

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 28, No. 10/11/12, 23 November, 2018.

● Regd. No. 49916/90; P. Regn. No. NSK/RNP-232/2018-2020 ③

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 Gurujī and Matajī, 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 Gurujī and Matajī 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** 2018● 28-11 to 9-12, 26-12 to 6-1-2019, 2019● 9 to 20-1, 23-1 to 3-2, (Only for Old Students: 6 to 17-2, 3 to 14-7), 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 17 to 28-7, 31-7 to 11-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 13 to 24-11, 1 to 12-1-2020, #ST: 2019● 2 to 10-4, 17 to 25-10, 3-day: 2019● 12 to 15-4, 10 to 13-10, 28-11 to 1-12, Trustee & Dhamma Servers Workshop: 2019● 26 to 27-10, International AT Meeting: 2018● 14 to 17-12, 2019● 18 to 20-12, Trainer Workshop: 2018● 18 to 19-12, 2019● 25 to 26-12, AT Workshop: 2018● 20 to 23-12,

2019● 21 to 24-12, 50th Anniversary Programme: 30-6 to 3-7,

Long Course: Special 10-day: 6 to 17-2, 6 to 17-12, 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-1 Igatpuri

#ST: 2019● 27-2 to 7-3, 15 to 23-6, **Long Course: Special 10-day:** 2019● 3 to 14-7, 20-day: 2019● 19-5 to 9-6, 30-day: 2019● 15-3 to 15-4, 19-7 to 19-8, 8-9 to 9-10, 45-day: 2019● 15-3 to 30-4, 19-7 to 3-9, 30-12 to 14-2-2020, 60-day: 2018● 18-12-2018 to 17-2-2019, 2019● 17-10 to 17-12,

Dhamma Tapovana-2, Igatpuri

#ST: 2019● 16 to 24-4, 28-9 to 6-10, 3-day: 2019● 24 to 27-6 **Long Course: Special 10-day:** 2019● 3 to 14-7, 23-10 to 3-11, 30-day: 2019● 23 to 26-3, 5-5 to 5-6, 6-11 to 7-12, 45-day: 2019● 5-5 to 20-6, 60-day: 2018● 18-12-2018 to 17-2-2019, 2019● 23-7 to 22-9, 21-12 to 20-2-2020,

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● 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: 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 Ānāpāna for Visitors

Mini Ānāpāna Training Sessions, Hindi/Eng ench 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:** 21-11 to 2-12, 3-day: 22 to 25-11, 28-11 to 1-12, **Children Course:** 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 Vriddhshram, 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: 2018●** 28-11 to 9-12, 12 to 23-12, 26-12 to 6-1, 2019● 9 to 20-1, 23-1 to 3-2, 6 to 17-2, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 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, 25-12 to 5-1, #ST: 2019● 21 to 29-9, **Teenagers' Course:** (Girls) 2019● 1 to 9-5, (Boys): 2019● 11 to 19-5, **Children Course:** 2019● (Boys) 23 to 24-5-19, (Girls) 25 to 26-5-19, **Contact:** 25098868/25011096/25162505]

Palghar: 10-day: (only Male)● 28-11 to 9-12, 12 to 23-12, 3-day: (Only male)● 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 16-12, (only female)● 19 to 30-12,

