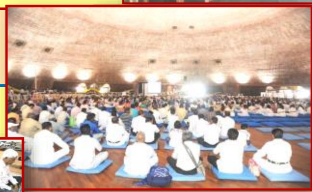
VIPASSANA in & around GREATER MUMBAI

UPDATED ON 22ND NOVEMBER 2022

1-DAY COURSES | GROUP SITTINGS | CHILDREN COURSES

+ =NEW
* = CHANGES

REGION	LOCATION / MAPLINK (Tap on address to locate on Google Maps)	UPDATED ON	1st (*day of Month)	2nd (*day of Month)	3rd (*day of Month)	4th (*day of Month)	5th (*day of Month)
KDMC: KHADAVLI, BADLAPUR, ULHASNAGAR, KALYAN, DOMBIVLI	DHAMMA SARITA (Khadavli Vipassana Centre) Matoshree Vriddhashram, Near Khadavali Station *7798324659* / *7798325086*	10/04	FROM JUNE 2022: ON LAST DAY OF 10-DAY COURSE HELD AT THE CENTRE *PLEASE NOTE: Old Students must call to confirm for every course & participation* 11am-5pm or as per availability / PRIOR REGISTRATION MUST				
	Barvi Vipassana Seva Sanstha, Bhalerao Farmhouse, Mulgav, Boradpada Road, Badlapur (W) *Suhasji: 8767411434 / Prakashji: 9769428188*	10/04	MITRA UPAKRAM Students, Parents, Teachers 11am-1:30 pm	*Introduction to Vipassana Talk* *Introductory Anapana Session* 11am-1.30pm	3rd SUNDAY 1-DAY 11am-5pm	4th SUNDAY SELF-MEDITATION 10am-12pm	
	Dhamma Saket Vipassana Centre, Near Nalanda School, Kansai Rd, Ulhasnagar-4 *Wakodeji: 9421627274*	10/04	ALL DAYS : DAILY GROUP SIT 8-9pm			4th SUNDAY 1-DAY 11am-5pm	
NAVI MUMBAI: AIROLI, VASHI, KHARGHAR, BELAPUR	Vishwajyot School, Plot 77 Sec 20, Nr Jalvayu Vihar, Kharghar *Sushamaji: 9322890275 / Saraswati : 93226 83469*	19/11				4th SUNDAY 1-DAY 11am-5pm	
	DHAMMA VIPULA Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614 *02227522404 / 02227522277* *(Office Timings: 11am - 5pm)*	24/07	ALL DAYS : ANY TIME SELF-SIT 6am-9pm Dhamma Vipula, Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614				
			ADVANCE ONLINE REGISTRATION PREFERRED: https://schedule.vridhamma.org/courses/vipula		2 SUNDAYS EVERY MONTH (10-day course ending days) CHILDREN'S COURSE | 11am-4.30pm		
			ALL SUNDAYS @ ONE-DAY COURSE AREA (Basement) 11-4.30pm | REGISTER ONLINE: https://schedule.vridhamma.org/courses/vipula				
NORTH-EAST MUMBAI: THANE, MULUND, VIKHROLI / POWAI, GHATKOPAR, CHEMBUR / KURLA	VCS quality services, Unit no. 6, A 16 7 B 8, Amfotech IT park, Wagle Industrial Estate, Thane west, Opp. Old Passport Office. *Prakashji: 8879940138*	10/04				4th SUNDAY 1-DAY 10am-4pm *Prakash Chaudhari : 8879940138*	
	Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai *Neetaji: 9619397648 / Rajkumarji: 9820084502*	19/11	+ EVERY SATURDAY 1-HOUR GROUP SIT 8-9am Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai | Neetaji: 9619397648 / Rajkumarji: 9820084502				
