

Schedule of Vipassana Courses

"Vipassana Newsletter" Vol. 29, No. 12, 12 Dec, 2019.

● 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. **Satipaṭṭhāna** courses marked #ST end on the evening of the last day and are for students who have completed at least three 10-day courses and are practising regularly for the last one year.

Long Courses: (Please get special application forms from centres) **20-day** and **Special 10-day course:** requires five 10-day courses, one **Satipaṭṭhāna** course, full-time Dhamma service for at least one ten-day course, daily practice for the past two years, and full commitment to Vipassana. **30-day:** 20-day course and full-time Dhamma service in at least one ten-day course. (ānāpāna for 10 days in a 30-day course and for 15 days in a 45 day course is prescribed.) **45-day:** two 30-day courses and deeply involved in Dhamma service. **60-day:** 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—**Samaggānaṃ 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 Satipaṭṭhāna 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 Paṭṭhāna.

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: 2441176. (10 am to 5 pm). Email: info@igiri.dhamma.org To apply online for ten-day courses: www.dhamma.org/schvia.shtml (No admission without confirmation) **10-day:** 2020 1 to 12-1, 15 to 26-1, 29-1 to 9-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 2 to 13-5, 16 to 27-5, 30-5 to 10-6, 13 to 24-6, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 11 to 22-11, 25-11 to 6-12, 23-12 to 3-1-2021, **10-day: (Only for old Student)** 12 to 23-2, 28-10 to 8-11, **#ST:** 2020 7 to 15-4, 27-6 to 5-7, **Trustee & Dhamma Servers Workshop:** 2020 24 to 25-10, **CAT/Teacher Meeting 2020:** 2-12, **International AT Meeting:** 18 to 20-12-19, 2020 13 to 15-12, **Trainer Workshop:** 25 to 26-12, 2020 20-12, **AT Workshop:** 21 to 24-12, 2020 16 to 19-12 **Long Course: Special 10-day:** 2020 12 to 23-2, 28-10 to 8-11, 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: 2020 28-9 to 6-10 **Long Course: Special 10-day:** 2020 11 to 22-6, **20-day:** 18-2 to 10-3, 18-5 to 8-6, **30-day:** 15-3 to 15-4, 29-6 to 30-7, 7-8 to 7-9, **45-day:** 2019 30-12 to 14-2-2020, 2020 15-3 to 30-4, 7-8 to 22-9, 28-12-20 to 12-2-2021, **60-day:** 2020 11-10 to 11-12.

Dhamma Tapovana-2, Igatpuri

Long Course: Special 10-day: 2020 17 to 28-4, **20-day:** 2020 1 to 22-7, 3 to 24-10, **30-day:** 2020 1-3 to 1-4, 4-5 to 4-6, 9-11 to 10-12, **45-day:** 2020 4-5 to 19-6, **60-day:** 21-12-19 to 20-2-2020, 2020 30-7 to 29-9, 16-12 to 15-2-2021.

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:** 25-12 to 5-1-2020, 2020 (7 to 18-1 Irani Course), 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 8 to 19-4, 21-4 to 2-5, 5 to 16-5, 27-5 to 7-6, 10 to 21-6, 23-6 to 4-7, 8 to 19-7, 19 to 30-8, 2 to 13-9, 15 to 26-9, 30-9 to 11-10, 14 to 25-10, 28-10 to 8-11, 17 to 28-11, **#ST:** 2020 12 to 30-1, **3-day:** 19 to 22-12, 2020 2 to 5-4, 13 to 16-8, 22 to 15-11, **1-Day Mega course:** 2020 12-1, 19-1, 3-5, 5-7, 27-9, **15-Day Gratitude Course:** 2-2 to 17-2-2020, **Indian AT Workshop:** 17 to 24-5-2020 **Long Course: 20-Day** 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 Day** 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 each 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 Vāṭikā: Palghar

10-day: (Only male) 2020 15 to 26-1, 29-1 to 9-2, 26-2 to 8-3, 27-3 to 7-4, 10 to 21-4, 8 to 19-5, 22-5 to 2-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, 26-8 to 6-9, 21-9 to 2-10, 5 to 16-10, 28-10 to 8-11, 18 to 29-11, (Only Female) 25-12 to 5-1-20, 2020 12 to 23-2, 24-4 to 5-5, 8 to 19-9, 2 to 13-12, **3-day:** (Only male) 2020 13 to 16-3, **Place:** Palghar Vipassana Centre, Gut No. 198-2/A, Behind Alyali Cricket Ground, Alyali Village, Palghar-401404, **Contact:** 1), Mob. 9637101154, 2) Shri Irani, Mob. 92708-88840. Email: vipassana.palghar@gmail.com

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:** 25-12-2019 to 5-1-2020, 6 to 17-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 19 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, **#ST:** 3 to 11-4, **3-day executive courses:** 1 to 4-1, 6 to 9-2, 12 to 15-2, 5 to 8-3, 11 to 14-3, 16 to 19-4, 22 to 25-4, 14 to 17-5, 20 to 23-5, 11 to 14-6, 17 to 20-6, **Children Course:** 5-1, 16-2, 15-3, 26-4, 24-5, 21-6, **15-Day Gratitude Course:** 18-1 to 2-2, **1-day:** Every Sunday, **Group Sitting:** Daily (any time) 9 am to 9 pm,

Dhamma Vāhini: Titwala

Mumbai Parisar Vipassana Centre, Village Runde, Titwala, (near Kalyan), Dist. Thane. Website www.vahini.dhamma.org, registration only online Email: vahini.dhamma@gmail.com **10-day: Long Course: 20-day: 30-day:** **Contact:** Mobile: 97730-69978. (12 to 6 pm on weekdays).

Dhamma Saritā, Khadavali (Thane) C. R.

Jeevan Sandhya Mangalya Sansthan, Matoshree Vriddhashram, At: Sorgaon, Post: Padgha, Tal. Bhivandi, Dist. Thane-421101. Email: registration_dhamma.sarita@gmail.com; info@sarita.dhamma.org, Online registration www.sarita.dhamma.org. **Contact:** Mob. 91-779-83-24659, **10-day:** 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 1 to 12-4, 15 to 26-4, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, **#ST:** 2020 18 to 26-3, **3-day:** 2019 19 to 22-12, **2-day:** 2020 3 to 5-1, 27 to 29-3, 27 to 29-4, 29 to 31-5, **Teenagers' Course:** (Boys) 24-12 to 1-1-2020, 11 to 19-5, (Girls) 1 to 9-5-2020, **Children Course:** (Boys) 23 to 24-5 **Contact:** 25008868/25011096/25162505 (1-day: 2019) On Last day of Every 10-day Course 11 am to 5 Pm **Contact:** Mob. 91- 77983-24659, 77983-25086.)

Dhamma Nāsikā, Nashik

Nashik Vipassana Kendra, Opposite N.M.C. Water filtration plant, Shivaji Nagar, Satpur, (Post: YCMOU), Nashik-422222. Tel: (0253) 6516-242, 3203-677, 2020533, (10 am to 5 pm

Only). **Contact:** No. 7758887453, 7758889941, if not answered kindly Email: info@nasika.dhamma.org **10-day: 2019** (only female) **10-day:** (Male and Female old Students) 18 to 29-12-2019,