SCHEDULE OF LONG COURSES

INDIA AND NEPAL

Special 10-day Course

11 to 22-12-2018 *Dhamma Ambika, South Gujarat*
16 to 27-12-2018 *Dhamma Patthāna, Haryana*
16 to 27-1-2019 *Dhamma Kōta, Rajkot (Guj.)*
17 to 28-1-19 *Dhamma Suvattī, Sravastī (U.P.)*
6 to 17-2-19 *Dhamma Giri, Igatpuri*
20-2 to 3-3-19 *Dhamma Kalyana, Kanpur (U.P.)*
23-3 to 3-4-2019 *Dhamma Cakka, Sarnath (U.P.)*
7 to 18-4-2019 *Dhamma Thali, Jaipur*
18 to 29-5-2019 *Dhamma Patthāna, (Haryana)*
16 to 27-6-2019 *Dhamma Thali, Jaipur*
2 to 13-7-2019 *Dhamma Pattana, Gorai, Mumbai*
18 to 29-7-2019 *Dhamma Patthāna, (Haryana)*
3 to 14-7-2019 *Dhamma Tapovana-1, Igatpuri*
3 to 14-7-2019 *Dhamma Tapovan-2, Igatpuri*
14 to 25-8-2019 *Dhamma Nāga, Nagpur*
22-8 to 2-9-2019 *Dhamma Pushkar, Rajasthan*
1 to 12-9-2019 *Dhamma Kōta, Rajkot (Guj.)*
24-9 to 5-10-2019 *Dhamma Ambika, South Gujarat*
6 to 17-10-2019 *Dhamma Bodhi, (Bihar)*
13 to 24-10-2019 *Dhammalāya, Kolhapur*
15 to 26-10-2019 *Dhamma Setu, Chennai (T.N.)*
23-10 to 3-11-2019 *Dhamma Tapovan-2, Igatpuri*
3 to 14-11-2019 *Dhamma Utkal, (Orissa)*
20-11 to 1-12-19 *Dhamma Kalyana, Kanpur (U.P.)*
1 to 12-12-2019 *Dhamma Ketu, (Chattisgarh)*
6 to 17-12-19 *Dhamma Giri, Igatpuri*
20 to 31-12-2019 *Dhamma Patthāna, (Haryana)*

15-Day Gratitude Course

2 to 17-2-2019 *Dhamma Pattana, Mumbai*
2 to 17-2-2019 *Dhamma Sarovara, Dhule*
2 to 17-2-2019 *Dhamma Nāga, Nagpur*
2 to 17-2-2019 *Dhammalāya, Kolhapur*
2 to 17-2-2019 *Dhamma Lakshana, (U.P.)*
2 to 17-2-2019 *Dhamma Patthāna, (Haryana)*

20-day

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*
 20-2 to 13-3-2019 *Dhamma Setu, Chennai (T.N.)*
 5 to 26-3-2019 *Dhamma Sindhu, Kutch (Guj.)*
 13-4 to 4-5-2019 *Dhamma Patthana, (Haryana)*
 24-4 to 15-5-2019 *Dhamma Nagajuna, Telangana*
 19-5 to 9-6-2019 *Dhamma Tapovana-1, Igatpuri*
 14-7 to 4-8-2019 *Dhamma Pushkar, Rajasthan*
 21-7 to 11-8-19 *Dhamma Pattana, Gorai, Mumbai*
 1 to 22-8-2019 *Dhamma Patthana, (Haryana)*
 5 to 26-8-19 *Dhamma Kalyana, Kanpur (U.P.)*
 7 to 28-8-2019 *Dhammalaya, Kolhapur*
 8 to 29-9-2019 *Dhamma Suvatti, Sravasti (U.P.)*
 6 to 27-10-2019 *Dhamma Bodhi, (Bihar)*
 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

28-11 to 29-12-2018 *Dhammapala, 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 Kanana, (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)*
 20-2 to 23-3-2019 *Dhamma Setu, Chennai (T.N.)*
 21-2 to 24-3-2019 *Dhamma Patthana, (Haryana)*
 23 to 26-3-2019 *Dhamma Tapovan-2, Igatpuri*
 28-2 to 31-3-2019 *Dhamma Suvatti, (U.P.)*
 5-3 to 5-4-2019 *Dhamma Sindhu, Kutch (Guj.)*
 15-3 to 15-4-19 *Dhamma Tapovana-1, Igatpuri*
 24-4 to 25-5-2019 *Dhamma Nagajuna, Telangana*
 5-5 to 5-6-2019 *Dhamma Tapovan-2, Igatpuri*
 1-6 to 2-7-2019 *Dhamma Patthana, (Haryana)*
 14-7 to 14-8-2019 *Dhamma Pushkar, Rajasthan*
 19-7 to 19-8-19 *Dhamma Tapovana-1, Igatpuri*
 1-8 to 1-9-2019 *Dhamma Bodhi, (Bihar)*
 7-8 to 7-9-2019 *Dhammalaya, Kolhapur*
 26-8 to 26-9-2019 *Dhamma Patthana, (Haryana)*
 8-9 to 9-10-2019 *Dhamma Tapovana-1, Igatpuri*
 31-10 to 1-12-2019 *Dhamma Thali, Jaipur*
 6-11 to 7-12-2019 *Dhamma Tapovan-2, Igatpuri*
 15-11 to 16-12-2019 *Dhamma Pushkar, Raj.*
 17-12-19 to 17-1-20 *Dhamma Ambika, South Gujarat*