	+ CHEMBUR / KURLA VIPASSANA FACILITIES (Tap on address to open in Google Maps)	19/11	1st SUNDAY 1-DAY KURLA 11am-5pm Shivshrishti Kamgar School, Nehru Nagar, Opp. ST Depot *Rajniji 9869063726 / Arvindji 9967403704 / Purvaaji 9004300759 / Ushaji 9987417886*	2nd SUNDAY 1-DAY CHEMBUR 11am-5pm Modern English High School, Chheda Ngr, 4th Road *Kavitaji: 961974943 / Arvindji 967403704 / Purvaaji 9004300759 / Mudholkarji 9769370920*		4th SUNDAY 1-DAY CHEMBUR ... Maharashtra Tilak Night School (BMC School), 2nd Floor (NO LIFT), Prakash ... Marg, Tilak Ngr *Pawarji: 9819532754 / Mudholkarji: 9769370920* TO RESUME SOON	
NORTH-WEST MUMBAI: VIRAR, NALA SOPARA, GORAI	DAILY 1-DAY COURSE GLOBAL VIPASSANA PAGODA Next to Esselworld, Gorai Village, Borivali (West), Mumbai 400091 *50427500 (ext No #9)*	10/04	ALL DAYS : ANY TIME SELF-SIT 9am-7pm: *The Global Vipassana Pagoda is open for meditation for those who have completed a 10-day Vipassana Course (9am to 7pm)* NO PRIOR REGISTRATION REQUIRED Introductory Anapana sessions arranged for individuals/groups. The facility can simultaneously serve several adults & children (above 10 years of age)				
			DAILY 1-DAY COURSE (HELD EVERY DAY): 11am-5pm (entry from GATE 6) a) WHATSAPP: WITH NAME, GENDER, DATE SITTING to 8291894644 (AUTORESPONSE) b) SMS to WITH NAME, GENDER, DATE SITTING to 8291894645 c) EMAIL: oneday@globalpagoda.org				
WEST-NORTH MUMBAI: BORIVLI, KANDIVALI, GOREGAON	G-1, "B" Wing, Ground Floor, Gayatri Krupa Bldg, L.T. Road, Babhai Naka, Borivali West, Mumbai 400091, *Birjuji: 9821355653 / 9820736505*	19/11	EVERY DAY: Daily Group Sitting 2:30-3:30pm *except Saturdays & Public Holi...* On Sundays 2-5pm | *Capacity: 10 persons* *(Nr Shri Damodar Medical, Siddhivinayak Eye Clinic)*				
	* Deptt of Psychological Medicine (OPD #14), Shri Harilal Bhagwati (NTC) Municipal Gen. Hospital, SVP Road, Borivali (W), Mumbai-103	19/11	EVERY THURSDAY: 12:00-1:00pm VIPASSANA GROUP SITTING / *EVERY TUESDAY & SATURDAY: 12-12:30pm: ANAPANA-SATI PRACTICE* MINIMUM 1-DAY PRIOR REGISTRATION MUST - AS IT IS IN HOSPITAL PREMISES. *ON SMS ONLY - 9892415803*				
	POINSUR GYMKHANA 1st Floor, Kandivali (W) *Waghelaji: 9324494215 / Nileshji: 9820226282 / Shashikantji: 9869202604*	10/04	EVERY SUNDAY GROUP SIT - 1) 8-9am & 2) 9:10-10:10am *Waghelaji : 9324494215 / Nileshji: 9820226282 / Shashikantji: 9869202604*				
				2nd SUNDAY 1-DAY 8am-1.30pm			
	Chhatrabhuj Narsee School, Next to Gundecha Premiere Tower, Off WE Highway, Kandivali East, Mumbai 400101 *Shashikantji: 9869202604 / Mukeshji: 9167980379*	10/04	1st, 2nd, 3rd SUNDAY GROUP SIT | 8-9am CHATRABHUJ NARSEE SCHOOL			4th SUNDAY 1-DAY 8am-1.30pm	
	* GOREGAON VIPASSANA CENTRE Opposite Lakshdham School, Mohan Gokhale Road, Goregaon (E) Mumbai 400063 *Mansiji: 8850323802 / Yajuvendraji: 9920199203 / Rohanji: 9869377992 / CENTRE: 9152233764*	22/11	EVERY SATURDAY: CHILDREN COURSE - AGE 10-16 years | 9.30am - 3pm | ONLINE REGISTRATION: https://gvc.vridhamma... *Mansiji: 885...* TO RESUME AFTER JANUARY 2023 POST-RENOVATION				
