula@gmail.com, registration only online <http://www.vipula.dhamma.org/> 10-day: 29-8 to 9-9, 12 to 23-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 7 to 18-11, 21-11 to 2-12, #ST: 12 to 20-10, 3-day: 13 to 16-9, 19 to 22-9, 25 to 28-10, 31-10 to 3-11, 22 to 25-11, 28-11 to 1-12, Children Course: 23-9, 7-10, 18-11, 2-12, and third, and fourth Sunday, 11 am to 4:30 pm, 1-day: Every Sunday, Group Sitting: Daily (any time) 9 am to 9 pm, DhammaSewak Workshop: 21-10,

Dhamma Vahini: 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 **Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays). **Long Courses:** 20-day: (Hindi speaking students only) 24-12 to 14-1-2019, 30-day: 24-12 to 24-1-2019,

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration.dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org, **Contact:** Mob. 91-779-83-24659, 779-8325086. 10-day: 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 31-10 to 11-11, 14 to 25-11, 28-11 to 9-12, 12 to 23-12, 26-12 to 6-1, **Contact:** 25098868/25011096/25162505]

Palghar: 10-day: (only Male) 16 to 27-9, 30-9 to 11-10, 28-11 to 9-12, 12 to 23-12, (Only Female)

14 to 25-11, 3-day: (Only male) 1 to 4-11, 27 to 30-12, Place: Palghar Vipassana Trust, Gut No. 198-2A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, Contact: 1), Mob. 9637101154, 2) Shri Irani, Mob. 92708-88840.

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). Email: info@nasika.dhamma.org 10-day: (only Male) 5 to 16-9, 3 to 14-10, 5 to 16-12, (only female) 19 to 30-9, 19 to 30-10, 19 to 30-12, 10-day: (Male and Female) 17 to 28-11, #ST: (male and female) 3 to 11-11,

SCHEDULE OF LONG COURSES

INDIA AND NEPAL

Special 10-day Course

Dhamma Vipula: Belapur (New Mumbai)

2 to 13-9-2018 *Dhamma Pushkar, Rajasthan*
4 to 15-9-2018 *Dhamma Sindhu, Kutch (Guj.)*
10 to 21-9-2018 *Dhamma Kota, Rajkot (Guj.)*
7 to 18-10-2018 *Dhamma Tapovan-2, Igatpuri*
18 to 29-10-2018 *Dhamma Cakka, Sarnath (U.P.)*
24-10 to 4-11-2018 *Dhamma Nāga, Nagpur*
24-10 to 4-11-18 *Dhamma Kondaṇṇa, (Telangana)*
20-11 to 1-12-2018 *Dhamma Kalyana, (U.P.)*
21-11 to 2-12-2018 *Dhamma Kāna, (M.P.)*
11 to 22-12-2018 *Dhamma Ambika, South Gujarat*
16 to 27-12-2018 *Dhamma Patthāna, Haryana*
17 to 28-1-19 *Dhamma Suvatti, Sravasti (U.P.)*
23-3 to 3-4-2019 *Dhamma Cakka, Sarnath (U.P.)*
7 to 18-4-2019 *Dhamma Thali, Jaipur*
16 to 27-6-2019 *Dhamma Thali, Jaipur*
2 to 13-7-2019 *Dhamma Pattana, Gorai, Mumbai*
22-8 to 2-9-2019 *Dhamma Pushkar, Rajasthan 3*
to 14-11-2019 *Dhamma Utikal, (Orissa)*
1 to 12-12-2019 *Dhamma Ketu, (Chattisgarh)*

15-Day Gratitude Course

2 to 17-2-2019 *Dhamma Patthāna, Haryana*

20-day

5 to 26-9-2018 *Dhamma Nāgajūna, Telangana*
8 to 29-9-2018 *Dhamma Tapovana, Igatpuri*
8 to 29-9-2018 *Dhamma Suvatti, Sravasti (U.P.)*
5 to 26-10-2018 *Dhamma Thali, Jaipur*
6 to 27-10-2018 *Dhamma Bodhi, (Bihar)*
11-11 to 2-12-2018 *Dhamma Pushkar, Rajasthan*
11-11 to 2-12-2018 *Dhamma Utikal, (Orissa)*
4 to 25-12-2018 *Dhamma Lakkhana, (U.P.)*
24-12 to 14-1-2019 (Hindi speaking students only) *Dhamma Vahini: Titwala*
8 to 29-1-2019 *Dhamma Sindhu, Kutch (Guj.)*
19-1 to 9-2-2019 *Dhamma Ambika, South Gujarat*
20-1 to 10-2-2019 *Dhamma Thali, Jaipur*
5 to 26-3-2019 *Dhamma Sindhu, Kutch (Guj.)*
14-7 to 4-8-2019 *Dhamma Pushkar, Rajasthan*
21-7 to 11-8-19 *Dhamma Pattana, Gorai, Mumbai*
8 to 29-9-2019 *Dhamma Suvatti, Sravasti (U.P.)*
31-10 to 21-11-2019 *Dhamma Thali, Jaipur*
3 to 24-11-2019 *Dhamma Cakka, Sarnath (U.P.)*
15-11 to 6-12-2019 *Dhamma Pushkar, Rajasthan*

30-day

4-9 to 4-10-2018 *Dhamma Tapovana-2, Igatpuri*
5-9 to 6-10-2018 *Dhamma Nāgajūna, Telangana*
5-10 to 5-11-2018 *Dhamma Thali, Jaipur*
29-10 to 29-11-18 *Dhamma Tapovana-2, Igatpuri*
11-11 to 12-12-2018 *Dhamma Pushkar, Rajasthan*
28-11 to 29-12-2018 *Dhammapāla, Bhopal (M.P.)*
24-12 to 24-1-2019 *Dhamma Vahini: Titwala*
29-12 to 29-1-2019 *Dhamma Sindhu, Kutch (Guj.)*
4-1 to 4-2-2019 *Dhamma Kāna, (M.P.)*
9-1 to 9-2-2019 *Dhamma Ambika, South Gujarat*
20-1 to 20-2-2019 *Dhamma Thali, Jaipur*
1-2 to 4-3-2019 *Dhamma Ketu, Durg (Chattisgarh)*
28-2 to 31-3-2019 *Dhamma Suvatti, (U.P.)*
5-3 to 5-4-2019 *Dhamma Sindhu, Kutch (Guj.)*
14-7 to 14-8-2019 *Dhamma Pushkar, Rajasthan*
31-10 to 1-12-2019 *Dhamma Thali, Jaipur*
15-11 to 16-12-2019 *Dhamma Pushkar, Raj.*

45-day

15-10 to 30-11-2018 *Dhamma Suvatti, (U.P.)*
21-10 to 6-12-2018 *Dhamma Patthāna, Haryana*
27-10 to 12-12-2018 *Dhamma Sindhu, Kutch (Guj.)*
29-10 to 14-12-2018 *Dhamma Tapovana, Igatpuri*
29-10 to 14-12-2018 *Dhamma Tapovan-2, Igatpuri*
19-12-18 to 3-2-19 *Dhamma Nāgajūna, Telangana*

20-1 to 7-3-2019 *Dhamma Thalī, Jaipur*
9-2 to 27-3-2019 *Dhamma Bodhi, (Bihar)*
28-2 to 15-4-19 *Dhamma Suwatthi, Sravasti (U.P.)*
15-10 to 30-11-19 *Dhamma Suwatthi, Sravasti (U.P.)*

60-day

18-12-18 to 17-2-19 *Dhamma Tapovana, Igatpuri*
18-12-18 to 17-2-19 *Dhamma Tapovan-2, Igatpuri*

Dhammānanda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** Only for Hindi, Marathi, Students 8 to 19-9, 15 to 26-10, 10 to 21-11, 8 to 19-12, Only for Hindi, English, Students 22-9 to 3-10, (27-10 to 7-11 Only for Old Student) 24-11 to 5-12, 22-12 to 2-1-2019, **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, **10-day:** Only for Hindi, Marathi, Students 18 to 29-11, 16 to 27-12, Only for Hindi, English, Students 2 to 13-9, 7 to 18-10, 21-10 to 1-11, 2 to 13-12, **#ST:** 25-9 to 3-10, **3-day:** 13 to 16-9, 27 to 30-12, **1-day:** Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **Children Course:** Every Month first Sunday (8 am to 3 pm)