45-day

19-12-18 to 3-2-19 *Dhamma Nagajuna, Telangana*
 20-1 to 7-3-2019 *Dhamma Thali, Jaipur*
 9-2 to 27-3-2019 *Dhamma Bodhi, (Bihar)*
 21-2 to 8-4-2019 *Dhamma Patthana, (Haryana)*
 28-2 to 15-4-19 *Dhamma Suvatti, Sravasti (U.P.)*
 15-3 to 30-4-19 *Dhamma Tapovana-1, Igatpuri*
 5-5 to 20-6-2019 *Dhamma Tapovan-2, Igatpuri*
 19-7 to 3-9-19 *Dhamma Tapovana-1, Igatpuri*
 15-10 to 30-11-19 *Dhamma Suvatti, Sravasti (U.P.)*
 29-10 to 14-12-19 *Dhamma Nagajuna, Telangana*
 2-11 to 18-12-2019 *Dhamma Patthana, (Haryana)*
 17-12-19 to 1-2-20 *Dhamma Ambika, South Gujarat*
 22-12-19 to 6-2-20 *Dhamma Nagajuna, Telangana*
 30-12 to 14-2-20 *Dhamma Tapovana-1, Igatpuri*

60-day

18-12-18 to 17-2-19 *Dhamma Tapovana-1, Igatpuri*
 18-12-18 to 17-2-19 *Dhamma Tapovan-2, Igatpuri*
 23-7 to 22-9-2019 *Dhamma Tapovan-2, Igatpuri*
 17-10 to 17-12-19 *Dhamma Tapovana-1, Igatpuri*
 21-12 to 20-2-20 *Dhamma Tapovan-2, Igatpuri*

Dhammananda, Pune

Pune Vipassana Centre, near Markal village, 8 km. from Alandi, (No admission without confirmation). **10-day:** Only for Hindi, Marathi, Students 8 to 19-12, Only for Hindi, English, Students 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 Punna, Pune city (Swargate)

Pune Vipassana Samiti, Opp. Nehru Stadium, Behind Swargate Water Works, Near Anand Mangal Karyalaya, Dadawadi, Pune 411002. Email: info@punna.dhamma.org; Tel: (020) 2443-6250, **10-day:** Only for Hindi, Marathi, Students 18 to 29-11, 16 to 27-12, Only for Hindi, English, Students 2 to 13-12, **3-day:** 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 Ajanta, Aurangabad

Ajanta International Vipassana Samiti, Gut No 45 Rampuri, Vajapur Road Aurangabad 431003. Tel: (0240) 2040444, **10-day:** 2018 28-11 to 9-12, 12 to 23-12, 25-12 to 6-1, 2019 9 to 20-1, 23-1 to 3-2, 6 to 17-2, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 17 to 28-4, **#ST:** 2019 3 to 11-4, **1-day:** 2018 25-11, 9-12, 23-12, 2019 20-1, 3-2, 17-2, 3-3, 17-3, 31-3, 12-4, 28-4, **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:** 2018 25-11 to 6-12, 9 to 20-12, 2019 6 to 17-1, 20 to 31-1, 20-2 to 3-3, 8 to 19-3, 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, 14 to 25-7, 28-7 to 8-8, 18 to 29-8, 14 to 25-9, 26-9 to 7-10, 13 to 24-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, **#ST:** 2018 23 to 31-12, 2019 24-3 to 1-4, 8 to 16-5, 4 to 12-9, **2-day:** 2019 2 to 4-1, 11 to 13-8, 1 to 3-11, 29 to 31-12, **Children Course:** 2019 19-4, 30-10, 31-10, 27-12, 28-12, **15-Day Gratitude Course:** 2019 2 to 17-2, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhammalaya, Kolhapur