			EVERY SATURDAY & SUNDAY : 11am-5pm (please reach by 10.45am) | ONLINE REGISTRATION: https://gvc.vridhamma.org				
			ALL DAYS : GROUP SITTINGS : 8-9am & 6-7pm | ANY TIME SELF-SITTING 6am-9pm				
	1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregoan (West)	10/04	DAILY GROUP SIT ATINDRIIYA REHEARSAL HALL: 6-7am *Nishaji: 9820213663 / 9930913663* 1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregoan (West)				
WEST MUMBAI: ANDHERI EAST, ANDHERI WEST, VILE PARLE WEST, KHAR WEST	ATMADARSHAN, Mahakali Caves Rd, Subhash Nagar, (Near Sher-E-Punjab) Andheri E *Ritaji : 9987982398 / S K Batraji : 9820182599*	10/04	1st SUNDAY 1-DAY 11am-5pm				
	Dr. Babasaheb Ambedkar Janmashatabdi Bhavan, Padmashree Karmveer Dadasaheb Gaikwad Marg, R.T.O Corner, 4-Bungalows, Andheri West, Mumbai - 400053 *Dr Mohiniji : 9769926169 / Nitinji: 9324022998*	10/04	1st SUNDAY 1-DAY 11am-5pm				
	Jamnabai Narsee School, JVPD (Juhu Scheme) *Devyaniji : 9223254982*	10/04	EVERY SUNDAY GROUP SIT JAMNABAI NARSEE SCHOOL: 6.30-8am				
				2nd SUNDAY 1-DAY 11am - 4.30pm		4th SUNDAY 1-DAY 11am - 4.30pm	
CENTRAL MUMBAI: MATUNGA / WADALA, DADAR / NAIGAON	Vipassana ATM Facility, 6A Policy Colony, Old BDD Chawl, V. Y. Dahivalkar Bua Marg, Naigaon, Dadar (E), Mumbai -14 *Amarji: 9594022016 / Shashikantji: 9867062411 / Anand: 9769121466*	10/04	**VIPASSANA ATM (ANY-TIME MEDITATION) FACILITY: For those who completed a 10-day Vipassana Course** **DAILY GROUP SITS: 9-10am, 2.30-3.30pm & 7-9pm. Call for self-sitting availability at all other times**				
SOUTH MUMBAI: GRANT ROAD, CUFFE PARADE, CHURCHGATE	* 24/7 Vipassana ATM Facility, B-8 Bharat Nagar, Opp Shalimar Cinema / Near Super Cinema, Grant Road (E), Mumbai 400 007 *Heenaji: 9819219087 / Nitinji: 9820003057 / Jatinji: 9819036360 / Prashantji: 9820059287 / Sanjivji (at facility): 9892502105 / Vijayji: 9892537989*	10/04			**VIPASSANA ATM (ANY-TIME MEDITATION) 24x7 FACILITY: For those who have completed a 10-day Vipassana Course DAILY GROUP SITS: 8-9am, 2.30-3.30pm & 6-7pm & All other times as well.** ***Introductory Anapana sessions arranged for individuals/groups above 10 years of age***		
	83,Sunflower Bldg, Opp. G.D. Somani School, Cuffe Parade T:022-22181222	19/11	EVERY SUNDAY GROUP SIT SUNFLOWER CUFFE PARADE 8-9am				
	Vasant Sagar, P3 Level, 'A' Road, Churchgate, Mumbai-400 020 *Contacts for 1-DAY : Pushpaji 869772791 / Subhashji 9833312345 / Nitinji 9820003057 / Heenaji 9819219087*	24/07	EVERY SUNDAY 1-DAY CHURCHGATE 11am-5pm *Pushpaji Makharia: 9869772791 / Subhashji: 9833312345 / Nitinji: 9820003057 / Heenaji: 9819219087*				
	Contact for CHILDREN COURSE: Mustafaji: 8225854444 (2-3pm) *https://mumbai.vridhamma.org/ccc*	19/11	* 1st SATURDAY CHILDREN'S COURSE 10.30am-3.30pm PRIOR REGISTRATION MUST	INFORMATION & ONLINE REGISTRATION FOR CHILDREN COURSES AT CHURCHGATE: https://mumbai.vridhamma.org/ccc			