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vajapur Road Aurangabad 431003. Tel: (0240) 2040444, **10-day:** 5 to 16-9, 19 to 30-9, 3 to 14-10, 24-10 to 4-11, 14 to 25-11, 28-11 to 9-12, 12 to 23-12, 25-12 to 6-1, **#ST:** 15 to 23-10, **2-day:** 13 to 15-11, **1-day:** 2-9, 16-9, 30-9, 14-10, 4-11, 25-11, 9-12, 23-12, **Contact:** Email: info@dhammaajanta.org; Mob: 94222-11344, 99218-17430. Website: www.dhammaajanta.org

Dhamma Sarovara, Dhule

Khandesh Vipassana Centre, near Dedargaon Water Purification Centre, Post Tikhi, Dist. Dhule, 424002. (No admission without confirmation. Dhule – Hendrun Bus is available from Dhule Bus Stand every hour up to 4:30 pm Rickshaw is also available from Panch Kandil Shere Punjab lodge to Tikhi. From Tikhi, rickshaw is available for centre, 1 km away.) **10-day:** 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, **#ST:** 28-9 to 6-10, 23 to 31-12, **2-day:** 2 to 4-11, **Dhamma Workers and Trustees Workshop:** 1-11 after Group Sitting 8 to 9 am end on 2-11 at 5 pm, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhammālaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Tel: (0230) 248-7167, 248-7383, Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Tel: (0231) 2530999, Mob. 97674-13232. **10-day:** (Hindi/English speaking students only) 23-9 to 4-10, 11 to 22-11, 25-11 to 6-12, 16 to 27-12, (Hindi/English and Marathi speaking students only) 7 to 18-10, 21-10 to 1-11, **#ST:** 9 to 17-10, 27-11 to 5-12, **3-day:** 10 to 13-12, **2-day:** 2 to 4-11, **Dhamma Servers' Workshop:** 8 to 10-12,

Dhamma Sugandha : Bhose (Sangali)

Sangali Vipassana Meditation Centre, Gat No. 564, Talaaw Road, Near Yallamma Temple, Khamkarwadi, Bhose - 416420, Ta. Miraj, Dist: Sangali, Email: info@sugandha.dhamma.org, Tel: 9422410436, 9403841943, online registration www.dhamma.org/en/schedules/schsugandha **10-day:** (male Hindi and Marathi speaking students only) 1 to 22-11, 16 to 27-9, 3 to 14-10, 21-10 to 1-11, 11 to 22-11, 2 to 13-12, 16 to 27-12, (1-day: Every first Sunday (Bhilavadi), Every Second Sunday (Sangali) Every Fourth Sunday (Jaisingpur),

Children Course: Every Third Sunday (Sangli),

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:** 5 to 16-9, 26-9 to 7-10, 10 to 21-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, **#ST:** 24-12 to 1-1-2019, **3-day:** 20 to 23-9, 18 to 21-12, **1-day:** 2-9, 19-9, 7-10, 21-10, 4-11, 18-11, 2-12, 16-12, **Long Course: Special 10-day:** 24-10 to 4-11, **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, **10-day:** 5 to 16-9, 2 to 13-10, 10 to 21-11, 7 to 18-12. **#ST:** 22 to 30-12, **1-day:** (4 am to 9 am) 29-9, 6-12, **Children Course 3-day:** (Girls) 22 to 25-11, **Children Course 1-day:** 21-10, 2-12, **Group Sitting:** Daily 5 to 8 am and 6 to 7 pm every Sunday 8 to 9 am. **Contact:** 1. Sukhadev Narnavre, Mob. 9422129229. 2. Kamlesh Chahande, Mob. 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pimpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day:** 4 to 15-9, 20 to 31-10, 10 to 21-12, (only for Bhikkhu 13 to 24-11) **3-day:** 22 to 25-9, **1-day:** 2-9, 14-10, 4-11, 2-12, **Children Course:** (8 to 14 yrs) 16-9, 25-11, (14 to 16 yrs) 7-10, 23-12.

Kotamba (Yavatmal): 10-day: 16 to 27-9, 7 to 18-10, 11 to 22-11, (Only for bhikkhus) 9 to 20-12, **1-day:** 2-9, 28-10, 4-11, 2-12, **Children's course:** 23-9, 21-10, 25-11, 23-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 7776964808, 9175622575.

Dhamma Amravati, Lumbini, Mogara,

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post- Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Katave Guruji, Mob. 9890309738, 2) Mr. Babuji Shirsat, Mob. 8007676033, **10-day:** 13 to 24-9, 13 to 24-11, **#ST:** 1 to 9-12, **Dhammasammelan:** 7-10,

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656, 8669038011, 9921395006, 9764835035, **10-day:** 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 14 to 25-11, 28-11 to 9-12, **#ST:** 31-10 to 8-11, **3-day:** 13 to 16-12, **1-day:** 2-9, 30-9, 28-10, 25-11, **Children Course:** 16-9, 14-10, 9-12, **Children Course 2-day:** (age 8 to 12) 9 to 11-11, **Children Course 3-day:** (age 12 to 15 Girls) 22 to 25-12, (Boys) 26 to 29-12, **Dhamma Servers' Workshop:** 2-10,

Chitki (Wardha) 10-day: 10 to 21-9, 11 to 22-10, 9 to 20-11, 8 to 19-12, **Contact:** 1. Shri Khandare, Tel: 07158-284372, Mob. 7264813850, Shri Bhele, Mob. 8888531689,

Tumsar (Bhandara): 10-day: 1 to 12-10, 20-11 to 1-12, 16 to 27-12, at Buddhavihar and Welfare Centre, Chulhad, Tal. Tumsar, Dist: Bhandara, Mob. 096236-68240, **Contact:** 1) Meshram, 93706-55332. 3) Mr. Choure, Mob. 09890441071.

Dhamma Bhandar, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 12 to 23-9, 27-11 to 8-12, **1-day:** 23-9, **Teenagers' Course:** (Girls) 10 to 17-11, **Children Course 2-day:** 17 to 18-11, **Contact:** Saluja, 09423635572, Ramteke, 9422833002, Devendra, 9403239792,

Pavani (Bhandara): 10-day: 3 to 14-10, 19 to 30-12, **1-day:** 9-9, 11-11, At: Dhamprabhas Buddhavihar Samiti, Pavani Dist. Bhandara, **Contact:** 1. Mr. Bankar, Mob. 90491-21601, 2. Mr. Shende, Mob. 9158785160,

Dhamma Awas, Latur

Latur Vipassana Samiti, Vasant Vihar Colony, Near RTO, Babhalgaon Road Latur-413531. **Contact:** 1) Sagar Kulkarni. mob. 94054-22948, 84210-79011, 02381-262023, 2) Sudhir Birle mob. 94233-47023, Email: lvslatur@gmail.com **10-day:** (only for female) 2 to 13-9, 21-10 to 1-11, 2 to 13-12,

Dhamma Niranjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, **Contact:** 1) Dr. Jondhale, Mob. 94221-89318. 2) Mr. Bhawe, Mob. 9421572499 **10-day:** (7 to 18-10, Female only), 2 to 13-9, 18 to 29-11, 16 to 27-12, 2019 3 to 14-2, 6 to 17-10, Female only), 3 to 14-3, 31-3 to 11-4, 19 to 30-6, 7 to 18-7, (only for Old Student 20 to 31-7), 1 to 12-9, 10 to 21-11, 1 to 12-12, **#ST:** 2019 5 to 13-1, 3 to 11-8, **1-day:** 2018 (Every Sunday except during 10 Day course's), 6 am to 11 am and 23-9, 30-9, 28-10, 4-11, 23-12, 30-12, 2019 Every Month fourth Sunday and 5-5, 12-5, 18-5, 26-5, 2-6, 9-6, 29-9, 22-12, 29-12, **3-day Children Course:** 2018 (13 to 18 yrs) (Boys) 10 to 13-11, 2019 1 to 4-11 (Girls) 2018 13 to 16-11, 2019 4 to 7-11, **Children Course:** 2018 16-9, 21-10, 16-12, 2019 Every Month Third Sunday Except July and November, **DhammaSewak Workshop:** 2019 14-1,

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadshi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **10-day:** 21-10 to 1-11, 20-11 to 1-12, 20 to 31-12, **1-day:** 29-9, **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738.