Deccan Vipassana Research Centre, Ramling Road, Aalte Park, Aalte, Tal Hatkangale, Dist. Kolhapur, Pin: 416123. Email: info@alaya.dhamma.org; (No admission without confirmation) **Contact:** Mob. 97674-13232, 9697933232, 7420943232, **10-day:** (Hindi/English speaking students only) 16 to 27-12, 2019 2 to 13-1, 16 to 27-1, 24-2 to 7-3, 10 to 21-3, 24-3 to 4-4, 7 to 18-4, 9 to 20-6, 13 to 24-10, 3 to 14-11, 17 to 28-11, 1 to 12-12, 15 to 26-12, (Hindi/Marathi speaking students only) 2019 21-4 to 2-5, 23-6 to 4-7, 21-7 to 1-8, 15 to 26-9, 29-9 to 10-10, (Hindi/English In Kannada also) 2019 7 to 18-7, (Hindi/Marathi speaking students only female) 2019 15 to 26-5, **#ST:** 2019 12 to 20-3, 11 to 19-6, 17 to 25-9, 3 to 11-12, **3-day:** 2018 10 to 13-12, 2019 9 to 12-9, **2-day:** 2019 21 to 23-2, 18 to 20-4, 20 to 22-6, 24 to 26-10, **Teenagers' Course:** (Girls) 2019 5 to 13-5, (Boys) 2019 29-5 to 6-6, **Dhamma Servers' Workshop:** 2018 8 to 10-12, 2019 18 to 19-2, 28 to 29-12, **15-Day Gratitude Course:** 2019 2 to 17-2, **Long Courses:** Special 10-day: 2019 13 to 24-10, **20-day:** 2019 7 to 28-8, **30-day:** 2019 7-8 to 7-9,

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/schusugandha **10-day:** (male Hindi and Marathi speaking students only) 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 Naga, 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:** 2018 5 to 16-

12, 2019 2 to 13-1, 16 to 27-1, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 22-5 to 2-6, 5 to 16-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 28-8 to 8-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, **#ST:** 2018 24-12 to 1-1-2019, 2019 18 to 26-6, 24-12 to 1-1-2020, **3-day:** 2018 18 to 21-12, 2019 27 to 30-6, **Teenagers' Course:** (Girls) 2019 30-4 to 8-5, (Boys) 2019 10 to 18-5, **1-day:** 2018 2-12, 16-12, 2019 13-1, 27-1, 3-3, 17-3, 31-3, 14-4, 28-4, 19-5, 2-6, 16-6, 14-7, 16-7, 28-7, 11-8, 8-9, 29-9, 6-10, 27-11, 10-11, 24-11, 8-12, 22-12, **AT Workshop:** 2019 11 to 15-9, **15-Day Gratitude Course:** 2019 2 to 17-2, **Long Courses:** Special 10-day: 2019 14 to 25-8, **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:** 2018 7 to 18-12, 2019 2 to 13-1, 6 to 17-2, 6 to 17-3, 2 to 13-4, 6 to 17-5, 5 to 16-6, 3 to 14-7, 3 to 14-8, 4 to 15-9, 17 to 28-9, (only female) 2019 2 to 13-10, 6 to 17-11, 7 to 18-12, **#ST:** 2018 22 to 30-12, 2019 19 to 27-7, 22 to 30-12, **1-day:** 2018 (4 am to 9 am) 6-12, 2019 1-1, 30-1, 17-2, 17-3, 14-4, 18-5, 16-6, 14-7, 15-9, 29-9, 6-12, **Children Course 3-day:** (Girls) 2019 29 to 31-10, **Children Course 1-day:** 2018 2-12, 2019 2-6, 20-10, 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.

Kamtee 3-day: (Only Female) 21 to 24-12, at Dragan Palace Vipassana Sadhana Kamtee, Nagpur **Contact:** 1. Ku. Pratibha Vasnik, Mob. 7774858173, 7620349694, 2) Mrs Rekha Bhawe, Mob. 8087893962,

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:** 10 to 21-12, **1-day:** 2-12, **Children Course:** (14 to 16 yrs) 23-12,