SCHEDULE OF LONG COURSES

INDIA

Special 10-day Course

20 to 31-12-2019 Dhamma Paṭṭhāna, (Haryana)
17 to 28-1-2020 Dhamma Suvatthi, Sravasti (U.P.)
12 to 23-3-2020 Dhamma Giri, Igatpuri
12 to 23-3-2020 Dhamma Divākha, Mehsana (Guj.)
27-2 to 9-3-2020 Dhamma Pushkar, Rajasthan
30-3 to 10-4-2020 Dhamma Ajaya, Chandrapur
17 to 28-4-2020 Dhamma Tapovana-2, Igatpuri
19 to 30-4-2020 Dhamma Thali, Jaipur
18 to 29-5-2020 Dhamma Paṭṭhāna, (Haryana)
3 to 14-6-2020 Dhamma Khetta, Hyderabad
11 to 22-6-2020 Dhamma Tapovana-1, Igatpuri
14 to 25-6-2020 Dhamma Thali, Jaipur
18 to 29-7-2020 Dhamma Paṭṭhāna, (Haryana)
19 to 30-7-2020 Dhamma Lakkhana, Lucknow (U.P.)
11 to 22-8-2020 Dhamma Pushkar, Rajasthan
19 to 30-8-2020 Dhamma Nāga, Nagpur
14 to 25-10-2020 Dhamma Setu, Chennai (Tamil Nadu)
17 to 28-10-2020 Dhamma Mālavā, Indore (M.P.)
28-10 to 8-11-2020 Dhamma Giri, Igatpuri
30-10 to 10-11-2020 Dhamma Sarovara, Dhule
20 to 31-12-2020 Dhamma Paṭṭhāna, (Haryana)

15-Day Gratitude Course

18-1 to 2-2-2020 Dhamma Vipula: Belapur (New Mumbai)
2-2 to 17-2-2020 Dhamma Pattana, Gorai, Mumbai
2-2 to 17-2-2020 Dhamma Sarovara, Dhule
2-2 to 17-2-2020 Dhamma Ajaya, Chandrapur
2-2 to 17-2-2020 Dhammālaya, Kolhapur
2 to 17-2-2020 Dhamma Lakkhana, Lucknow (U.P.)
2-2 to 17-2-2020 Dhamma Paṭṭhāna, (Haryana)

20-day

29-1 to 19-2-2020 Dhamma Setu, Chennai (Tamil Nadu)
3 to 24-2-2020 Dhamma Thali, Jaipur
18-2 to 10-3-2020 Dhamma Tapovana-1, Igatpuri
4 to 25-3-2020 Dhamma Sindhu, Kutch (Guj.)
12-4 to 3-5-2020 Dhamma Paṭṭhāna, (Haryana)
14-4 to 5-5-2020 Dhamma Nāgajjuna, Telangana
18-5 to 8-6-2020 Dhamma Tapovana-1, Igatpuri
3 to 24-6-2020 Dhamma Khetta, Hyderabad
1 to 22-7-2020 Dhamma Tapovana-2, Igatpuri
2 to 23-7-2020 Dhamma Pushkar, Rajasthan
20-7 to 10-8-2020 Dhamma Kānana, Balaghat (M.P.)
21-7 to 11-8-2020 Dhamma Pattana, Gorai, Mumbai
2 to 23-8-2020 Dhamma Paṭṭhāna, (Haryana)
9 to 30-8-2020 Dhammālaya, Kolhapur
6 to 27-9-2020 Dhamma Garha, Bilaspur (Chhattisgarh)
8 to 29-9-2020 Dhamma Suvatthi, Sravasti (U.P.)
3 to 24-10-2020 Dhamma Tapovana-2, Igatpuri
7 to 28-10-2020 Dhamma Thali, Jaipur
19-11 to 10-12-2020 Dhamma Pushkara, Rajasthan
4 to 25-12-2020 Dhamma Lakkhana, (U.P.)

30-day

17-12-19 to 17-1-20 Dhamma Ambika, South Gujarat
3-1 to 3-2-2020 Dhamma Kānana, Balaghat (M.P.)
29-1 to 29-2-2020 Dhamma Setu, Chennai (Tamil Nadu)
1-2 to 3-3-2020 Dhamma Ketu, (Chhattisgarh)
3-2 to 5-3-2020 Dhamma Thali, Jaipur
21-2 to 23-3-2020 Dhamma Paṭṭhāna, (Haryana)
29-2 to 31-3-2020 Dhamma Suvatthi, Sravasti (U.P.)
1-3 to 1-4-2020 Dhamma Tapovana-2, Igatpuri
4-3 to 4-4-2020 Dhamma Sindhu, Kutch (Guj.)
15-3 to 15-4-2020 Dhamma Tapovana-1, Igatpuri
14-4 to 15-5-2020 Dhamma Nāgajjuna, Telangana
1-6 to 2-7-2020 Dhamma Paṭṭhāna, (Haryana)
3-6 to 4-7-2020 Dhamma Khetta, Hyderabad
29-6 to 30-7-2020 Dhamma Tapovana-1, Igatpuri
2-7 to 2-8-2020 Dhamma Pushkara, Rajasthan
7-8 to 7-9-2020 Dhamma Tapovana-1, Igatpuri
9-8 to 9-9-2020 Dhammālaya, Kolhapur
28-8 to 28-9-2020 Dhamma Paṭṭhāna, (Haryana)
7-10 to 7-11-2020 Dhamma Thali, Jaipur
29-10 to 29-11-2020 Dhamma Nāgajjuna, Telangana
9-11 to 10-12-2020 Dhamma Tapovana-2, Igatpuri
19-11 to 20-12-2020 Dhamma Pushkar, Rajasthan
28-1 to 28-2-2021 Dhamma Kānana, Balaghat (M.P.)

45-day

17-12-19 to 1-2-20 Dhamma Ambika, South Gujarat
22-12-19 to 6-2-20 Dhamma Nāgajjuna, Telangana
30-12 to 14-2-2020 Dhamma Tapovana-1, Igatpuri
1-1 to 16-2-2020 Dhamma Sindhu, Kutch (Guj.)
3-2 to 20-3-2020 Dhamma Thali, Jaipur

21-2 to 7-4-2020 *Dhamma Paṭṭhāna, (Haryana)*
 29-2 to 15-4-2020 *Dhamma Suvattṭhi, Sravastī (U.P.)*
 15-3 to 30-4-2020 *Dhamma Tapovana-1, Igatpuri*
 4-5 to 19-6-2020 *Dhamma Tapovana-2, Igatpuri*
 3-6 to 19-7-2020 *Dhamma Khetta, Hyderabad*
 7-8 to 29-8-2020 *Dhamma Tapovana-1, Igatpuri*
 15-10 to 30-11-2020 *Dhamma Suvattṭhi, Sravastī (U.P.)*
 29-10 to 14-12-2020 *Dhamma Nāgajjuna, Telangana*
 2-11 to 18-12-2020 *Dhamma Paṭṭhāna, (Haryana)*
 22-12 to 6-2-2021 *Dhamma Nāgajjuna, Telangana*
 28-12-20 to 12-2-2021 *Dhamma Tapovana-1, Igatpuri*

60-day

21-12-19 to 20-2-20 *Dhamma Tapovana-2, Igatpuri*
 11-10 to 11-12-2020 *Dhamma Tapovana-1, Igatpuri*
 30-7 to 29-9-2020 *Dhamma Tapovana-2, Igatpuri*
 16-12-20 to 15-2-2021 *Dhamma Tapovana-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) 11 to 22-1, 8 to 19-2, 14 to 25-3, 11 to 22-4, 9 to 20-5, 13 to 24-6, 11 to 22-7, 8 to 19-8, 12 to 23-9, 10 to 21-10, (Only for Hindi, English, Students) 28-12 to 8-1, 25-1 to 5-2, 22-2 to 4-3, 28-3 to 8-4, 25-4 to 6-5, 23-5 to 3-6, 27-6 to 8-7, 25-7 to 5-8, 26-9 to 7-10, 24-10 to 4-11, 21-11 to 2-12, **#ST:** 23 to 31-8, 5 to 13-11, **3-day:** 5 to 8-3, 4 to 7-6, 3 to 6-9, 3 to 6-12, **Contact:** Pune Vipassana Samiti, Email: info@ananda.dhamma.org Tel: (020) 2446-8903, 2446-4243. Tel/Fax: 2446-4243.