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkheda Phata, Telhara-444108 Dist Akola Email: info@anakula.dhamma.org **10-day: (Only Male)** 3 to 14-10, 10 to 21-11, 26-12 to 6-1, (Female only) 12 to 23-9, 24-10 to 4-11, 5 to 16-12, **#ST:** 25-11 to 3-12, **3-day:** 29-9 to 2-10, **1-day:** 9-9, 14-10, **Children Course:** 23-9, 4-11, 16-12, **Dhamma Workers Workshop:** 22 to 24-11, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): 10-day: (only Female) 27-9 to 8-10, 12 to 23-12, at Bhadant Anand Nivas Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Bhadant Anand Mob. 9421837014, 2) Mr. Aathavle Mob. 9404092468, 3) Mr. Tayde Mob. 7038629525.

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Patur, Dist- Akola, 444501 **10-day: (Only Female)** 24-10 to 5-11, (Only Male) 26-9 to 7-10, **#ST:** (Only Male) 23-12 to 31-12, **1-day:** every month second Sunday, 9 am to 5 pm **Children Course:** (Age 10 to 16 Years) every month third Sunday, 9 am to 5 pm **Contact:** 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) 9767344438,

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 91/1, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Mob. 9422292161, Email: dhammajalgaon@gmail.com, **Contact:** Mr. Subhasha Talreja, Mob. 75884-36222, 75880-09584. **10-day: (Only Female)** 16 to 27-9, 21-10 to 1-11, 18 to 29-11, 16 to 27-12, (Only Male) 2 to 13-9, 7 to 18-10, 4 to 15-11, 2 to 13-12, **2-day: (Only Female)** 28 to 30-12, (Only Male) 28 to 30-9, **Contact:** 9823046754, 9423159096

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At – Ajaypur, Po. – Chichpalli, Mul Road, Chandrapur, Email: dhammaajaya@gmail.com **10-day:** 29-8 to 9-9, 14 to 25-9, 20 to 31-10, 4 to 15-11, 28-11 to 9-12, 19 to 30-12, **#ST:** 2 to 10-10, **2-day:** 18 to 20-11, **1-day:** 9-9, 30-9, 9-12, **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9595313646, 8412957602, Gujagvhaan (Chandrapur): 10-day: (only

Female) 4 to 15-10, 2 to 13-12, (only male) 6 to 17-9, 11 to 22-11, **Place:** Ledi Sayado Vipassana Trust, Gujagvhaan Tal chimpur, Dist Chandrapur-442903, Mob: 8888159769, 7875361225.

Ballarpur: 18 to 29-11, 21 to 31-12, **1-day:** 29-9, 2-12, 1-1-2019, **Children Course:** (10 to 15 yrs) Boys 10 to 12-11, Girls 13 to 15-11, **Place:** AT Yenbodi, Po Kothari, Tal- 442701, **Contact:** 1) Mr. Vasant Dhoke, Mob. 09423503514, 07385119525, 2) Mr. Manohar Fulzele, Mob. 08551987943.

Gadchiroli: **10-day:** 11 to 22-10, 10 to 21-11, **3-day:** 20 to 23-9, 29-9 to 2-10, 5 to 7-10, 17 to 30-11, 22 to 25-12, **2-day:** 23 to 25-11, At Tukum ward, Tal. vadsa, Dist Gadchiroli-441207, **Contact:** 1. Mr. Wankhede, Mob. 7741965053, (8 pm to 10 pm)

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: dhammapadadesh@gmail.com

Goa: **10-day:** 1 to 12-9, 25-11 to 6-12, 6 to 17-1, 3 to 14-3, At: Shree Shantadurga Shankhawaleshwari Sansthan Veling Gothan Goa. **Contact:** Mob. 9822139558,

NORTH INDIA

Dhamma Thalī, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Tel: (0141) 2177446, 2178446 9 am to 12 pm and 3:30 to 5:30 pm; Mob. 0-99301-17187, (for Manual registration/queries); 9610401401 (queries), Email: info@thali.dhamma.org, **10-day:** 2018 9 to 20-9, 22-9 to 3-10, 10 to 21-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1, 2019 5 to 16-1, 9 to 20-3, 24-3 to 4-4, 7 to 18-4, 5 to 16-5, 19 to 30-5, 2 to 13-6, 16 to 27-6, 30-6 to 11-7, 14 to 25-7, 28-7 to 8-8, 11 to 22-8, 25-8 to 5-9, 8 to 19-9, 22-9 to 3-10, 6 to 17-10, 24-11 to 5-12, 8 to 19-12, 22-12 to 2-1, #ST: 2018 6 to 14-10, 2019 11 to 19-3, 25-4 to 3-5, 4 to 12-6, 16 to 24-7, 8 to 16-10, **3-day:** 2018 29-9 to 2-10, 2019 25 to 28-4, 9 to 12-5, 4 to 7-7, 30-8 to 2-9, 29-9 to 2-10, 17 to 20-10, **Children Course:** 2019 21 to 23-4, **Dhamma Workers and Trustees Workshop:** 2019 19 to 21-4 (Evening),

Long Course: Special 10-day: 2019 7 to 18-4, 16 to 27-6, 20-day: 2018 5 to 26-10, 2019 20-1 to 10-2, 31-10 to 21-11, 30-day: 2018 5-10 to 5-11, 2019 20-1 to 20-2, 31-10 to 1-12, 45-day: 2019 20-1 to 7-3,

Jamdoli: **10-day: (Only Female)** 28-9 to 9-10, **(Only Male)** 15 to 26-10, **3-day: (Only Female)** 6 to 9-9, 20 to 23-9, 15 to 18-11, 6 to 9-12, **(Only Male)** 13 to 16-9, 11 to 14-10, 1 to 4-11, 22 to 25-11, 13 to 16-12, **Teenagers' Course:** (Girls) 22 to 30-12, **Place:** Jaaton kaa Bass Jaisinghpura Khor Jamdoli Jaipur, **Contact:** Mrs Nidhi Mahindroo, Mob. 7042677225, 9828306708

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. 10-day: 2018 16 to 27-9, 29-9 to 10-10, 14 to 25-10, 14 to 25-12, 26-12 to 6-1-2019, 2019 9 to 20-1, 23-1 to 3-2, 6 to 17-2, 7 to 18-3, 26-3 to 6-4, 10 to 21-4, 24-4 to 5-5, 20 to 31-5, 19 to 30-6, 4 to 15-9, 18 to 29-9, 2 to 13-10, 1 to 12-11, 25-12 to 5-1-2020, #ST: 2018 27-10 to 4-11, 2019 19 to 27-2, 2 to 10-7, 15 to 23-10, **3-day:** 2018 20 to 23-9, 2019 1 to 4-3, 11 to 14-4, 19 to 22-12, **Teenagers' Course:** (Girls) 2019 1 to 9-6, (Boys) 2019 9 to 17-6,

Long Course: Special 10-day: 2018 2 to 13-9, 2019 22-8 to 2-9, 20-day: 2018 11-11 to 2-12, 2019 14-7 to 4-8, 15-11 to 6-12, 30-day: 2018 11-11 to 12-12, 2019 14-7 to 14-8, 15-11 to 16-12, **Contact:** 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,

Dhamma Ajarāmara, Dorai (Ajmer Rajasthan)

Vipassana Kendra, Nasirabad Road, Balvanta Chorha, Village Jatiya, Nasirabad Dist:- Ajmer **Contact:** Mr. Bairwal, Email: kailashbairwal@yahoo.com, Mob. 94132-28340,

9587445475, 9694083952,

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, - Chausani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9414072931, Email: info@marudhara.dhamma.org, 10-day: 8 to 19-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 10 to 21-11, 28-11 to 9-12, 25-12 to 5-1, **3-day:** 31-8 to 3-9, **Children Course:** **3-day:** (age 10 to 16) 21 to 24-12, **Contact:** Nemichand Bhandari, Mobile: 93147-27215, Email: dhamma.maroodhara@gmail.com;

Dhamma Pabbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhali Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapabbaja@gmail.com, info@pabbaja.dhamma.org, Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, **10-day:** 1 to 12-9, 1 to 12-10, 16 to 27-10, 11 to 22-11, 2 to 13-12, 19 to 30-12, #ST: 16 to 24-9, **3-day:** 25 to 28-11, **1-day:** 30-9, 28-10, 30-12,