Kotamba (Yavatmal): 10-day: 2019 6 to 17-1, 3 to 14-2, 17 to 28-4, 5 to 16-5, 26-5 to 6-6, 21-7 to 1-8, 18 to 29-8, 8 to 19-9, 2 to 13-10, 3 to 14-11, (Only for bhikkhus and bhikkhunis) 2018 9 to 20-12, (Only for bhikkhus and bhikkhunis) 2019 9 to 20-6, 8 to 19-12, **#ST:** 2019 24-3 to 1-4, **1-day:** 2018 2-12, and 2019 Every Sunday: 8 am to 3 pm **Children's course:** 2018 25-11, 23-12, 2019 13-1, 17-2, 10-3, 7-4, 26-5, 16-6, 23-6, 28-7, 11-8, 22-9, 20-10, 17-11, 22-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. Mob. 9822896453, 7776964808, 9175622575,

Santuk-Pimpri (Hingoli): 10-day: (Only Male) 23-12 to 3-1-19, 20 to 31-1-19, (Only female) 6 to 17-1-19, **Contact:** Dr. Sangram Jondhale, Mob. 9422189318, 9422660954, 9420433905, 9881242487,

Dhamma Amravati, Lumbini, Mogara,

Vipassana Kendra, Vipassana Samiti, Lumbini, At Mogara, Post- Bhankheda, Tal-Dist. Amravati. **Contact:** 1) Mr. Katave Gurujii, Mob. 9890309738, 2) Mr. Babuji Shirsat, Mob. 8007676033, **#ST:** 1 to 9-12,

Dhamma Gond, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656, 8669038011, 9921395006, 9764835035, **10-day:** 2018 28-11 to 9-12, 2019 2 to 13-1, 16 to 27-1, 30-1 to 10-2, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 17 to 28-4, 1 to 12-5, 15 to 26-5, 29-5 to 9-6, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 30 to 10-11, 13 to 24-11, **#ST:** 2019 4 to 12-4, 6 to 14-8, 27-11 to 5-12, **3-day:** 2018 13 to 16-12, 2019 14 to 17-2, 15 to 18-8, 7 to 10-12, **1-day:** 2018 25-11, 2019 13-1, 10-2, 17-3,

12-5, 26-5, 9-6, 23-6, 21-7, 15-9, 13-10, 10-11, **Children Course: 2018** 9-12, 2019 27-1, 3-3, 31-3, 28-4, 7-7, 4-8, 1-9, 29-9, 27-10, 24-11, **Children Course 3-day: 2018** (age 12 to 15 Girls) 2018 22 to 25-12, 2019 26 to 29-12, (Boys) 2018 26 to 29-12, 2019 21 to 24-12, **Chitki (Wardha) 10-day: 8 to 19-12, Contact: 1. Shri Khandare, Tel: 07158-284372, Mob. 7264813850, Shri Bhele, Mob. 8888531689,**

RohnaGaon (Pavani Bhandara): 10-day: 3 to 14-1, 30-1 to 10-2, 6 to 17-3, 27-3 to 7-4, 19-6 to 30-6, 3 to 14-7, Place: DhammaPavan Vipassana Samiti, Rohnagaon (Pavani) Dist: Bhandara, Contact: 1) Mr Shailesha Kambale, Mob. 9923268362, 2) Mr Kunal Gajbhiye, Mob. 7507855879, 9156410652.

Tumsar (Bhandara): 10-day: 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: 2018 27-11 to 8-12, 2019 9 to 20-1, 5 to 16-2, 5 to 16-3, 2 to 13-7, 3 to 14-9, 19 to 30-11, #ST: 2019 6 to 14-8, 3 to 11-12, 3-day: 2019 2 to 5-3, 1-day: 2019 20-1, 19-2, 18-5, 29-9, 12-11, Teenagers' Course: (Girls) 2019 31-10 to 8-11, Children Course 2-day: 2019 (10 to 16 yrs) 8 to 9-11, Children Course 1-day: 2019 27-1, 24-2, 30-4, 14-5, 28-5, 11-6, 25-6, 15-12, 29-12, Contact: Saluja, 09423635572, Ramteke, 9422833002, Devendra, 9403239792,

Pavani (Bhandara): 10-day: 19 to 30-12, At: Dhammprabhas 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, Babhagaon 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 male) 2019 13 to 24-1, 10 to 21-3, 14 to 25-4, 11 to 23-8, 13 to 24-10, 17 to 28-11, (only female) 2018 2 to 13-12, 2019 10 to 21-2, 31-3 to 11-4, 14 to 25-7, 15 to 26-9, 3 to 14-11, 1 to 12-12, #ST: (Only male) 2019 12 to 20-5, (only female) 2019 2 to 10-5, Teenagers' Course (Boys): 2019 2 to 11-6, (Girls): 2019 16 to 25-6,