Dhamma Punnā, 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, English, Students 5 to 16-1, 2 to 13-2, 1 to 12-3, 5 to 16-4, 7 to 18-6, 5 to 16-7, 2 to 13-8, 6 to 17-9, 4 to 15-10, 1 to 12-11, 6 to 17-12, Only for Hindi, Marathi, Students 15 to 26-3, 19 to 30-4, 21-6 to 2-7, 19 to 30-7, 16 to 27-8, 20-9 to 1-10, 18 to 29-10, 20 to 31-12, **#ST:** 13 to 21-2, **3-day:** 23 to 26-1, 26 to 29-3, 27 to 30-8, 26 to 29-11, **Teenagers' Course:** (Boys) 13 to 11-5, (Girls) 24-5 to 1-6, **2-day Children Course:** (12 to 18 yrs Boys) 13 to 14-5, (12 to 18 yrs Girls) 20 to 21-5, **CCT Workshop:** (Only for Old Students) 16 to 19-1, **Introduction to Vipassana:** (Every Month Second and Fourth Saturday 4 pm to 5:30 pm, 1-day: Every Month Second Thursday and Fourth Sunday 8:30 am to 4:30 pm, **Children Course:** (9 to 18 yrs Every Month first and Third Sunday (8 am to 2:30 pm)

Dhamma Ajantā, Aurangabad

Ajanta International Vipassana Samiti, Gūt No 45 Rampuri, Vijaypur Road Aurangabad 431003, Tel: (0240) 2040444, **Contact:** Email: info@dhammaajanta.org; Mob. 94222-11344, 99218-17430. Website: www.dhammaajanta.org **10-day: 2019** 25-12-19 to 5-1-20, **2020** 8 to 19-1, 22-1 to 2-2, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 29-4 to 10-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8,

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:** 4 to 15-1, 19 to 30-1, 23-2 to 5-3, 12 to 23-3, 12-4 to 23-4, 27-4 to 8-5, 10 to 21-5, 7 to 18-6, 21-6 to 2-7, 5 to 16-7, 10 to 30-7, 9 to 20-8, 23-8 to 3-9, 17 to 28-9, 30-9 to 11-10, 13 to 24-10, **#ST:** 29-3 to 7-4, 24-5 to 2-6, 6 to 15-9, 22-11 to 1-12, **2-day: 2019** 29 to 31-12, **2020** 1 to 3-1, 26 to 28-3, 4 to 6-8, **Children Course:** 2019 27-12, 28-12, **2020** 9-5, 23-5, 10-11, 20-11,

15-Day Gratitude Course: 2-2 to 17-2-2020,

Long Courses: Special 10-day: 30-10 to 10-11, **Contact:** Dr. Prashant Deore, Tel: (02562) 222-861, 221-821, Mob. 99226-07718, Email: info@sarovara.dhamma.org

Dhamma Siddharpuri, Bhatgaon Solapur

Dhamma Siddharpuri Vipassana Sadhana Kendra, Off Vijapur road, Near Bhatgaon, soregaon - dongaon road, 4 km. from soregaon, Ta. Uttar Solapur, Dist: Solapur-413002, **Contact:** 1) Mr. Samrat Patil, Mob. 7620592920, 9011908000, 2) Mr. Bhalchandra Ukarande, Mob. 9860759866 **10-day: 2019** 25-12 to 5-1-20, **2020** 8 to 19-1, 22-1 to 2-2,

Dhammalāya, 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: #ST: 2019** **Dhamma Servers' Workshop:** 27 to 29-12, **15-Day Gratitude Course: 2-2 to 17-2-2020,**

20-day: 9 to 30-8-2020, **30-day:** 9-8 to 9-9-2020, **Long Courses:**

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/schugandha **3-day: 2019** 26 to 29-12, (**1-day:** Every first Sunday **Place:** Nishidhi, Malwadi A/P. Bhillavadi, Tal. Palus, Dist. Sangli), **1-day:** Every Second Sunday, **Children Course:** (age 8 to 15) 9 am to 3 pm Every Third Sunday, **Place:** Manav Rahat Trust 3rd Floor, Near Civil Hospital, Sangli

Dhamma Nāga, Nagpur

Nagpur Vipassana Centre, Mahurjharī Village, near Nagpur-Kalmeshwar Road. **Contact:** Mob. 9370990771, 9423403294, 9403870195, 9422182336, Email: info@naga.dhamma.org (No admission without confirmation) **10-day:** 8 to 19-1, 19-2 to 1-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 5 to 16-8, (Only for Old Student 19 to 30-8) 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, 30-12 to 10-1, **#ST:** 24-12-19 to 1-1-2020, 22 to 30-1, 9 to 17-11, **3-day:** 2 to 5-1, 7 to 10-3, 1 to 4-10, 5 to 8-11, **1-day:** 22-12-19, 19-1, 1-3, 22-3, 5-4, 19-4, 3-5, 7-6, 21-6, 5-7, 19-7, 2-8, 16-8, 30-8, 13-9, 27-9, 18-10, 1-11, 29-11, 13-12, 27-12, 10-1-2021, **Teenagers' Course:** (Girls) 9 to 17-5, (Boys) 18 to 26-5, **AT Workshop:** 2 to 6-3, **15-Day Gratitude Course:** 2 to 17-2-2020, **Long Course: Special 10-day:** 19 to 30-8, **Contact:** (for correspondence) Kalyanambra 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:** (only female) **#ST:** 22 to 30-12-19, **Children Course 1-day: 9 am Sitting:** Daily 5 to 8 am and 6 to 7 pm every Sunday 8 to 9 am. **Contact:** 1. Sukhadev Narnavre, Mob. 9422212929. 2. Kamlesh Chahande, Mob. 9373104305.

Dhamma Malla, Yavatmal

Vipassana Kendra, Dhanshri Nagar, Behind ITI, Pinpalgaon, Yavatmal - 445001. **Contact:** 1. Mr. Gadling, Mob. 9422865661, 2. Dr. Bhagat, Mob. 9423432475. **10-day: 2020** (Only for bhikkhus and Male Students 1 to 12-1), (Male and Female) 7 to 18-2, 13 to 24-3, 1 to 12-4, 8 to 19-5, 12 to 23-6, 10 to 21-7, 2 to 13-9, 1 to 12-10, 1 to 12-11, 2 to 13-12, **#ST:** 2020 4 to 12-8, **1-day: 2020** 30-1, 2-2, 29-3, 26-4, 7-5, 26-6, 5-7, 28-8, 29-9, 25-10, 28-11, 20-12, **Children Course: 2020** 19-1, 23-2, 1-3, 19-4, 24-5, 28-6, 25-7, (with Mitra Upkarm) 29-8, 26-9, 17-10, 22-11, 27-12, **Trustees' and Dhamma Servers' Workshop:** 14 to 15-11,

Kotamba (Yavatmal): 10-day: (Male and Female) 2020 12 to 23-1, 2 to 13-2, 19 to 30-4, 10 to 21-5, 24-5 to 5-6, 12 to 23-7, 13 to 24-9, 4 to 15-10, 1 to 12-11, 19 to 30-11, (Female only) 2020 23-8 to 3-9, (Only for bhikkhus and Male Students) 2020 14 to 25-6, 14 to 25-12, **#ST: 2020** 29-3 to 6-4, **1-day:** 2019 and 2020 Every Sunday: 8 am to 3 pm Children's course: 2019 22-12, 2020 5-1, 16-2, 22-3, 5-4, 3-5, 28-6, 26-7, 9-8, 6-9, 18-10, 1-11, 27-12, **Contact:** Vipassana Prachar Samiti, Kotamba, Tal. Babulgaon, Dist. Yavatmal-445001. M. 9822896453, 7776964808, 7038918204, 9175622575,

Santuk-Pimpri (Hingoli): 10-day: (Only Male) 2020 16 to 27-2, (Only Female) 2020 12 to 23-1, 15 to 26-3, **Place:** Santuk Pimpri Dr. Bagadiya Farm House, **Contact:** Dr. Sangram Jondhale, Mob. 9422189318, Mr. Mr. Hanmante Saheb, M. 9422660954,

Dhamma Goṇḍa, Gondia (Ozatola)