1-Day & Group Sits FOR OLD STUDENTS ONLY: i.e. THOSE WHO HAVE COMPLETED a 10-DAY OR 7-DAY TEEN VIPASSANA COURSE (or more) AS TAUGHT BY S N GOENKA, IN TRADITION OF SAYAGYI U BA KHIN

Meditators can scan QR or click on one of the 2 images below to click & download

VIPASSANA MEDITATION APP from ITUNES APPLE / GOOGLE PLAY FOR GROUP SITTING AUDIOS

On downloading the app from links alongside, the app provides access to Course bookings, 1-hour group sitting recordings Old Student reference materials to guide practice, including the 10-day discourse summaries, & Groups Sittings Around Me

Download on the App Store | GET IT ON Google Play

FOR CHART SOFT COPY / MODIFICATIONS : EMAIL - sit.mumbai@vridhamma.org

UPDATED CHART / REALTIME VIPASSANA ACROSS MUMBAI https://mumbai.vridhamma.org

VIPASSANA ACROSS MUMBAI

Realtime updates on website: https://mumbai.vridhamma.org/

ALSO AVAILABLE ON VIPASSANA / DHAMMA APP, AS POSTER AT CENTRES, VIPASSANA NEWSLETTER/PATRIKA & THIS PDF FORMAT FOR CIRCULATION IN MEDITATOR WHATSAPP GROUPS,

1-DAY COURSES

FOR OLD STUDENTS; i.e. THOSE WHO HAVE COMPLETED A 10-DAY ADULT | OR A 7-DAY VIPASSANA COURSE FOR TEENAGERS |

EVERY DAY

GORAI: Global Vipassana Pagoda Gate 6 (11am-5pm). Next to Esselworld,Gorai Village,Borivali (West),Mumbai 400091. Register: a) WHATSAPP: NAME, GENDER, DATE SITTING to 8291894644 (AUTORESPONSE) b) SMS: 8291894645 c) EMAIL: oneday@globalpagoda.org | T:50427500 (ext9)
https://goo.gl/maps/K9JtUYFqKNt

EVERY SUNDAY

ADDITIONALLY EVERY SATURDAY TILL JAN23 ONLY AT GOREGAON VIPASSANA CENTRE: (11am-5pm) Mohan Gokhale Road, Opp Lakshadham School, Umershetpada, Gokuldham Colony, Goregaon (E), Mumbai 400063 | Yajuvendraji 9920199203 /Rohanji 9869377992 /Animeshji 9923335484 /Mansiji 8850323802 | ***CENTRE: 9152233764***
Register Online: http://gvc.vridhamma.org/ | https://goo.gl/maps/RwBWhgM9rKPR78sM6

CHURCHGATE:VASANT SAGAR, P3 Level, Opp. Jai Hind College,'A' Road,Churchgate | Pushpaji 9869772791, Nitinji 9820003057, Heenaji 9819219087

1ST SUNDAY

ULHASNAGAR:A Block 703/1405,Behind Netaji School,Near Mahesh Granite,Gokul Nagar|Ram:9970755130
https://goo.gl/maps/h8TUA1UpQk42

KURLA:Shivshrishti Kamgar School,Nehru Nagar,Opp.ST Depot | Rajniji 9869063726 / Arvindji 9967403704 / Purvaaji 9004300759 / Ushaji 9987417886
https://maps.app.goo.gl/7HQDxG3sB3enLA776

ANDHERI (E):ATMADARSHAN,Mahakali Caves Rd,Subhash Nagar,(Near Sher-E-Punjab) Andheri E|Ritaji:9987982398/Batraji:9820182599
https://goo.gl/maps/LyyeVpQTro92

ANDHERI (W): Dr. Babasaheb Ambedkar Janmashatabdi Bhavan,Padmashree Karmveer Dadasaheb Gaikwad Marg,R.T.O Corner,4-Bungalows,Andheri West,Mumbai - 400053|Dr Mohiniji:9769926169|Devyaniji:9223254982
https://goo.gl/maps/4KzRqqy5yawTBAhx8

2nd SUNDAY

CHEMBUR (W):Modern English School,Chheda Nagar,4th Road,Near Paras Niketan | Kavitaji: 961974943 / Arvindji 967403704,Purvaaji 9004300759,Mudholkarji 9769370920

KANDIVALI (W):Every 1st Floor,Poinsur Gymkhana,Near Poinsur Bus Depot,Kandivali (W)|Waghelaji:9324494215,Nileshji:9820226282
https://goo.gl/maps/p25XRzSeE5xu7nza6

JVPD:Jamnabai Narsee School,Juhu Scheme|Devyaniji:9223254982
https://goo.gl/maps/5MPsH3B5X5n

3rd SUNDAY

BADLAPUR: Barvi Vipassana Seva Sanstha, Bhalerao Farmhouse, Mulgav, Boradpada Road, Badlapur (W) |Suhasji:8767411434/Prakashji:9769428188
https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8