Dhamma Niranjana, Nanded

Vipassana Centre, New Danki, Near Godavari River, Contact: 1) Dr. Jondhale, Mob. 94221-89318. 2) Mr. Bhawe, Mob. 9421572499 10-day: 2018 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 23-12, 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: 2019 1 to 4-11 (Girls) 2019 4 to 7-11, Children Course: 2018 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: 2018 20 to 31-12, Contact: 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738.

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkehda Phata, Telhara-444108 Dist Akola Email: info@anakula.dhamma.org Mob. 9421156138, 9881204125, 9421833060, 10-day: (Only Male) 2018 26-12 to 6-1, (Only Male) 2019 23-1 to

3-2, 20-2 to 3-3, 27-3 to 7-4, 24-4 to 5-5, 19 to 30-6, (for bhikkhus 3 to 14-7), 17 to 28-7, 4 to 15-9, 2 to 13-10, 13 to 24-11, 11 to 22-12, (only female) 2018 5 to 16-12, 2019 9 to 20-1, 6 to 17-2, 6 to 17-3, 10 to 21-4, 5 to 16-6, 31-7 to 11-8, 18 to 29-9, 30-10 to 10-11, 27-11 to 8-12, #ST: 2019 21 to 29-8, 16 to 24-10, 3-day: 2019 21 to 24-3, 15 to 18-8, 25 to 28-12, 2-day: 2019 31-8 to 2-9, Teenagers' Course: (Boys) 2019 22 to 30-5, (Girls) 2019 9 to 17-5, 1-day: 2019 20-1, 17-2, 17-3, 21-4, 19-5, 16-6, 14-7, 11-8, 29-9, 13-10, 10-11, 8-12, Children Course: 2018 16-12, 2019 6-1, 3-2, 3-3, 7-4, 5-5, 30-6, 28-7, 15-9, 24-11, 22-12, Contact: 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): 10-day: (only Female) 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 male) 2019 8 to 19-1, 20-2 to 2-3, 21-4 to 1-5, 17 to 28-7, 16 to 27-9, 18 to 28-11, (only female): 2019 27-1 to 6-2, 22-3 to 1-4, 19 to 29-6, 17 to 28-8, 15 to 26-10, 16 to 27-12, #ST: (only female): 2019 9 to 16-2, (only male) 2018 23-12 to 31-12, 2019 9 to 16-3, 1-day: 2018 and 2019 every month second Sunday, 9 am to 5 pm and 30-9-2019, 3-day Children Course: 2019 (only boys 10 to 16 yrs) 30-10 to 1-11, Children Course: 2018 and 2019 (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm Contact: 1) Mr. Jaggannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803, 7083320495,

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 27-12, (Only Male) 2 to 13-12, 2-day: (Only Female) 28 to 30-12, Contact: 9823046754, 9423159096

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Email: dhammaajaya@gmail.com 10-day: 28-11 to 9-12, 19 to 30-12, 1-day: 9-12, Contact: 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9595313646, 8412957602,

Nagbhid (Chandrapur): 10-day: 2019 19 to 30-4, Place: Go. Va. Mahavidyalaya Nagbhid, Dist. Chandrapur-441205. Contact: 1) Amar shende, Mob. 8275240717, 2) Arvind Ghayavan, Mob. 9049566078.

Gujagvhaan (Chandrapur): 10-day: (only Female) 2 to 13-12, Place: Ledi Sayado Vipassana Trust, Gujagvhaan Tal chimpur, Dist Chandrapur-442903, Mob: 8888159769, 7875361225.

Ballarpur: 21 to 31-12, 1-day: 2-12, 1-1-2019, Place: AT Yenbodi, Po Kothari, Tal- 442701, Contact: 1) Mr. Vasant Dhoke, Mob. 09423503514, 07385119525, 2) Mr. Manohar Fulzele, Mob. 08551987943.