Dhamma Gond Vipassana Centre, Gondia Ta and Dist: Gondia - 441601, **Contact:** 9421796656, 8669038011, 8888728020, **10-day:** 2019 25-12-19 to 5-1-20, **2020** 15 to 26-1, 29-1 to 9-2, 12 to 23-2, 25-2 to 7-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, (Only for Old Student 29-4 to 10-5), 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 25-11 to 6-12, **#ST:** 8 to 16-3, 5 to 13-8, **3-day:** 9 to 12-1, 1 to 4-10, **1-day:** 9-2, 12-4, 10-5, 7-6, 5-7, 2-8, 30-8, 27-9, 1-11, 15-11, **3-day Children Course:** (Girls 10 to 15 yrs) 16 to 19-11, (Boys 10 to 15 yrs) 19 to 22-11, **Children Course: 2019** 22-12, **2020** 26-1, 23-2, 29-3, 26-4, 24-5, 21-6, 19-7, 16-8, 13-9, 18-10,

Chitki: (Wardha) 10-day: 12 to 23-1, 15 to 26-3, 10 to 21-4, 18 to 29-10, 16 to 27-11, 16 to 27-12, **#ST:** 11 to 19-2, **Contact:** 1. Shri Khandare, Tel: 07158-284372, Mob. 9028494401, Shri Bhele, Mob. 9834603076,

Dhamma Bhandāra, Bhandara

Vipassana Kendra Rahul Colony, Near Railway Line Sahakar Nagar Bhandara-441901 (MS) **10-day:** 31-12 to 11-1, 4 to 15-2, 3 to 14-3, 21-7 to 1-8, 1 to 12-9, 29-9 to 10-10, **#ST:** 14 to 22-8-20, 1 to 9-12, **3-day:** 20 to 23-2-20, 24 to 27-12, **Teenagers' Course:** (Girls) 17 to 25-11-2020, **1-day:** 19-1, 7-5, 28-8, 27-9, **2-day Children Course:** 25-11-2020, 26-11, **1-day Children Course:** 29-12-19, **2020** 12-1, 16-2, 21-4, 19-5, 2-6, 16-6, 19-7, 30-8, 13-9, 11-10, **Contact:** Saluja, 09423673572, Ramteke, 9422833002, Devendra, 9403239792,

Dhamma Vasudhā, Hivra (Wardha)

Vipassana Centre, Hivara, Post Zadsdi, Tal Selu, Dist. Wardha, Email: dhammavasudha@gmail.com **Contact:** 1. Smt. Bante, Mob. 93267-32550, 93267-32547, 2. Mr. Katawe, Mob. 9890309738. **10-day:** 5 to 16-1, 25-2 to 8-3, 27-10 to 7-11, 1 to 12-12

Dhamma Anākula, Akola

Vipassana Sadhana Kendra, Khaperkekhā Phata, Telhara-444108 Dist Akola Email: info@anakula.dhamma.org Mob. 9421156138, 9881204125, 9421833060, **10-day:** (only male) 2020 14 to 25-1, 19-2 to 1-3, 18 to 29-3, 15 to 26-4, 27-5 to 7-6, 22-7 to 2-8, 9 to 20-9, 14 to 25-10, 2 to 13-12, (only female) 2020 1 to 12-1, 5 to 16-2, 4 to 15-3, 1 to 12-4, 29-4 to 10-5, 8 to 19-7, 26-8 to 6-9, 29-9 to 11-10, 16 to 27-12, **10-day:** (only Bhikkhu) 2020 20-6 to 1-7, (only Bhikkhunis) 2020 16 to 27-11, **#ST:** 2020 15 to 23-8, 4 to 12-11, **3-day:** 2019 25 to 28-12, 2020 29-1 to 1-2, 6 to 9-8, 23 to 26-9, 29-10 to 1-11, **2-day: 2020** 23 to 25-5, 28 to 30-11, **Teenagers' Course:** (Boys) 2020 13 to 21-5, (Girls) 2020 10 to 18-6, **1-day:** 2020 26-1, 16-2, 15-3, 12-4, 10-5, 5-7, 9-8, 27-9, 11-10, 13-12, **Children Course:** 22-12, 2020 12-1, 2-2, 1-3, 29-3, 26-4, 7-6, 19-7, 2-8, 6-9, 20-9, 17-12, **Contact:** 1) Vipassana Charitable Trust, Shegaon, Mob. 9579867890, 9881204125. 2) Mr. Anand, Mob. 9422181970.

Malkapur (Akola): (only male) 2020 1 to 12-1, 21-4 to 2-5, 12 to 23-8, (only female) 2020 4 to 15-3, 3 to 14-6, 30-9 to 11-10, 26-11 to 7-12, at Bhandant Anand Nivras Rajratna Colony, Yavata Road, Malkapur, Akola 444001. **Contact:** 1) Mr. Athavle Mob. 9404092468, 3) Mr. Tayde Mob. 7038629525.

Patur (Akola): Vipassana Sadhana Prasar Kendra Shirla, Paturl, Dist-Akola, 444501 **10-day:** (only male) 20 to 31-1, 22-6 to 3-7, 17 to 28-8, 20-9 to 1-10, 16 to 27-11, (only female): 2020 20 to 31-3, 21-4 to 2-5, 20 to 31-7, 12 to 23-10, 14 to 25-12, **#ST:** 2020 (only male) 17 to 25-2, (only female) 2020 27-2 to 6-3, 3 to 11-9, **1-day: 2019 and 2020** every month second Sunday, 9 am to 5 pm **3-day Children Course:** (10 to 17 yrs) 2020 12 to 15-5, **Children Course: 2019 and 2020** (age 10 to 16 yrs) every month third Sunday, 9 am to 5 pm **Dhamma Server Workshop:** (only male) 2020 10 to 12-4, **Contact:** 1) Mr. Jagannath Gawai, Mob. 7775928290, 2) Mrs. Jyotitai Vankhede, Mob. 9921998803,

Dhamma Jalgaon, Jalgaon

Vipassana Centre, Gat No. 99/1+2, Maitri Hills, Ajintha Road, Umala gaon, Tal. Dist: Jalgaon-425001, Tel: (0257) 2229477, online registration www.jalgaon.dhamma.org, Email: dhammajalgaon@gmail.com, Mob. 9422292161, **Contact:** Mr. Subhasha Talreja, Mob. 758884-36222, 75880-09584. **Contact:** 7588436222, 8421532276.

Dhamma Ajaya, Chandrapur

Vipassana Meditation Centre, At - Ajaypur, Po. - Chichpalli, Mul Road, Chandrapur, Email: dhammaajaya@gmail.com **10-day: 2019** 25-12 to 5-1-2020, **2020** 8 to 19-1, 23-2 to 5-3, 14 to 25-3, 15 to 26-4, 8 to 19-5, 3 to 14-6, 18 to 29-9, 8 to 19-7, 22-7 to 2-8, 6 to 17-8, 27-8 to 7-9, 13 to 24-9, 30-9 to 11-10, 15 to 26-10, 1 to 9-11, 12 to 23-11, **#ST:** 22 to 30-1, 1 to 9-11, **3-day:** 3-4 to 3-5, 21 to 24-8, **2-day:** 8 to 10-3, 28 to 30-11, **1-day: 2019** 22-12, **2020** 26-4, 14-6, 19-7, 2-8, 11-10, **1-day Megha Course:** 19-1, 7-5, 5-7, 27-9, **Children Course:** (8 to 12 yrs Boys) 23 to 25-5, (8 to 12 yrs Girls) 26 to 28-5, **Dhamma Servers' Workshop:** 29-3, **15-Day Gratitude Course:** 2 to 17-2-2020,

Long Course: Special 10-day: 2020 30-3 to 10-4, **Contact:** 1) Mr. Gharde, Sugat Nagar, Naginabag Ward No. 2, Chandrapur-442401, Mob. 8007151050, 9226137722, 2) Mr. Gautam Chikate, Mobile: 9421812541,

Ballarpur: 10-day: 20 to 31-12-19, 22-1 to 2-2, 19-2 to 1-3, 22-4 to 3-5, 27-5 to 7-6, 19 to 30-8, 16 to 27-9, 21-10 to 1-11, **3-day:** 7 to 10-3, 1 to 4-10, **1-day:** 1-1, 2-2, 5-4, 7-5, 2-8, 29-9, 11-10, 8-11, **2-day Children Course:** 2020 (Boys) 4 to 6-5, 17 to 19-11, (Girls) 8 to 10-5, 20 to 22-11, **Place:** AT Yenbodi, Po Kothari, Tal- 442701, **Contact:** 1) Mr. Vasant Dhoke, Mob. 09423503514, 07875330276, 2) Mr. Manohar Fulzele, Mob. 08551987943.