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimmod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] 10-day: 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, **Contact:** Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthāna, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com #ST: 8 to 16-10, AT Workshop: 29-9 to 2-10, Long Course: Special 10-day: 16 to 27-12, **30-day:** 28-8 to 28-9, **45-day:** (15 day Anapan) 21-10 to 6-12, **Contact:** same as Dhamma Sota

Dhamma Kārūṇika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjapura 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:** 12 to 23-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 21-11 to 2-12, 12 to 23-12, 26-12 to 6-1, **3-day:** 15 to 18-11,

Dhamma Hitkari, Rohtak (Haryana)

Vipassana Dhyan Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. **10-day:** 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 1 to 4-11, 14 to 25-11, 5 to 16-12, 19 to 30-12,

Dhamma Dhaja, Hoshiarpur (Punjab)

Punjab Vipassana Trust, Village Anandgarh, P. O. Mehanwali, Dist Hoshiarpur - 146110, (Punjab) Tel: (01882) 272-333. Mobile: 94651-43488. Email: info@dhaja.dhamma.org 10-day: 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 10 to 18-11, **3-day:** 30-8 to 2-9, 1 to 4-11,

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: every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 15 to 23-11, **3-day:** 24 to 27-11,

Dhamma Laddha, Leh Ladakh (J & K)

Vipassana Meditation Ladakh, Dhamma Laddha, is 8/9 Km from leh, Contact: Mr Lobzang Visuddha, Ancient Tracks, Mobile: [91] 9906971808, 9419862542. **10-Day: (Male Only)** 17 to 28-10, 31-10 to 11-11, (Female Only) 12 to 23-9, 26-9 to 7-10, 21-11 to 2-12, 15 to 26-12, 2019 2 to 13-1, 16 to 27-1, 6 to 17-2, 20-2 to 3-

3, 13 to 24-3, 17 to 28-4, 1 to 12-5, 22-5 to 2-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 21-8 to 1-9, 11 to 22-9, 25-9 to 6-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 4 to 15-12, #ST: 2019 29-3 to 6-4, 9 to 17-8, **Group Sitting:** every Sunday from 9 am. 1-day: every Second Sunday Email: info@ladakh.in.dhamma.org; lvissuddha@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: 5 to 16-9, 19 to 30-9, 3 to 14-10, 21-10 to 1-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 10 to 18-11, **3-day:** 14 to 17-10, 1 to 4-11, **Contact:** 1) Mr. Bhandari, Tel: (0135) 2104555, 07078398566, Fax: 271-5580.

Dhamma Lakkhana, Lucknow (U.P.)

Lucknow Vipassana Centre, Asti Road, Railway Crossing, Bakshi ka Talab, Lucknow 227 202. Email: info@lakkhana.dhamma.org Tel: (0522) 296-8525, Mob. 97945-45334, 9453211879, 10-day: every month, 4 to 15 and 19 to 30, (except during other course's) **2-day:** every month, 15 to 17-11 (except during other course's), #ST: 19 to 27-10, **3-day:** 28 to 31-10, **1-day:** Every Month first Sunday 9 am to 5 pm, **Children's course:** (age 12 to 16 boys) 27 to 30-12, (age 12 to 16 Girls) 31-12-2018 to 3-1-2019, (1-day: first Sunday of Every month 9 am to 5 pm, **Contact:** 9794545331, 9335906341) **Long Courses: 20-day:** 4 to 25-12, **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 Suvatthi, Sravasti (U.P.)

Jetavana Vipassana Meditation Centre, Katra Bypass Road, Opp. Buddha Inter College, Sravasti 271845. Email: info@suvatthi.dhamma.org, Tel: (05252) 265-439; Mob. 93358-33375. 10-day: 2018 2 to 13-10, 2 to 13-12, 14 to 25-12, 2019 2 to 13-1, 2 to 13-2, 15 to 26-2, 17 to 28-4, 2 to 13-5, 2 to 13-6, 17 to 28-6, 2 to 13-7, 17 to 28-7, 2 to 13-8, 17 to 28-8, 2 to 13-10, 2 to 13-12, 2 to 13-1-2020, #ST: 2018 14 to 22-12, 2019 14 to 22-5, 29-8 to 6-9, 14 to 22-12, **Children Course:** (8 to 12 yrs boys, and 8 to 16 yrs Girls) 2018 24 to 27-12, 2019 24 to 27-5, 24 to 27-12, (12 to 16 yrs only Boys) 2018 28 to 31-12, 2019 28 to 31-5, 28 to 31-12, **Long Courses: Special 10-day:** 2019 17 to 28-1, **20-day:** 8 to 29-9, 2019 8 to 29-9, **30-day:** 2019 28-2 to 31-3, 45-day: 2018 15-10 to 30-11, 2019 28-2 to 15-4, 15-10 to 30-11, **Contact:** 1. Mob. 094157-51053, 2. Murli Manohar, Mob. 094150-36896,

Dhamma Cakka, Sarnath (U.P.)

Vipassana Sadhana Kendra, Village Khargipur, Post. Piyari, Chaubeypur, Sarnath, Varanasi. Email: info@cakka.dhamma.org Mob. 09307093485, 09936234823, (for autorickshaw from Sarnath Museum, fare Rs. 100/-) 10-day: 2018 3 to 14-9, 18 to 29-9, 3 to 14-10, 18 to 29-11, 3 to 14-12, 18 to 29-12, #ST: 2018 8 to 16-11, **3-Day:** 2018 2 to 5-11, **1-Day:** 2018 23-9, 28-10, 25-11, 23-12, **2-Day Children Course:** 2018 29 to 31-12, **Long Courses: Special 10-day:** 2018 18 to 29-10, 2019 23-3 to 3-4, **20-day:** 2019 3 to 24-11, **Contact:** Manju Agrawal, Email: manju.ag4@gmail.com. Mob. 09936691000.

Dhamma Kalyana, Kanpur (U.P.)

Kanpur, International Vipassana Meditation Centre, Dhori, Ghaat, Rooma, Post Salempur Kanpur-209402, (23 Km. from Kanpur Central Rly. Station) Tel. 07388-543795, Mob. 08995480149. Email: dhamma.kalyana@gmail.com, (No admission without confirmation) 10-day: 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, #ST: 22 to 30-11, **1-day:** Every month Fourth Sunday. 10 am to 5 pm **Long Courses: Special 10-day:** 20-11 to 1-12,

'Dhamma Kaya', Kushinagar (U.P.)

'Dhamma Kaya', Vipassana Sadhana Kendra,

Village- Dhuria Bhaat, Near Banwari Tola, Tehsil- Kasya, Devriya Road, Dist: Kushinagar-274402, (U.P.) Mob. +919415277542. Email: dhammakaaya.vskk@gmail.com; **10-day:** every month 1 to 12 and 16 to 27, **(CCT Workshop):** 27-9 5pm to 30-9, 5pm **Contact:** Mr. Bhumidhar, Mob. 09452975280, **Contact:** 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453,

Dhamma sudhā, Meerut (U.P.)