Gadchiroli: 3-day: 22 to 25-12, 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: dhammapadesa@gmail.com Email: vipassana.01mahad@gmail.com

Goa: 10-day: 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 Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 9610401401, 9828804808, (for Manual registration/queries); Email: info@thali.dhamma.org, 10-day: 2018 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: 2019 11 to 19-3, 25-4 to 3-5, 4 to 12-6, 16 to 24-7, 8 to 16-10, 3-day: 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, CCT 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: 2019 20-1 to 10-2, 31-10 to 21-11, 30-day: 2019 20-1 to 20-2, 31-10 to 1-12, 45-day: 2019 20-1 to 7-3,

Jamdoli: 10-day: (Only Female) 2019 16 to 27-1, (Only Male) 2019 13 to 24-2, 3-day: (Only Female) 2019 3 to 6-1, 28-2 to 3-3, (Only Male) 2018 6 to 9-12, 13 to 16-12, 2019 10 to 13-1, 31-1 to 3-2, 7 to 10-2, 7 to 10-3, Teenagers' Course: (Girls) 22 to 30-12, Place: Dhamma Nilaya 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 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: 2019 19 to 27-2, 2 to 10-7, 15 to 23-10, 3-day: 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: 2019 22-8 to 2-9, 20-day: 2019 14-7 to 4-8, 15-11 to 6-12, 30-day: 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 Dist- Balvanta Chohra, 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, -Chaupsani Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, 10-day: 2018 28-11 to 9-12, 25-12 to 5-1, 2019 14 to 25-1, 29-1 to 9-2, 11 to 22-2, 24-2 to 7-3, 10 to 21-3, 10 to 21-4, 6 to 17-5, 20 to 31-5, 2 to 13-7, 18 to 29-7, 3 to 14-8, 18 to 29-8, 2 to 13-9, 28-9 to 9-10, 14 to 25-10, 30-10 to 10-11, 12 to 23-11, 25-11 to 6-12, 25-12 to 5-1-2020, #St: 2019 24-4 to 2-5, 9 to 17-12, 3-day: 2019 4 to 7-4, 18 to 21-6, 16 to 19-9, Teenagers' Course: (Boys) 2019 4 to 12-6, Children Course: 3-day: 2018 (age 10 to 16) 21 to 24-12, Children Course: 2-day: 2019 14 to 16-6, 20 to 22-12, Contact: 1) Nemichand Bhandari, Mobile: 93147-27215, Email: dhamma.maroodhara@gmail.com; 2) Mr Kamal Sardar, Mob. 7023999944,

Dhamma Pabbaja, 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. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, 10-day: 2 to 13-12, 19 to 30-12, 1-day: 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: 2018 5 to 16-12, 19 to 30-12, 2019 2 to 13-1, 16 to 27-1, 6 to 17-2, 20-2 to 3-3, 6-3 to 17-4, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com

Dhamma Patthana, Sonapat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonapat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com 10-day: 2019 5 to 16-1 old Students only, #ST: 2019 19 to 27-1, 7 to 15-5, 6 to 14-7, 1 to 9-10, 18 to 26-10, AT Workshop: 2019 10 to 13-10, 15-Day Gratitude Course: 2019 2 to 17-2, Long Course: Special 10-day: 2018 16 to 27-12, 2019 18 to 29-5, 18 to 29-7, 20 to 31-12, 20-day: 2019 13-4 to 4-5, 1 to 22-8, 30-day: 2019 21-2 to 24-3, 1-6 to 2-7, 26-8 to 26-9, 45-day: (15 day Anapan) 2019 21-2 to 8-4, 2-11 to 18-12, Contact: same as Dhamma Sota

Dhamma Karunika, 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: 2018 12 to 23-12, 26-12 to 6-1, 2019 9 to 20-1, 23-1 to 3-2, 13 to 24-2, 27-2 to 10-3, 13 to 24-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, 25-12 to 5-1, 3-day: 2019 3 to 6-6, Teenagers' Course: (Boys) 22 to 30-5, Teenagers' Course: (Girls) 12 to 20-6,

Dhamma Hitkari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. Contact: 92543-48837, 9416303639. 10-day: 2018 5 to 16-12, 19 to 30-12, 2019 2 to 13-1, 16 to 27-1, 6 to 17-2, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 16 to 27-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12,