Mahad: 10-day: (only Male) 25 to 16-1, 19 to 30-1, 2-2 to 13-2, 16 to 27-2, 1 to 12-3, 22-3 to 2-4, 5 to 16-4, 3 to 14-5, 7 to 18-6, 5 to 16-7, 19 to 30-7, 2 to 13-8, 16 to 27-8, 6 to 17-9, 20-9 to 1-10, 4 to 15-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, (only female) 19 to 30-4, 17 to 28-5, 21-6 to 2-7, **3-day:** (only Male) 26 to 29-12, **2020** (only Male) 12 to 15-3, 28 to 31-5, 27 to 30-8, 26 to 29-11, **Place:** Mahad Vipassana, Shivaji Chowk, Koteshwari Tale, Mahad-402301, Dist: Raigad, **Contact:** (020) 24436250, mob: 7719070011, Email: info@mahad.in.dhamma.org, **10-day:**

Goa: 10-day: 12 to 23-1, 8 to 19-3, **At:** Shree Shantadurga Shankhavaleshwari Sansthan Veling Gothan Goa 403404, **Contact:** Mob. 9822139558.

NORTH INDIA

Dhamma Thali, Jaipur

Rajasthan Vipassana Centre, P.O. Box 208, Jaipur-302001 Mob. 0-99301-17187, 961040101, 9828804808, (for Manual registration/queries): Email: info@thali.dhamma.org, **10-day:**

22-12 to 2-1-2019, 2020 5 to 16-1, 19 to 30-1, 22-3 to 2-4, 5 to 16-4, 19 to 30-4, 3 to 14-5, 17 to 28-5, 31-5 to 11-6, 14 to 25-6, 28-6 to 9-7, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 27-11 to 8-12, 10 to 21-12, 24-12 to 4-1-2021, #ST: 2020 24-3 to 2-4, 2 to 10-6, 14 to 22-7, 17 to 25-11, 3-day: 2020 1 to 4-10, Dhamma Utsav: 8-11-2020, **Long Course: Special 10-day:2020** 19 to 30-4, 14 to 25-6, **20-day: 3 to 24-2, 7 to 28-10, 30-day: 3-2 to 5-3, 7-10 to 7-11, 45-day: 2020** 3-2 to 20-3,

Dhamma Nilaya, Jamdoli, Jaipur (Rajasthan)

Dhamma Nilaya Jaaton kaa Bass, Jaisinghpura, Khor Jamdoli, Dist. Jaipur. Contact: Mrs Nidhi Mahindro, Mob. 7042677225, 9828306708 Email: info@thali.dhamma.org, **10-day: (Male only)** 5 to 16-2, (Female only) 19-2 to 1-3, **3-day: (Male only)** 2019 19 to 22-12, 23 to 26-1, 5 to 8-3, 12 to 15-3, (Female only) 30-1 to 2-2, 19 to 22-3, **Teenagers' Course: (Boys) 2019** 23 to 31-12, 2020 9 to 17-1, 3 to 11-4, (Girls) 31-12-19 to 8-1-2020, 12 to 20-4, **Children Course: (Boys) 2020** 24 to 26-3 (Girls) 27 to 29-3,

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: 2019** 25-12 to 5-1-2020, **2020** 7 to 18-1, 20 to 31-1, 2 to 13-2, 15 to 26-2, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 16 to 27-5, 17 to 28-6, 11 to 22-8, (Old Students only 26-8 to 6-9) 9 to 20-9, 23-9 to 4-10, 8 to 19-10, 21-10 to 1-11, 23-12 to 3-1-2021, #ST: 2020 2 to 10-11, **3-day: 2019** 19 to 22-12, **Teenagers' Course: (Girls) 2020** 29-5 to 6-6, (Boys) 2020 7 to 15-6, **2-day Children Course: 2020** 7 to 9-8, **Long Course: Special 10-day: 2020** 27-2 to 9-3, **20-day: 2020** 2 to 23-7, 19-11 to 10-12, **30-day: 2020** 2-7 to 2-8, 19-11 to 20-12, **Contact: 1) Ravi Toshniwal, Email: dhammapushkar@gmail.com Mob. 98290-71778, 2) Anil Dhariwal, Mob. 098290-28275,**

Dhamma Marudhara, Jodhpur, Rajasthan

Vipassana Sadhana Kendra, Behind Laharia Resort, Near Adhyatma Vigyan Satsang Kendra, -Chausapsi Link Road, Chokha Jodhpur-342009. Mob. 9783387504, 9829007520, Email: info@marudhara.dhamma.org, **10-day: 20** 20 to 31-12, **Children Course: 2-day: 17 to 19-12, Contact: 1) Mr. Nemichand Bhandari, Mobile: 93147-27215, Email: dhamma.marudhara@gmail.com; 2) Mr. Kamal Sarda, Mob. 7023999944,**

Dhamma Pubbaja, Churu, Rajasthan

Pubbaj Bhumi Vipassana Trust, Bhaleri Road, 6Km From Churu (Rajasthan) Mob. 9664481738, Email: dhammapubbaja@gmail.com, info@pubbaja.dhamma.org, **Contact: 1) Mr. SP Sharma, Mob. 07627049859, 2) Mr. Suresh Khanna, Mob. 094131-57056, Teenagers' Course: 23 to 31-12, 3-day: 27 to 30-12,**

Dhamma Sota, Sohna (Haryana)

Vipassana Sadhana Sansthan, Village Rahaka, Post Sohna, (Near Nimrod Police Post) Ballabgarh-Sohna Road, Dist Gurgaon (12 km from Sohna), Haryana, Mobile: 9812655599, 9812641400. [Buses available from Sohna and Ballabgarh.] **10-day: 2019** 18 to 29-12, 2020 1 to 12-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 4 to 15-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **Contact: Tel. (011) 26452772, 46585455, Email: reg.dhammasota@gmail.com**

Dhamma Patthana, Sonepat, (Haryana)

Vipassana Sadhana Sansthan, Village Kammaspur, Dist. Sonepat, Haryana, Pin-131001. Mob. 09991874524, Email: reg.dhammapatthana@gmail.com **10-day: 2020** (Old Students only 7 to 18-1), #ST: 2020 21 to 29-1, 7 to 15-5, 6 to 14-7, 17 to 25-10, **AT Workshop: 2020** 2 to 5-10, **Dhamma Servers Workshop: 2020** 6 to 7-10, **15-Day Gratitude Course: 2 to 17-2-2020,** **Long Courses: Special 10-day: 2019** 20 to 31-12, 2020 18 to 29-5, 18 to 29-7, 20 to 31-12, **20-day: 2020** 12-4 to 3-5, 2 to 23-8, **30-day: 2020** 21-2 to 23-3, 1-6 to 2-7, 28-8 to 28-9, **45-day:** (15 Day Anapan) 21-2 to 7-4, 2-11 to 18-12, **Contact: same as Dhamma Sota**

Dhamma Karunika, Karnal (Haryana)

Vipassana Sadhana Sansthan, AirPort/Kunjipura Road, Near Government School, Village Neval, Karnal-132001. Mob. 7056750605, Registration Email: reg.dhammakarunika@gmail.com, **Contact: 1) Mr Verma, Mob. 9992006601, (35 to 5 pm) 2) Mr Arya, Mob. 8572051575, 9416781575, 10-day: 2020** 2 to 5-1, 2020 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 28-10 to 8-11, 11 to 22-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1, **3-day: 2020** 7 to 10-5, **Teenagers' Course: (Boys) 2020** 27-5 to 4-6, (Girls) 2020 10 to 18-6,