ULHASNAGAR:A Block 703/1405,Behind Netaji School,Near Mahesh Granite,Gokul Nagar|Ram:9970755130
https://goo.gl/maps/h8TUA1UpQk42

MULUND (W):Lion's Pavilion,1st floor,Near Vaze School,Vitthalbhai Patel Road,Mulund West,Mumbai-80| Vallabhji:9821323033,Kantibhai:9321598545
https://goo.gl/maps/z7QUEPHR94ZSMo8o9

4th SUNDAY

ULHASNAGAR-4:Dhamma Saket,Near Nalanda School,Kansai Rd|Wakodeji:9421627274
https://goo.gl/maps/p7NgofnWHoUjEFte9

KHARGHAR:Vishwajyot School,Plot 77 Sec 20,Nr Jalvayu Vihar|Sushamaji:9322890275,
https://goo.gl/maps/d3YPXqYGzeJ2

THANE:VCS quality services,Unit no. 6,A 16 7 B 8,Amfotech IT park,Wagle Industrial Estate,Thane west,Opp. Old Passport Office. Prakashji:8879940138
https://goo.gl/maps/8jqjA3mx45G7xbrL7

KANDIVALI (E): 8am-1.30pm. Chhatrabhuj Narsee School, Next to Gundecha Premiere Tower, Off WE Highway, Kandivali East, Mumbai 400101 | Shashikantji:9869202604 / Mukeshji:9167980379
https://goo.gl/maps/D37rLP8SeWiuWxig7

JVPD:Jamnabai Narsee School,Juhu Scheme|Devyaniji:9223254982
https://goo.gl/maps/5MPsH3B5X5n

ON SUNDAYS WHEN COURSE ENDS (PLEASE CONFIRM WITH CENTRE)

KHADAVLI:**Dhamma Sarita Vipassana Centre,**Matoshree Vriddhashram,Near Khadavali Station 7798324659/7798325086
https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8

BELAPUR:DHAMMA VIPULA,Plot 91A,Sec 26,Parsik Hill,C.B.D. Belapur,Navi Mumbai 400614|27522404/27522277 (Office Timings:11am - 5pm) Apply Online:
https://schedule.vridhamma.org/courses/vipula | https://goo.gl/maps/DB55xoiTFak

GROUP SITTINGS

FOR OLD STUDENTS; i.e. THOSE WHO HAVE COMPLETED A 10-DAY ADULT | OR A 7-DAY VIPASSANA COURSE FOR TEENAGERS

DAILY

ULHASNAGAR: 8-9pm,Dhamma Saket Vipassana Centre,Near Nalanda School,Kansai Road,Subhash Tekdi Ulhasnagar -4|Wakodeji:9421627274
https://goo.gl/maps/p7NgofnWHoUjEFte9

GORAI:Global Vipassana Pagoda Gorai Village,Borivali (W) Contact:(10am-7pm)|50427500,50427518:- ext No 9
https://goo.gl/maps/K9JtUYFqKNt

GOREGAON VIPASSANA CENTRE: **DAILY GROUP SITTINGS : 8-9am & 6-7pm (*TILL JAN23)* | ANYTIME SELFSIT 6am-9pm** | Mohan Gokhale Road, Opp Lakshadham School, Umershetpada, Gokuldham Colony, Goregaon (E), Mumbai 400063 | Yajuvendraji 9920199203 /Rohanji 9869377992 /Animeshji 9923335484 /Mansiji 8850323802 | ***CENTRE: 9152233764***
https://goo.gl/maps/RwBWhgM9rKPR78sM6

BORIVLI WEST: 2:30-3:30pm except Saturdays & Public Holidays. On Sundays 2-5pm|Capacity:10 persons,G-1,"B" Wing,Ground Floor,Gayatri Krupa Bldg,L.T. Road,Babhai Naka,(Nr Shri Damodar Medical,Siddhivinayak Eye Clinic) Borivali West,Mumbai-91|Birju Darji:9821355653,9820736505
https://goo.gl/maps/CSjbYEPw6oDEvW7G7

GOREGAON WEST:7-8am,ATINDRIIYA REHEARSAL HALL,1/7,Unnat Nagar 3,Near Shabari Restaurant,M.G. Road,Goregoan (West)|Nisha Malloo:9820213663/9594413663
https://goo.gl/maps/XL5eGwYRyDL2