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: 2018 5 to 16-12, 19 to 30-12, 2019 2 to 13-1, 16 to 27-1, 6 to 17-2, 20-2 to 3-3, 6 to 17-3, 20 to 31-3, 3 to 14-4, 17 to 28-4, 1 to 12-5, 15 to 26-5, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 7 to 18-8, 21-8 to 1-9, 4 to 15-9, 18 to 29-9, 2 to 13-10, 6 to 17-11, 20-11 to 1-12, 4 to 15-12, 18 to 29-12, #ST: 2019 16 to 24-10, 3-day: 2019 30-5 to 2-6, 1 to 4-8, 31-10 to 3-11,

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: 2018 and 2019 every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 2019 20 to 28-3, 15 to 23-11, 3-day: 2019 23 to 26-11,

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: (Female Only) 2018 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 Jantawal, near Dehradun Cantonment, near Santala Devi Mandir, Dehradun 248001. Tel: 0135-2715189, 2715127, 94120-53748, Email: reg.dhammasalila@gmail.com; 10-day: 2018 5 to 16-12, 19 to 30-12, 2019 23-1 to 3-2, 6 to 17-2, 20-2 to 3-3, 6 to 17-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 5 to 16-6, 19 to 30-6, 3 to 14-7, 17 to 28-7, 31-7 to 11-8, 28-8 to 8-9, 11 to 22-9, 25-9 to 6-10, 9 to 20-10, 30-10 to 10-11, 13 to 24-11, 27-11 to 8-12, 11 to 22-12, #ST: 2019 17 to 25-8, 3-day: 2019 11 to 14-8, 20 to 23-10, 22-12 to 25-12, 2-day: 2019 17 to 19-3, 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) and 2019 4 to 15-1, 19 to 30-1, 19-2 to 2-3, 2-day: 2019 15 to 17-1, 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) 15-Day Gratitude Course: 2019 2 to 17-2, 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 13-12, 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: 2019 8 to 29-9, 30-day: 2019 28-2 to 31-3, 45-day: 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 14-12, 18 to 29-12, 1-Day: 2018 23-12, 2-Day Children Course: 2018 29 to 31-12, Long Courses: Special 10-day: 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: 2018 5 to 16-12, 20 to 31-12, 2019 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 5 to 16-5, 5 to 16-6, 20-6 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-9, 20-9 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12, #ST: 2019 22-2 to 2-3, 22 to 30-11, 3-day: 2019 1 to 4-4, 28 to 31-8, Teenagers' Course: (Boys) 2019 16 to 24-5, (Girls) 2019 24-5 to 1-6, 1-day: 2018 and 2019 Every month Fourth Sunday. 10 am to 5 pm, Children Course: 2019 (8 to 12 yrs) 1 to 4-1, 1 to 4-6, 16 to 19-6, Long Courses: Special 10-day: 2019 20-2 to 3-3, 20-11 to 1-12, 20-day: 2019 5 to 26-8,

'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, Contact: 1. Dr. Vimalkumar Modi, C/o Aarogya Mandir, Gorakhpur-273003, 2. Mob. 9935599453,

Dhamma sudha, 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: 2018 19 to 30-12, 2019 23-1 to 3-2, 27-2 to 10-3, 13 to 24-3, 27-3 to 7-4, 10 to 21-4, 24-4 to 5-5, 8 to 19-5, 22-5 to 2-6, 12 to 23-6, 26-6 to 7-7, 10 to 21-7, 24-7 to 4-8, 14 to 25-8, 28-8 to 8-9, 25-9 to 6-10, 9 to 20-10, 27-11 to 8-12, 18 to 29-12, 3-day: 2019 10 to 13-1, 7 to 10-2, 12 to 15-9, 7 to 10-11, 12 to 15-12, 2-day: 2018 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: 2018 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. 2019 every month 4 to 15. and 18 to 29, March to December and In January and February 18 to 29-1, 4 to 15-2, 18-2 to 1-3, (except during #ST), #ST: 2019 4 to 12-11, Place: Vietnam Mahaprajapati Nunnery, Vishwashanti Pagoda Road, Vaishali-844128, Contact: Rajkumar Goenka, Email: info@vaishali.in.dhamma.org; Tel: (0621) 224-0215, 8935963703, 9431245971,

Remaining schedule will be publish in the next issue.