Dhamma Hitakari, Rohtak (Haryana)

Vipassana Dhyana Samiti, Lahli Anwal Road, Village Lahli, Tehsil Kalanaur, Dist. Rohtak-124001. **Contact: 92543-48837, 9416303639. 10-day: 18 to 29-12, 2020** 1 to 12-1, 15 to 26-1, 5

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

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@dharma.dhamma.org **10-day: 18 to 29-12, 2020** 1 to 12-1, 15 to 26-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 30-7 to 2-8, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 7 to 18-10, 21-10 to 1-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020 4 to 12-11, **3-day: 2020** 30-4 to 3-5,

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: 2019 and 2020** Every month Apr to Nov. 1 to 12. Also 15 to 26. (except during other course's). #ST: 2020 20 to 28-3, 15 to 23-11, **3-day: 2020** 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) 4 to 15-12, **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:** 29-1 to 9-2, 12 to 23-2, 26-2 to 8-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 6 to 17-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020 14 to 22-3, 14 to 22-10, **3-day: 22-12 to 25-12, 2020** 26 to 29-7, 8 to 11-11, 27-12 to 30-12, **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: 2019 and 2020** every month, 4 to 15 and 19 to 30, (except during other course's), #ST: 2020 22 to 30-3, 19 to 27-10, **3-day: 2020** 28 to 31-10, **2-day: 2019 and 2020** every month, 15 to 17, (except during other course's), **3-day Children's course:** (age 13 to 17 boys) 26 to 29-12, 2020 26 to 29-12, (13 to 17 girls) 30-12-19 to 2-1-20, 2020 30-12-20 to 2-1-21, **2-day Children's course:** (age 8 to 12) 2020 18 to 20-3, (1-day: first Sunday of Every month 9 am to 5 pm, **Contact: 9794545331, 9335906341) 15-Day Gratitude Course: 2 to 17-2-2020; Long Courses: Special 10-day: 2020** 19 to 30-7, **20-day: 2020** 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: 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 13-1-2021, #ST: 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) 24 to 27-12, 2020 24 to 27-5, 24 to 27-12, (12 to 16 yrs only Boys) 28 to 31-12, 2020 28 to 31-5, 28 to 31-12, Long Courses: Special 10-day: 2020 17 to 28-1, **20-day: 2020** 8 to 29-9, **30-day: 2020** 29-2 to 31-3, **45-day: 2020** 29-2 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 Samath Museum, fare Rs. 100/-) **10-day: 2019** 18 to 29-12, **1-day: 2019** 22-12, **2-Day Children Course:** (only girls) 30 to 31-12-19, **Contact: Manju Agrawal, Email: manju.ag@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:** 20 to 31-12, 2020 5 to 16-1, 20 to 31-1, 5 to 16-2, 5 to 16-3, 20 to 31-3, 5 to 16-4, 20-4 to 1-5, 2 to 13-5, 13 to 24-5, 5 to 16-6, 20 to 1-7, 5 to 16-7, 20 to 31-7, 5 to 16-8, 20 to 31-8, 5 to 16-9, 20 to 1-10, 5 to 16-10, 20 to 31-10, 5 to 16-11, 5 to 16-12, 20 to 31-12,

#ST: 22-2 to 1-3, 22 to 30-11, **3-day: 1 to 4-1, 1 to 4-4, 1 to 4-9, Teenagers' Course:** (Girls) 24-5 to 1-6, **1-day: 2019 and 2020** Every month Fourth Sunday. 10 am to 5 pm, **3-Day Children Course:** (8 to 12 yrs) 1 to 4-6,

'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: dhammakaya.vsk@gmail.com; **10-day: 2019 and 2020** every month 1 to 12 and 16 to 27, **Contact: 1. Dr. Vimalakumar 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: 18 to 29-12, 2020** 8 to 19-1, 22-1 to 2-2, 12 to 23-2, 26-2 to 8-3, 11 to 22-3, 25-3 to 5-4, 8 to 19-4, 22-4 to 3-5, 13 to 24-5, 27-5 to 7-6, 10 to 21-6, 24-6 to 5-7, 8 to 19-7, 22-7 to 2-8, 12 to 23-8, 26-8 to 6-9, 9 to 20-9, 23-9 to 4-10, 14 to 25-10, 28-10 to 8-11, 25-11 to 6-12, 9 to 20-12, 23-12 to 3-1-2021, **3-day: 2020** 19 to 22-11,

Dhamma Licchavi, Muzaffarpur (Bihar)

Dhamma Licchavi Vipassana Centre, Ladaura Gram, Ladaura Pakri, Muzaffarpur 843113. Tel: 7779842059, 8935963703, Email: info@licchavi.dhamma.org **10-day:** 2019 and 2020 every month 5 to 16 and 19 to 30. In February, March, November 19-2 to 1-3, 13 to 24-3, 1 to 12-11, 23-11 to 3-12, #ST: 4 to 12-3, **Contact: Rajkumar Goenka, Tel: (0621) 224-0215,**

Vaishali: 10-day: 2019 every month 4 to 15. and 18 to 29, March to December **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.**

Dhamma Upavana, Baracakiya, (Bihar)

Baracakiya - 845412, East Champaran Bihar, **Contact:** 9431245971, 9934430429, 6204814341, Email: dhammaupavan@gmail.com, **10-day: 2020** every month 4 to 15

Nalanda (Bihar): 10-day: Every Month 2 to 13 **Place:** Near Navnalanda Mahavihar, Sanskratik Gram, Nalanda (Bihar) Mob: 91-9955911556, **Contact:** Dr. D. Lama, Mob. 99314-55583. Email: dhammanalanda@gmail.com. Online registration: Website: www.nalanda.in.dhamma.org

Patna: (Bihar): 10-day: Every Month 3 to 14 and 17 to 28, (except May 2019), **Place:** Vipassana Meditation Centre, Buddha Smriti Park, Fraser Road Area, in front of Patna Junction, Patna, Bihar 800001, Tel: (91) 6205978821/22

GUJARAT

Dhamma Sindhu, Mandvi-Kutch (Guj.)

Kutch Vipassana Centre, Bada, Mandvi-Kutch-370475. Mob. 9638577325, Email: info@sindhu.dhamma.org **Contact:** Bhuj: 094274-33534. Gandhidham: 094262-50746. Mandvi: 09974575660. **10-day: 19-2 to 1-3-2020, #ST: 3-day: 2019** 22 to 25-12, **Long Courses: Special 10-day: 20-day:** 4 to 25-3-2020, **30-day:** 4-3 to 4-4-2020, **45-day:** 1-1 to 16-2-2020, **Contact:** 7874623305, 9825320551.

Dhamma Kota, Rajkot (Guj.)

Saurashtra Vipassana Kendra, Kotharia Road, 15 km from Rajkot. Tel: Off. (0281) 2924924, 2924924, Email: info@kota.dhamma.org; Mobile: 7878727240, 93279-23540. **10-day: 2019** 18 to 29-12, **1-day: 2019** 29-12, **City Contact: 1. Tel: (0281) 2233666, Mob. 7878727223, 94272-21591. 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 Divakara, Mehsana (Guj.)