Vipassana Centre, Behind Police station, Tower Road, Near Saifpur Gurdwara, Hastinapur, Dist. Meerut-250002, **Office Contact:** Tel. 2513997, 2953997, Mob. 9319145240, **10-day:** 19 to 30-9, 17 to 28-10, 21-11 to 2-12, 19 to 30-12, **2-day:** 14 to 16-9, 14 to 16-12,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 099311-61290, 8935963703, 9431245971, Email: info@licchavi.dhamma.org **10-day:** every month 2 to 13, (except November). 2019☉ every month 5 to 16 and 19 to 30. (except during #ST), #ST: 2019☉ 19 to 27-3, **Contact:** Rajkumar Goenka, Tel: (0621) 224-0215,

Vaishali: **10-day:** every month 14 to 25. In October and November 22-10 to 2-11, 20-11 to 1-12, 2019☉ 14 to 25-1, 14 to 25-2, **Place:** Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, **Contact:** Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Tel: (0621) 224-0215, 8935963703, 9431245971,

Dhamma Bodhi, Bodhgaya, (Bihar)

Both Gaya International Vipassana Meditation Centre, Gaya-Dobhi Road (15 km), Near Magadha University, Bodh Gaya-824234. Mob. 94716-03531, Email: info@bodhi.dhamma.org Contact: 99559-11556. 10-day: 5 to 16-9, 20-9 to 1-10, 1 to 12-11, 16 to 27-11, 1 to 12-12, 15 to 26-12, #ST: 20 to 28-9, 1-day: 29-9, **Long Courses:** 20-day: 6 to 27-10, 45-day: 9-2 to 27-3,

Nalanda (Bihar): 10-day: Every Month 1 to 12 February to December and 15 to 26-12 only for Monks and Nuns, **Place:** Navnalanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) **Contact:** Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Tel: Off. (02834) 273303, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-14531. Mandvi: 082387-95675. **10-day:** 4 to 15-9, 16 to 27-9, 30-9 to 11-10, 13 to 24-10, 15 to 26-12, 3 to 14-2, 17 to 28-2, #ST: 18 to 26-9, 29-12 to 6-1-2019, 5 to 13-2,

Long Courses: Special 10-day: 4 to 15-9, 20-day: 8 to 29-1-2019, 5 to 26-3, 30-day: 29-12 to 29-1-2019, 5-3 to 5-4, 45-day: 27-10 to 12-12, **Contact:** Tel: (02834) 223575, Mob. 9974575660.

Dhamma Kota, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924942, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. **10-day:** 29-8 to 9-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, 2 to 13-1-2019, #ST: 12 to 20-9, **1-day:** 21-10, 18-11, 16-12, **Long Courses:** Special 10-day: 10 to 21-9, **City Contact:** 1. Tel: (0281) 2233666. Mob. 7878727223, 94272-21591. Fax: 222-1384. 2) Chandubhai Mehta, Tel: 2587599, Mob. 9428203291.

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: upendrapatel@gmail.com, **10-day:** 12 to 23-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 10 to 21-11, 5 to 16-12, 19 to 30-12, 2 to 13-1-2019, 16 to 27-1, 30-1 to 10-2, 13 to 24-2,

Dhamma Pitha, 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: 29-8 to 9-9, 12 to 23-9, 26-9 to 7-10, 19 to 30-10, 5 to 16-11, 25-11 to 6-12, 8 to 19-12, 22-12 to 2-1-2019, 6 to 17-1, 23-1 to 3-2, 6 to 17-2, 20-2 to 3-3, **Contact: Ms Shashi Todi, Mob. 98240-65668,**

Dhamma Ambika, South Gujarat

Vipassana Dhyana Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 km. 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: 28-8 to 8-9, 9 to 20-9, 25-9 to 6-10, 7 to 18-10, 24-10 to 4-11, 12 to 23-11, 24-11 to 5-12, 24-12 to 4-1, 2019☉ 12 to 23-2, 25-2 to 8-3, 10 to 21-3, #ST: 13 to 21-12, 2019☉ 8 to 20-3, 3-day: 20 to 23-9, 18 to 21-10, 6 to 9-12, **Dhamma sammelan: 2019☉ 6-1 **Long Courses:** Special 10-day: 11 to 22-12, 20-day: 2019☉ 19-1 to 9-2, 30-day: 2019☉ 9-1 to 9-2, **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: 2 to 13-9, 26-9 to 7-10, 10 to 21-10, 31-10 to 11-11, 14 to 25-11, 28-11 to 9-12, 14 to 25-12, 26-12 to 6-1, 3-day: 20 to 23-9, 1-day: 29-7, 30-9,

Dharmaj: 10-day: 17 to 28-11, 3-day: 21 to 24-9, 21 to 24-12, **Contact:** Dharmaj Vipassana Samiti, C/o G. M. Viraktashram Complex, Station Road, Dharmaj 388430. Tel: (02697) 245-460 (Office 9.00 am to 5.00 pm), 1. Mr. Hemanthbhai Patel, Mob. 94265-00765. 2. Mr Dipakbhai Mob. 94289-00794. Email: vipassana.dharmaj@gmail.com

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: 1 to 12-9, 19 to 30-9, 10 to 21-10, 24-10 to 4-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 9 to 17-11, 2-day: 14 to 16-9, 6 to 8-10,

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, Course Enquiries and Registration: Tel: 044-65499963, Mob. 94442-80952, 94442-80953, 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:** 29-8 to 9-9, 12 to 23-9, 26-9 to 7-10, 17 to 28-10, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 10 to 18-11, 3-day: 11 to 14-10, 8 to 11-11, 1-day: 27-7, **Children's courses:** 9-9, 7-10, 2-12, 30-12,

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: 1 to 12-8, 15 to 26-8, 12 to 23-9, 3 to 14-10, 14 to 25-11, 28-11 to 9-12, #ST: 1 to 9-9,

Dhamma Arunachala, Tiruvannamalai, (T.N.)

Vipassana Meditation Centre, Perumbakkam Village, Tiruvannamalai, Tamilnadu, India, Pincode - 606603, Email: info@arunachala.dhamma.org Phone: +91-9597246178, +91-9884393459, 10-day: 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 31-10 to 11-11, 14 to 25-11, 28-11 to 9-12, 12 to 23-12, 26-12 to 6-1-2019, #ST: 21 to 29-9, 3-day: 29-8 to 1-9, 12 to 15-9, 26 to 29-9, 10 to 13-10, 24 to 27-10, 7 to 10-11, 21 to 24-11, 5 to 8-12, 19 to 22-12, 2-day: 24 to 26-8, 7 to 9-9, 5 to 7-10, 19 to 21-10, 2 to 4-11, 16 to 18-11, 30-11 to 2-12, 14 to 16-12, 28 to 30-12, 1-day: 29-9,

Rajapalayam: 10-day: (only Male) 21-11 to 2-12, (only Female) 19 to 30-9, **Contact:** Aravindh Herbal labs (p) Ltd. 140, Mudangiyar Road, 4th Kilometer, Rajapalayam-626117, Tel: 04563-233308, Email: dhammamadhura@gmail.com,

Dhamma Ketana, Chengannur (Kerala)

Vipassana Meditation Center, Mampra P.O. Kodukulanji (via) Chengannur, Kerala-689508. Email: info@ketana.dhamma.org Tel: (0479) 2351616. 10-day: 15 to 26, every month April 2018 to March 2019, 3-day: 29-9 to 2-10, 3 to 6-11, 10 to 13-1-2019, 2-day: 7 to 9-9, 7 to 9-12, 8 to 10-3, **Children Course: (8 to 12 yrs)☉ 13-10, (12 to 16 yrs)☉ 28-10, **Dhamma Servers Workshop:** 7 to 10-2-2019, **Contact:** 1. Dr. Gopinath Nair, Mob. 9447287415, 2. Mr Raghunath Karup, Mob. 9495118871,**

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: 5 to 16-9, 19 to 30-9, 3 to 14-10, 17 to 28-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, #ST: 19 to 27-9, 3-day: 31-8 to 3-9, 28 to 31-10, 2-day: 2 to 4-11, 1-day: Every Sunday. **Dhamma Servers Workshop: (Those willing to give seva in Andhra Pradesh Centre this year can attend the Workshop) 26 to 28-8,**

1-day Children Course: Ending day of every 10-day course. In Andhra Pradesh, and Telangana State: Eligibility: 1-day and 2-day Children's Course, 5th Standard 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 Kondañña, Kondapur (Medak) (Telangana)

Vipassana International Meditation Centre, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93983-16155, 93920-93799, 08455202002. 10-day: 12 to 23-9, 26-9 to 7-10, 10 to 21-10, 14 to 25-11, 28-11 to 9-12, 12 to 23-12, 26-12 to 6-1, 2-day: 7 to 9-9, **One-day: every Purnima. **Dhamma Servers Workshop:** 9 to 11-11, **Long Courses:** Special 10-day: 24-10 to 4-11**

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Dhamma Nāgajjuna, Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Mob. 093484-56780, 94401-39329. Email: info@nagajjuna.dhamma.org **10-day:** 10 to 21-10, 24-10 to 4-11, 7 to 18-11, 21-11 to 2-12, **#ST:** 4 to 12-12, **2-day:** 26 to 28-10, 9 to 11-11, **Teenagers' Course:** (Boys) 10 to 18-10, 24-11 to 2-12, (Girls) 5 to 13-12, **One-day:** every Purnima. **Dhamma Servers Workshop:** (Those willing to give seva in Andhar Pradesh Centre this year can attend the Workshop) 19 to 21-10, **Long Courses:** **20-day:** 5 to 26-9, **30-day:** 5-9 to 6-10, **45-day:** (15 Day Anapana) 19-12-2018 to 3-2-2019,