Uttar Gujarat Vipassana Kendra, Village Mittha Tal and Dist. Mehsana, Gujarat. Email: info@divakara.dhamma.org, Tel: (02762) 272-800. **Contact: 1. Nikhilbhai Parikh, Mob. 09429233000, 2. Upendra Patel, Tel: Mob. 8734093341, Tel: (02762) 254-634, 253315, Email: upendrakpatel@gmail.com, 10-day: 18 to 29-12, 2020** 1 to 12-1, 12 to 23-2, #ST: 2020 14 to 22-3, **Long Courses: Special 10-day:** 12 to 23-3-2020

Dhamma Pittha, 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:** 2019) 25-12 to 5-1-2020, **Contact:** Ms Shashi Todi, Mob. 98240-65668,

Dhamma Ambikā, South Gujarat

Vipassana Dhyān Kendra, National Highway No. 8, (Mumbai to Ahmedabad) 2 k.m. away on west of Boriyach tollnaka, at village Vagalwad Tal. Gandevi Dist. Navsari Mob. 09586582660, Registration: 11 am to 5 pm (0261) 3260961, 09825955812. www.ambika.dhamma.org **Online registration:** dhammaambikasurat@gmail.com **Dhamma sammelan:** 2-2-20, **Long Courses:** **30-day:** 17-12 to 17-1-2020, **45-day:** 17-12 to 1-2-2020, **Contact:** 1. Vasantbhai Lad, Mob. 09428160714, 2. Ratanshikhil K Patel, Mob. 098250-44536,

Dhamma Pāli, Bhavnagar, Gujarat

Vipassana Centre, Village Todi, Songadh - Palitana Road, Dist: Bhavnagar, Gujarat Email: dhammapali5@gmail.com, **Contact:** Mob. 7878103636, 8866703636, 8866713636, Office: Tel: 0278-2521066, 8758561616. **10-day:** 2019) 18 to 29-12,

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 12-1, 16 to 27-1, 5 to 16-2, 19-2 to 1-3, 4 to 15-3, 8 to 19-4, 22-4 to 3-5, 20 to 31-5, 3 to 14-6, 17 to 28-6, 1 to 12-7, 15 to 26-7, 29-7 to 9-8, 2 to 13-9, 18 to 29-9, 7 to 18-10, 21-10 to 1-11, 16 to 27-11, 30-11 to 11-12, 14 to 25-12, **#ST:** 28-3 to 5-4, 12 to 20-8, 4 to 22-11, **3-day:** 30-1 to 2-2, 19 to 22-3, 27 to 30-8, 1 to 4-10, **Teenagers' Course:** (Girls) 6 to 14-5, **Dhamma Servers' Workshop:** 26 to 27-12,

Dhamma Setu, Chennai (Tamil Nadu)

Vipassana Meditation Centre, 533, Pazhan Thandalam Road, Via Thiruneermalai Road, Thirumudivakkam, Chennai 600044, **Course Enquiries and Registration:** Tel: 044-65499965, 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@kgiclotting.in; **10-day:** 18 to 29-12, **2020) 2 to 13-1, 16 to 27-1, 4 to 15-3, 25-3 to 5-4, 8 to 19-4, 29-4 to 10-5, 3 to 14-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 19 to 30-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, #ST: 2020) 29-1 to 6-2, 20 to 28-6, Children's courses:** 29-12-19, **Long Courses: Special 10-day: 2020) 14 to 25-10, 20-day: 2020) 29-1 to 19-2, 30-day: 2020) 29-1 to 29-2.**

Dhamma Madhurā, Madurai

Vipassana Meditation Centre, Chettiyappati gaon, Athur Taluk., P. O. Gandhigram University, Dindigul-624302, **Contact:** 9442603490, 9442103490, Email: dhammamadhura@gmail.com, **10-day:** 2019) 18 to 29-12, 2020) 19 to 30-1, 5 to 16-1, 18-2 to 1-3, 18 to 29-3, 1 to 12-4, 15 to 26-4, 6 to 17-5, 20 to 31-5, 17 to 28-6, 1 to 12-7, 15 to 26-7, 5 to 16-8, 16 to 27-9, 7 to 18-10, 28-10 to 8-11, 18 to 29-11, 2 to 13-12, 16 to 27-12, **#ST:** 5 to 13-9, **3-day:** 2 to 5-1, 5 to 8-5, 4 to 7-6, 27 to 30-8,

Dhamma Arunāchala, 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: 2019) 18 to 29-12,**

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 and in November 2019 1 to 12, 15 to 26, and January, March 2020 1 to 12, 15 to 26, **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: 2019) 18 to 29-12, 1-day: 2019) Every Sunday.**
Long Courses: Special 10-day: 3 to 14-6-2020, **20-day:** 3 to 24-6-2020, **30-day:** 3-6 to 4-7-2020, **45-day:** 3-6 to 4-7-2020, **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 Koṇḍāñña, Kondapur (Telangana)

Vipassana International Meditation Centre, Kondapur, Via Sagareddy, Medak 502306. Mobile: 93920-93799, 93983-

16155, Email: info@kondanna.dhamma.org, **10-day: 2019) 25-12 to 5-1-2020, One-day:** every Purnima.

Dhamma Nāgajūna, Nagarjun Sagar (Telangana)

VIMC, Hill Colony, Nagarjun Sagar Dist. Nalgoda 508202, (140.4 km Hyderabad Road), Registration: 9440139329, (8680) 277944, Mobile: 093484-56780, (only 10 am to 5 pm) Email: info@nagajuna.dhamma.org **Teenagers' Course:** (Girls) 21 to 29-12, **Long Courses:** **20-day: 2020) 14-4 to 5-5, 30-day: 2020) 14-4 to 15-5, 29-10 to 29-11, 45-day: 2019) 15 Day Anapana) 22-12-19 to 6-2-2020. 2020) 29-10 to 14-12, 22-12 to 6-2-2021,**

Dhamma Nijjhāna, Nizamabad (Telangana)

VIMC, Indur, Pocharam (Post), Yedpalli Mandal, Pin-503186, Dist. Nizamabad. Email: info@nijjhana.dhamma.org; 99085-96336, 094415-25115, Email: info@nijjhana.dhamma.org, **10-day: 2019) 18 to 29-12, One-day:** Every Sunday.

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-Thannuku Road) Tel: (08816) 236566. 99893-82887, Email: info@rama.dhamma.org, **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 Mandal, Dist. West Godavari, Pin-534475. (Vijayarai Village is 15 kms. from Eluru) Tel: (08812) 225522. Mobile: 94414-49044, 98660-97618. Email: info@vijaya.dhamma.org, **10-day: 2019) 18 to 29-12, 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 Tal, 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:** (Only for bhikkhus 10 to 21-2), 25-2 to 7-3, 12 to 23-3, 26-3 to 6-4, 9 to 20-4, 24-4 to 5-5, 10 to 21-5, 24-5 to 5-6, 9 to 20-6, 2 to 13-7, 20 to 31-8, 2 to 13-9, 16 to 27-9, 30-9 to 11-10, 13 to 24-10, 28-10 to 8-11, 12 to 23-11, 26-11 to 7-12, **#ST:** 2019) 22 to 30-12, 2020) 21 to 29-6, **2-day: 2020) 21 to 23-2, 8 to 10-3, 1-day: 7-5, Children's courses:** 5-5, 8-5, 21-5, 7-6, **Long Courses: 20-day:** 20-7 to 10-8-2020, **30-day: 2020) 3-1 to 3-2, 2021) 28-1 to 28-2,**

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:** 5 to 16-1, 16 to 27-2, 15 to 26-3, 3 to 14-5, 31-5 to 11-6, 20-9 to 1-10, 18 to 29-10, 15 to 26-11, 29-11 to 10-12, **#ST:** 5 to 13-4,

Dhammapāla, Bhopal (M.P.)

Vipassana Centre, Behind Kerwa Dam, Village Daulatpura, Bhopal 462 044. **Contact:** Mob: 94069-27803, **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. Gomatgiri, 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:** 22-12 to 2-1-20, 2020) 5 to 16-1, 2 to 13-2, 15 to 26-2, 1 to 12-3, 14 to 25-3, 5 to 16-4, 18 to 29-4, 9 to 20-5, 23-5 to 3-6, 7 to 18-6, 20-6 to 1-7, 5 to 16-7, 4 to 15-8, 6 to 17-9, 19 to 30-9, 4 to 15-10, 1 to 12-11, 6 to 17-12, **(Only for old Student 19 to 30-12), #ST:** 18 to 26-1, 18 to 26-7, **3-day:** 26 to 29-3, 30-4 to 3-5, 29-7 to 1-8, 27 to 30-8, 27 to 30-11, **1-day:** Every Month First Sunday (Except 3 may) (8 am to 1:30 pm), **Group Sitting:** Every Sunday (Except First Sunday and Course Time) 9:30 to 10:30 am **Group Sitting Contact:** Mob. 98275-61649, **Long Course: Special 10-day:** 17 to 28-10-2020,

Dhamma Rata, Ratlam (M.P.)

Dhamma Rata, 15 Kms from Ratlam, Behind Sai Temple, Village: Dhamnod, Ta. Sailana, Dist: Ratlam-457001, M.P. Fax: 07412-403882, Email: dhamma.rata@gmail.com, **Contact:** 1) Mr. Yogesh, Mob. 8003942663, 2) Mr Adwani, Mob. 9826700016. **10-day:** 5 to 16-1, 2 to 13-2, 23-2 to 5-3, 8 to 19-3, 12 to 23-4, 26-4 to 7-5, 17 to 28-5, 14 to 25-6, 12 to 23-7, 26-7 to 6-8, 9 to 20-8, 30-8 to 10-9, 13 to 24-9, 27-9 to 8-10, 11 to 22-10, 10 to 21-11, 1 to 12-12, **#ST: 20 to 28-12, 2-day:** 1 to 3-1, 8 to 10-4, 18 to 20-12, **Group Sitting:** 2019) Every Sunday 8 to 9 am. **Contact Office:** Vikram Nagar, Mhow road, Ratlam, Mob. 09425364956, 09479785033.

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

Vipassana Dhamma Guna, Village- Pagara, Dist.- Guna, (at 12 kms. Guna-Gwalior Division.) **#ST:** 2019) 30-11 to 8-12, **Contact:** Shri Virender 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): 3-day: 2019) 24 to 26-12, Place: Pradnya Bhavan Bhim Nagar, Amla **Contact:** 1) Mr. Hurmade, Mob. 8234025899, 2) Mr Suryavanshi, Mob. 9907887607.

Dhamma Ketu, Durg (Chhattisgarh)

Vipassana Centre, Thanod, Via Anjara, Dist. Durg. Email: sadhana_kendra@yahoo.in Tel: 09907755013, Mob. 09589842737. **10-day:** 20 to 31-12, 2020) 5 to 16-1, 15 to 26-1, 29-3 to 9-4, 12 to 23-4, 29-4 to 10-5, 19 to 30-6, 5 to 16-7, 19 to 30-7, 6 to 17-8, 23-8 to 3-9, 6 to 17-9, 20-9 to 1-10, 18 to 29-10, 1 to 12-11, 15 to 26-11, 6 to 17-12, 20 to 31-12, **#ST: 2020) 18 to 26-1, Teenagers' Course:** (Girls) 2020) 6 to 14-6, (Boys) 2020) 4 to 12-10, **3-Day: 2020) 7 to 11-3, 2-Day: 2020) 15 to 17-5, 1-Day: 2020) 5-1, 15-3, 12-4, 21-6, 5-7, 19-7, 23-8, 6-9, 20-9, 4-10, 18-10, 1-11, 6-12, 20-12, Children's course: 2020) 26-4, 10-5, 10-2, 29-11, 19-12, Dhamma Sevak Workshop: 2020) 15-11, **Long Course: 30-Day: 2020) 1-2 to 3-3, Contact:** 1. Mr. R.P. Saini, Mob. 9425244706, 2. Mr. Suresh Bang, Mob. 9425209354,**

Dhamma Gaṛha, Bilaspur (Chhattisgarh)

Vipassana Centre, 23 K.M. from Bilaspur city and 8 K.M. from Kargiroad Railway station. Bharari, (via) Mohanbhata, Tal Takhatpur, Dist Bilaspur Email: dhammagarh@gmail.com **10-day:** 20 to 31-12, 2020) 9 to 20-1, 6 to 17-2, 19 to 30-3, 2 to 13-4, 18 to 29-6, 9 to 20-7, 6 to 17-8, 8 to 19-10, 3 to 14-12, **#ST: 2020) 22 to 30-11, 3-day:** 7 to 11-3, 3 to 14-12, **Teenagers' Course:** (Boys) 2020) 6 to 14-6, (Girls) 2020) 22 to 30-11, **1-day:** 5-1, 19-4, 4-10, 27-12, **Children's Course:** 24-11, 15-12, 2020) 26-4, 10-5, 2-10, 29-11, 27-12, **Long Course: 20-day: 2020) (only male) 6 to 27-9, Contact:** 1. Mr. K.K. Sahu, Mob. 9752047511, 2. Mr. S. Meshram, Mob. 98269-60230,

Dhamma Gaṅgā, Kolkata (W.B.)

Vipassana Kendra, Sodepur, Harishchandra Dutt Road, Panihat, Baro Mandir Ghat, Kolkata-700114, Tel: (033) 2553-2855. Email: info@ganga.dhamma.org **Contact City Office:** Tobacco Houjse 5th floor, room no-523, 1, old court house corner, kolkata: 700001, Tel: (033) 2230-3686, 2231-1317. **10-day:** 25-12-19 to 5-1-20, **1-day: 22-12-19, Children Course: 22-12-19,**

Dhamma Purī, North Tripura (Tripura)

Vipassana Meditation Centre, P.O. Machmara, Dist. North Tripura, Tripura 799 265. Email: info@puri.dhamma.org Mob. 09436477510, 8974653507, **10-day:** 11 to 22-1, 8 to 19-2, 8 to 19-3, 18 to 29-4, 3 to 14-5, 20 to 31-5, 7 to 18-6, 11 to 22-7, 8 to 19-8, 11 to 22-9, 1 to 12-10, 18 to 29-10, **#ST:** 8 to 16-11-2020, **3-day:** 28 to 31-12-2019, **Children Course:** (only Girls 8 to 12 yrs) 20-12-19, (only Girls 13 to 17 yrs) 21-12-19, (only Boys 8 to 12 yrs) 24-12-19, (only boys 13 to 17 yrs) 25-12-19, **Contact:** M. Dewan, (0381) 2300441, Mob. 09862154881, 09402527191.

Dhamma Utkal, Khariyar Road: (Orissa)

Vipassana Meditation Centre, Village Chanabera, Post Amsena, Via. Khariyar Road, Dist: Nuapada, Orissa-766106, Mob. 094062-37896, **10-day:** 1 to 12-1, 19 to 30-1, 9 to 20-2, 25-2 to 7-3, 12 to 23-3, 29-3 to 9-4, 19 to 30-4, 28-5 to 8-6, 25-6 to 6-7, 30-7 to 10-8, 28-8 to 9-9, 25-9 to 6-10, 9 to 20-10, 26-10 to 6-11, 22-11 to 3-12, 9 to 20-12. **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: 9437310109. 2) D. L. Das, Tel: (0674) 2475757. Mobile: 9438012166, Email: vipassanabbs@gmail.com **10-day:** 18 to 29-12, 2020) 8 to 19-1, 12 to 23-2, **(Only for Old Student 4 to 15-3), 15 to 26-4, 13 to 24-5, 17 to 28-6, 15 to 26-7, 12 to 23-8, 16 to 27-9, 14 to 25-10, 18 to 29-11, 16 to 27-12, 2-day: 2020) 4 to 6-4, 13 to 15-11, 1-day: 2020) Every mont first Sunday, Dhamma Servers Workshop: 2020) 24 to 26-1,**

Dhamma Pubbotara, Kamalanagar, Mizoram

Mizoram Vipassana Meditation Centre, Kamalanagar-II, CADC, Chawngte-C, Dist. Lawngtlai, Mizoram-796772. **1-day:** every Month first Sunday and magha, Vaishakha, Ashadha, Ashwin, and Madhu Purnima, **Children Course:** every month second saturday, **Contact:** Digambar Chakma, Tel: (0372) 2563565, Mobile: 094367-71165. Email: mvmc.knagar@gmail.com,

Dubai (United Arab Emirates)

Contact: 1) J. P. Goenka, Mob. +971-50-6462-507. Tel: Off. [971] 4-2956544; Res. [971] 4-2230536; Email: jpgoenka@gmail.com 2) Chandran, Mobile +971-50-7683301, 3) Ashish Jarialwa, Mob. +97150-3554052.