Dhamma Nijjhāna, Nizamabad (Telangana)

VIMC, Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; Tel: (08467) 316-663, Mobile: 099085-96336, 08462273433, **10-day:** 5 to 16-9, 19 to 30-9, 3 to 14-10, 7 to 18-11, 21-11 to 2-12, 5 to 16-12, 19 to 30-12, **2-day:** 31-8 to 2-9, **Teenagers' Course:** (Girls) 20 to 28-10, **One-day:** Every Sunday. **Dhamma Servers Workshop:** (Those willing to give seva in Andhar Pradesh Centre this year can attend the Workshop) 1 to 3-11,

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-Thanutu Road) Tel: (08816) 236566. **10-day:** 29-8 to 9-9, 26-9 to 7-10, 14 to 25-11, 1 to 12-12, 15 to 26-12, **#ST:** 24-10 to 1-11, **1-day:** every month fourth Sunday. **1-day Children Course:** (age 10 to 18, 8 am to 4pm) Ending day of every 10-day course.

Dhamma Vijaya, Vijayarai, W. G. (A.P.)

Vipassana Meditation Centre, Post. Vijayarai, Pedavegi Mandalam, Dist. West Godavari, Pin-534475. Tel: (08812) 225522. Mobile: 94414 49044 (Vijayarai Village is 15 kms. from Eluru) **10-day:** 19 to 30-9, 3 to 14-10, 21-10 to 1-11, 16 to 27-11, 5 to 16-12, 19 to 30-12, **#ST:** 1 to 9-9, **1-day Children Course:** (age 10 to 18, 8 am to 4pm) Ending day of every 10-day course.

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, **10-Day:** 2 to 13-9, 16 to 27-9, 2 to 13-10, 19 to 30-10, 3 to 14-11, 5 to 16-12, **#ST:** 22 to 30-12, **3-day:** 17 to 20-11, **2-day:** 29-9 to 1-10, **Long Courses:** **Special 10-day:** 21-11 to 2-12, **30-day:** 2019 4-1 to 4-2,

Dhamma Bala, Jabalpur (M.P.)

Vipassana Meditation Centre, Opposite Bhedaghat Thane, (1 km) Bapat Marg, Bhedaghat Jabalpur. **Contact:** Tel: (0761) 2610252. 2. Mr. Mahesh, Mob. 99815-98352. 3. Mr. Saurabh, Mob. 8109397741. **10-day:** 16 to 27-9, 2 to 13-10, 18 to 29-11, 2 to 13-12,

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob: 94069-27803, **10-day:** 5 to 16-9, 19 to 30-9, 3 to 14-10, 24-10 to 4-11, 14 to 25-11, **3-day:** 18 to 21-10, **2-day:** 9 to 11-11, **1-day:** (9 am to 3 pm) 2-9, 30-9, 4-11, 25-11, **Long Courses:** **30-day:** 28-11 to 29-12, **Contact:** Prakash Gedam, Mob. 94250-97358, Tel: (0755) 2468053, Email: dhammapala.bhopal@gmail.com, Fax: 246-8197. Online application: www.pala.dhamma.org

Dhamma Mālavā, Indore (M.P.)

Vipassana Centre, Village Jambudi Hapsi, Opp. Gommatgiri, in front of Pitru mountain, Hatod Road, Indore-452003. **Contact:** 1. Indore Vipassana International Foundation Trust, Tel: (0731) 4273313, Mobile: 98931-29888. Email: info@malava.dhamma.org; dhammamalava@gmail.com, 2. Ghokhale. Mob. 9407406620. **10-day:** 2 to 13-9, 16 to 27-9, 7 to 18-10, 11 to 22-11, 2 to 13-12, 15 to 26-12, **#ST:** 20 to 28-10, **3-day:** 29-9 to 2-10, **2-day:** 26 to 28-10, 23 to 25-11, 28 to 30-12, **1-day:** Every Month First Sunday Except in 2017 May and August 8 am to 1:30 pm, **Group Sitting:** Every Sunday (Except First Sunday) 9:30 to 10:30 am **Group Sitting Contact:** Mr. Sunil Tamrakar, Mob. 98275-61649,

Dhamma Rata, Ratlam (M.P.)

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnood, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhammarata@gmail.com, **Contact:** 1) Mr. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700116. **10-day:** 21-9 to 2-10, **#ST:** 25-11 to 3-12, **3-day:** 1 to 4-11, 22 to 25-11, **Group Sitting:** Every Sunday 8 to 9 am. **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **10-day:** 2 to 13-9, 5 to 16-10, 11 to 22-11, 19 to 30-12, **3-day:** 22 to 25-11, **1-day:** last Sunday of every month. 11 am to 4 pm, **Contact:** Shri Virendra Singh Raghuvanshi, Raghuvanshi Kirana Store, Near State bank of India, Ashok Nagar Road, Village – Pagara, Dist: Guna, MP – 473001. Mob: 9425618095, Shri Rajkumar, Raghuvanshi, Mob: 9425131103. Email: info@guna.dhamma.org.

Amla (Betul): **10-day:** (only Male) 14 to 25-11, (only Female) 10 to 21-10, **3-day:** 22 to 25-12, **1-day:** 16-9, 29-9, 21-10, 11-11, 16-12, **Children Course:** (age 8 to 16) 23-9, 28-10, 25-11, 23-12, **Place:** Pradnya Bhavan Bhim Nagar, Amla **Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 8889643325.

Dhamma Ketu, Durg (Chattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana.kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 2018 1 to 12-9, 2 to 13-10, 9 to 20-11, 3 to 14-12, 2019 5 to 16-1, 6 to 17-3, 1 to 12-4, 17 to 28-4, 16 to 27-6, 7 to 18-7, 24-7 to 4-8, 17 to 28-8, 31-8 to 11-9, 15 to 26-9, 9 to 20-10, 30-10 to 10-11, 16 to 27-11, 20 to 31-12, **#ST:** 2019 19 to 27-1, **3-day:** 2018 22 to 25-11, 2019 20 to 23-3, 9 to 12-8, **2-day:** 2019 10 to 12-5, **Teenagers' Course:** (Boys) 2019 2 to 10-6, **1-day:** 2018 16-9, 14-10, 4-11, 2019 17-3, 19-5, 16-6, 21-7, 4-8, 10-11, 29-9, **Children's course 3-day:** 2018 (12 to 16 Only Boys) 22 to 25-12, (12 to 16 Only Girls) 28 to 31-12, **Children's course:** 2018 30-9, 20-10, 28-10, 16-12, 2019 31-3, 28-4, 5-5, 15-9, 21-10, 1-12, 15-12, **Dhamma Servers Workshop:** 2018 23-9, 2019 24-3,

Long Course: Special 10-day: 2019 1 to 12-12, **30-day:** 2019 1-2 to 4-3, **Contact:** 1. Mr. J.P. Bagde, Mob. 96916-46094, 2. Mr. R.P. Saini, Mob. 9425244706,

Dhamma Garh, 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 **10-day:** 2018 3 to 14-10, 14 to 25-11, 1 to 12-12, 2019 9 to 20-1, 6 to 17-2, 6 to 17-3, 1 to 12-4, 19 to 30-6, 11 to 22-7, 8 to 19-8, 10 to 21-10, 7 to 18-11, 20 to 31-12, **#ST:** 2018 8 to 16-9, 2019 14 to 22-9, **3-day:** 2019 20 to 23-3, **Teenagers' Course:** (Girls) 2019 2 to 10-6, **1-day:** 2018 16-9, 21-10, 4-11, 2019 20-1, 17-2, 18-3, 16-6, 8-9, **Children's course:** 2018 30-9, 14-10, 28-10, 2019 31-3, 29-9, 24-11, 15-12, **Contact:** 1. Mr. D.N. Dwivedi, Mob. 9806703919, 2. Mr. S.

Meshram, Mob. 98269-60230,

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 Houje 5th floor, room no-523, 1, old court house corner, kolkata:-700001, Tel: (033) 2230-3686, 2231-1317. **10-day:** 29-8 to 9-9, 12 to 23-9, 26-9 to 7-10, 10 to 21-10, 24-10 to 4-11, 14 to 25-11, 28-11 to 9-12, 12 to 23-12, 26-12 to 6-1, **3-day:** 8 to 11-11, **1-day:** 9-9, 30-9, 7-10, 21-10, 4-11, 25-11, 9-12, 23-12, **Children Course:** 23-9, 21-10, 25-11, 23-12,

Dhamma Puri, North Tripura (Tripura)

Tripura Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 098626-46764, Agartala, **10-day:** 8 to 20-9, 1 to 12-10, 16 to 27-10, 15 to 26-11, 16 to 27-12, **#ST:** 1 to 9-12, **Contact:** M. Dewan, (0381) 2300441, Mob. 098621-54882, 094025-27191.

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **10-day:** 2018 12 to 23-9, 3 to 14-10, 19 to 30-12, 2019 6 to 17-1, 27-1 to 7-2, 13 to 24-2, 3 to 14-3, 24-3 to 3-4, 7 to 18-4, 26-5 to 6-6, 23-6 to 4-7, 14 to 25-7, 11 to 22-8, 8 to 19-9, 13 to 24-10, 8 to 19-12, **#ST:** 2018 8 to 16-12, 2019 24-11 to 2-12, **1-day:** 2018 On the day a 10-day or other long courses ends. **Long Course: Special 10-day:** 2019 3 to 14-11, **20-day:** 2018 11-11 to 2-12, **Contact:** 1) Mr. Harilal Shahu, Email: harilal.sahu@gmail.com, Mob. 09407699375, 2) Mr. Prafulldash, Mob. 7077704724,

Dhamma Bhubaneshwar, Kantabada, (Orissa)

"Dhamma Bhubaneshwar", At. Po. Kantabada, Dist. Khorda, **Contact:** 1) C. B. Kar, Tel: (0674) 2354207. Mobile: 9437131019. 2) D. L. Das, Tel: (0674) 2475757. Mobile: 9438012166, Email: vipassanabbsr@gmail.com **10-day:** 12 to 23-9, 14 to 25-11, **1-day:** Every month first Sunday, **Group Sitting:** Every Sunday 10 am to 11 am.

Dhamma Sikkim, Sikkim

Vipassana Meditation Centre, P. O. Aaho Senti, Vill, Senti East Sikkim 737135. Email: info@sikkim.org; **Contact:** Sheeladevi Chaurasia, Mob. 98307-06481, 97484-61787, 94343-39303, 94348-62226. Email: vijur889@hotmail.com

Dhamma Aruna, Changlang (Arunachal Pradesh)

Vipassana Meditation Centre, Village Mudoi, Police Check Gate, Dist – Changlang-792120, (13 Kms from Namsai to Mudoi) **Contact:** 1. Lukhep, Mob. 09436872876, 2. Nand Kishor, Mob. 09435338689, 3. A. S. Devi, Mob. 08132065357, **10-day:** 10 to 21-10,

Dhamma Pubbottara, Kamalanagar, Mizoram

Mizoram Vipassana Meditation Centre, Kamalanagar-II, CADC, Chawngte-C, Dist. Lawngtlai, Mizoram-796772. **10-day:** 10 to 21-10, 21-10 to 1-11, 8 to 19-12, 20 to 31-12, **1-day:** every Month first Sunday and magha, Vaishakha, Ashadha, Ashiwin, and Madhu Purnima, **Children Course:** every month second and third Sunday, **Contact:** Digambar Chakma, Tel: (0372) 2563565, Mobile: 094367-71165. Email: mvmc.knagar@gmail.com,

Dubai (United Arab Emirates)

10-day: 28-9 to 9-10, 23-11 to 4-12, **#ST:** 12 to 20-10, **Contact:** 1) J. P. Goenka, Mob. +971-50-6462-507. Tel: Off. [971] 4-2956544; Res. [971] 4-2230536; Email: jngoenka@gmail.com 2) Chandran, Mobile +971-50-7683301, 3) Ashish Jariwala, Mob. +97150-3554052.

List of the rest of the Video, Audio**CDs and DVDs**

A 21- Anapana Meditation- Mini Anapana Meditation for all as taught by Acharya S. N. Goenka 10 Mins. & 25 Mins. English Rs. 25/-

A 22 - Anapana Meditation- Mini Anapana Meditation for all as taught by Acharya S. N. Goenka 10 Mins. & 25 Mins. Hindi Rs. 25/-

A 23 - Anapana Meditation- Mini Anapana Meditation for all as taught by Acharya S. N. Goenka 10 Mins. & 25 Mins. in Marathi Rs. 25/-

A24 - Sutta Pravachan, Hindi-Pali, set of 7ACDs Rs. 175/-

1. Anattalakkhanasutta Discourse
2. Anapanasatisutta Discourse
3. Dhammacakkappavattansutta Discourse
4. Girimanandasutta Discourse
5. Vedanasamyutta Discourse (Samadhi, Sukha, Pahana, Patala, Datthabba and Salla Sutta).

A25 - Sutta Discourse, English-Pali, set of 5ACDs, Rs. 125/-

1. Anattalakkhanasutta Discourse
2. Anapanasatisutta Discourse
3. Dhammacakkappavattansutta Discourse
4. Girimanandasutta Discourse
5. Vedanasamyutta Discourse (Samadhi, Sukha, Pahana, Patala, Datthabba and Salla Sutta).

A26 - Group Sitting for Teenagers, Hindi & English Audio CD, 30 Min. Rs. 25/-

Half hour Group Sitting for Teenagers. It contains intermittent instruction in Hindi & English and end with Metta Bhavana.

A27 - 3 Day Pravachan, 3 Audio CD, Rs. 75/-
Guruji's Hindi discourse in a 3-day Vipassana course. The discourses cover the theoretical aspects of Vipassana meditation.

A28 - 3 Day Discourse, 3 Audio CD, Rs. 75/-
Guruji's English discourse in a 3-day Vipassana course. The discourses cover the theoretical aspects of Vipassana meditation.

DVDs

D1 - 10-day Course Discourses, Hindi (11 DVDs) Rs. 660/-

D2 - 10-day Course Discourses, English (11 DVDs) Rs. 660/-

Guruji's English discourses in a 10-day Vipassana course. The discourses cover the theoretical aspects of Vipassana meditation.

D3 - Satipatthana Course Discourses, Hindi (7 DVDs) Rs. 420/-

D4 - Satipatthana Course Discourses, English (8 DVDs) Rs. 480/-

Guruji's English discourses in a 8-day Satipatthana course. Satipatthana Sutta describes the practice of Vipassana Meditation in great detail.

D5 - Doing Time Doing Vipassana and Hill of Dhamma, English Documentary (1 DVD) Rs. 60/-

1) Doing Time Doing Vipassana is an English documentary film on the adoption of Vipassana in Indian prisons. - 53 Min. 2) Hill of Dhamma is an English documentary providing details on the proceedings of a 10-day Vipassana course at Dhamma Giri, Igatpuri. - 17 Min.

D6 - Inner Peace for World Peace, English (1 DVD) Rs. 60/-

1) Goenkaji's Address at The United Nations. - 15 Min. 2) Goenkaji's Q. & A. Session at the World Economic Forum, Davos, Switzerland. - 15 Min.

D7 - Changing from Inside, English Documentary - 47 Min. (1 DVD) Rs. 60/-

An English documentary film on the adoption of Vipassana Meditation in U.S. Prisons.

D8 - Global Pagoda, Hindi & English Documentary, 18 Min. (1 DVD) Rs. 60/-

This documentary gives information about the construction of the great monument (The Great Global Pagoda) that is being constructed at Gorai, Mumbai. It also explains the importance and purpose of building such a monument.

D9 - Vipassana: An Introduction (1 DVD) Rs. 60/-

1) Introduction to Vipassana (English) -17 Min. 2) Hill of Dhamma is an English documentary film providing details on the proceedings of a 10-day Vipassana course at Dhamma Giri, Igatpuri. - 17 Min. 3) The Great Global Pagoda: This English documentary gives information about the construction of the great monument (The Great Global Pagoda) that is being constructed at Gorai,

Mumbai. It also explains the importance and purpose of building such a monument. - 17 Min.

4) The Compass: This English documentary gives information on Anapana courses conducted for children in India and abroad. - 11 Min

D10 - 7 Day Kishoron ka Shivir, Hindi Discourse, 8 DVDs Rs. 480/-

D11 - Vipassana in Practice (1 DVD) Rs. 60/-

1) Introduction to Vipassana (English) -17 Min. 2) Doing Time Doing Vipassana: is an English documentary on the adoption of Vipassana in Indian prisons. - 53 Min. 3) Inner Peace for World Peace. Goenkaji's address at the U.N. - 15 Min.

4) The Compass: This English documentary gives information on Anapana courses conducted for children in India and abroad. - 11 Min. 5) Changing from Inside : is an English documentary on the adoption of Vipassana Meditation in U.S. prisons.- 47 Min.

D12 - Dhamma Tour Myanmar 2000, English Documentary- 39 Min. (1 DVD) Rs. 60/-

Documentary film covering Goenkaji's tour of Myanmar along with more than 300 Vipassana meditators. The tour covered places of historical interest related to Vipassana meditation.

D13 - Vipassana : Art of Living, Hindi, (4 DVD) Rs. 240/-

D14 - Dharan Kare so Dharam, Hindi, 3 April 2005, Mulund, 67 Min. (1 DVD) Rs. 60/-

D15 - Vipassana Evam Islam, Kurla, Mumbai, 57 Min. Hindi (1 DVD) Rs. 60/-

D16 - Vipassana for Psychiatry, English (1 DVD) Rs. 60/-

This is a 50 Min. video talk where Mr. Goenka addresses the 13th World Conference of Social Psychiatry held at New Delhi, Nov. 1992. First 20 Min. is an introductory talk on the Vipassana Technique and its relevance to Psychiatry, followed by a 30 Min. interview by Dr. Kishore Chandiramani, Assistant Professor of Psychiatry at All India Institute of Medical Sciences. The Questions and Answers session pertains to various aspects of the relationship of psychotherapy, modern psychology and the Vipassana technique and its application in the psychiatric field.

D17 - Dhrma Pravachan, Hindi, Kalyan, March 2004, 57 Min. (1 DVD) Rs. 60/-

D18 - Dhrma Pravachan, Hindi, Airoli, Navi Mumbai 2003, 94 Min. (1 DVD) Rs. 60/-

D19 - The Universal Appeal of the Buddha Dhamma at the World Buddhist Summit, Myanmar 2004, English, 41 Min. (1 DVD) Rs. 60/-

In this Acharya S. N. Goenka has clearly shown how the Buddha Dhamma has a universal appeal.

D20 - Hill of Dhamma (New Edition) (Hindi & English Documentary Film) (1 DVD) Rs. 60/-

A documentary providing details on the proceedings of a 10-day Vipassana course at Dhamma Giri, Igatpuri. - (Hindi- 18 Min. & English- 18 Min.)

D21 - Buddha's Relics Enshrinement (Global Pagoda, Mumbai, 29th Oct. 2006) (Hindi & English), 116 Min. (1 DVD) Rs. 60/-

Guruji's Discourse while enshrining the sacred relics of the Buddha in the Global Pagoda.

D22 - Dhrma Pravachan, Hindi, Shivaji Park, Mumbai 2006 (1 DVD) Rs. 60/-

D23 - Discourse on Buddha Purnima IIT, Mumbai, 16 May 2003, Hindi, 82 Min. (1 DVD) Rs. 60/-

D24 - Public Talk, Ontario, Canada, July 2002, Dis. 45 Min. Q/A 24 Min. English (1 DVD) Rs. 60/-

Introduction to Vipassana given by Guruji, & Q/A.

D25 - Public Talk, California, USA, July 2002, Dis. 40 Min. Q/A 28 Min. English (1 DVD) Rs. 60/-

Introduction to Vipassana given by Guruji, & Q/A.

D26 - Inner Peace for a Better World, English, 20 Min. (1 DVD) Rs. 60/-

Discourse given by Acharya S. N. Goenka on Inner Peace necessary for World Peace.

D27 - Buddhhasan Evam Babasaheb Ambedakar, Mumbai, March 2006, Hindi Pravachan, 50 Min. Q/A 22 Min. (1 DVDs) Rs. 60/-

D28 - Discourse on Lions Club, Ghatkopar, Mumbai, 30 March 2003 Hindi, 86 Min. (1 DVD) Rs. 60/-

D29 - Buddha- The Super Scientist, Sept. 2006, IIT Pawai, Mumbai 87 Min. English (1 DVD) Rs. 60/-

Introduction to Vipassana & Discourse given by Acharya S. N. Goenka on Buddha: The Super Scientist.

D30 - Babasaheb Ambedakar : Diksha ke 50 Varsha Pure Huea, Mumbai, Hindi Discourse, 63 Min. Oct. 2006 (1 DVD) Rs. 60/-

D31 - Mangal Dharm Hindi Discourse (4 DVD) Vol 1 Rs. 240/-

D32 - Mangal Dharm Hindi Discourse (4 DVD) Vol 2 Rs. 240/-

D33 - Mangal Dharm Hindi Discourse (3 DVD) Vol 3 Rs. 180/-

D34 - Q/A Dhammagiri, Igatpuri, 27 Oct. 2002, Hindi, 54 Min. (1DVD) Rs. 60/-

D35 - Dhamma Yatra 2001, Hindi & English Discourses (6 DVDs) Rs. 360/-

1) Hindi & English discourse given by Acharya S. N. Goenka during Dhamma Tour. In this Guruji has discussed the importance of Bodhgaya, Kushinagar, Lumbini. 2) Hindi discourse given by Acharya S. N. Goenka during Dhamma Tour. In this Guruji has discussed the importance of Sarnath, Shravasti, Vaishali.

D36 - Vipassana in Business, 32 Min. (1 DVD) Rs. 60/-

Learn how senior Business leaders in india from across industries & sectors cope with uncertainty and change in a challenging market environment. In a series of candid interviews, senior executives discuss how the practice of Vipassana meditation enables them to more effectively: manage their own stress, increase employee engagement and productivity, face the pressures of competition, and make decisions from a base of personal wisdom and authenticity.

D37 - Global Vipassana Pagoda, Inauguration 8 February 2009, (Hindi & English), Rs. 60/-

It contains the inaugural speech of Her Excellency Srimati Pratibha Devi Singh Patil, the President of India and speeches of some Ministers and Acharya Shri S. N. Goenka on the inaugural ceremony of Global Vipassana Pagoda.

D38 - Mahamanv Buddha ki Mahan Vidya Vipassana ka Udagam Aur Vikas (Budda Jivan Chitravali), Hindi 41 Min. (1 DVD) Rs. 60/-

D39 - The Great Buddha's Noble Teaching: The Origin and Spred of Vipassana (The Glimpses of Buddha's Life) English, 37 Min. (1 DVD) Rs. 60/-

The Origin and Spread of Vipassana : 37 Min. In this DVD Acharya S. N. Goenka has himself narrated the stories of those persons who practiced Vipassana.

D40 - Vipassana Meditation, 10 Day Course Overview- 2 Min, An Interview with S.N. Goenka - 19 Min, Audience Q & A with S.N. Goenka - 16 min. English (1 DVD) Rs. 60/-

“Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and remembered by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.”

D41 - The Gratitude Ceremony and Public Talk, Hindi-English 149 Min. (1 DVD) Rs. 60/-

Sri Satyanarayana Goenka on this occasion explained the virtue of gratitude. He expressed his boundless gratitude to Sayagyi U Ba Khin and told that Sayagyi gave him a new birth.

D42 - Buddha Statue Inauguration, Buddha Purnima Public Talk 17 Min. Buddha Statue Inauguration Public Talk 41 Min. Hindi-English (1 DVD) Rs. 60/-

On the occasion of the inauguration of the Buddha-statue Sri Satyanarayana Goenka told that the Buddha has taught the observance of morality, the practice of concentration and the technique to purify one's mind through the development of wisdom.

D43 - Mahamanav Buddhanchi Mahan Vidya Vipassana: Ugama Ani Vikas (Budda Jivan Chitravali), Marathi 33 Min. (1 DVD) Rs. 60/-

D44 Vipassana Badale Swabhav, (Vipassana Tihar Jail Men), Hindi 52 Min. (1 DVD) Rs. 60/-