***DADAR NAIGON*:** Vipassana AnyTime Meditation Facility, 6A Old BDD Chawl, V. Y. Dahivalkar Bua Marg, Naigaon-Dadar(E), Mumbai -14 | Amarji:9594022016 | Shashikantji:9867062411 | Anand:9769121466
https://goo.gl/maps/df7KCcecF5raBR9Q6

GRANT ROAD (ANYTIME MEDITATION FACILITY): 8-9am,2.30-3.30pm & 6-7pm. Vipassana 24x7 ATM Facility all other times. B-8 Bharat Nagar,Opp Shalimar Cinema/Near Super Cinema,Grant Road (E),Mumbai-7| Jatin:9819036360, Heena:9819219087

https://mumbai.vridhamma.org/atm | maplink: https://goo.gl/maps/Y8Dd33djYtD2

Click below image to download pamphlet of VIPASSANA ATM GRANT ROAD

WEEKLY

KANDIVALI (E): 1st, 2nd, 3rd Sunday 8-9am. Chhatrabhuj Narsee School, Next to Gundecha Premiere Tower, Off WE Highway, Kandivali East, Mumbai 400101 | Shashikant Lad 9869202604 / Mukesh Kamble 9167980379
https://goo.gl/maps/D37rLP8SeWiuWxig7

BORIVALI (W): Every THURSDAY 12:00-1:00pm VIPASSANA GROUP SITTING, Every TUESDAY & SATURDAY 12-12:30pm ANAPANA-SATI PRACTICE. ***MINIMUM 1-DAY PRIOR REGISTRATION MUST - AS IT IS IN HOSPITAL PREMISES. ON SMS ONLY - 9892415803.*** Department of Psychological Medicine (OPD #14), Shri Harilal Bhagwati (NTC) Municipal General Hospital, SVP Road, Borivali (W), Mumbai 400103
https://goo.gl/maps/kuzKAUbGJP4wdmMcA

VILE PARLE (W): Every Sunday 6.30-8am,Jamnabai School,Juhu|Devyaniji:9223254982
https://goo.gl/maps/5MPsH3B5X5n

POWAI: EVERY SATURDAY 8-9am, Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai Neetaji: 9619397648 / Rajkumarji: 9820084502
https://goo.gl/maps/DhtsE5hftb6BYFkq9

MULUND: All except 3rd Sunday: 8-9am,Lion's Pavilion,1st floor,Near Vaze School,Vitthalbhai Patel Road,Mulund West,Mumbai-80|Vallabhji:9821323033,Kantibhai:9321598545
https://goo.gl/maps/z7QUEPHR94ZSMo8o9

CHILDREN COURSES

(PRIOR REGISTRATION MUST FOR ALL BELOW COURSES)

FIRST SATURDAY OF EVERY MONTH
CHURCHGATE Vasant Sagar, Opp. Jai Hind College, 'A' Road, Churchgate, Mumbai-400 020, at 10:30a.m - 3.30pm
https://goo.gl/maps/m9rhj2J2dYC2
ONLINE REGISTRATION: https://mumbai.vridhamma.org/ccc

2 SUNDAYS EVERY MONTH (10-day course ending days)
BELAPUR (CHECK WHICH SUNDAY *TILL JAN23*):11am-4.30pm,DHAMMA VIPULA Plot 91A,Sec 26,Parsik Hill,C.B.D. Belapur,Navi Mumbai 400614 02227522404 / 02227522277 (Office Timings: 11am - 5pm) ONLINE REGISTRATION:
https://schedule.vridhamma.org/courses/vipula
https://goo.gl/maps/DB55xoiTFak

🙏 VIPASSANA ACROSS MUMBAI 🙏

UPDATED CHART & TEXT PDF FOR BENEFIT OF MEDITATORS & SERVERS

SALIENT FEATURES

ONLINE: mumbai.vridhamma.org
EMAIL: sit.mumbai@vridhamma.org

 # MAPLINKS: Chart & Text have Maplinks for each & every location.

 # CHART: Tap address & open location in Google Maps.

 # GLOBAL PAGODA: For 1D registration tap info box which opens in whatsapp directly.

 # DHAMMA VIPULA & GOREGAON VIPASSANA CENTRE: Tap on 1D/CC to open registration page for each.

 # VIPASSANA APP: Tap STORE LINKS at bottom corners of chart to download on IPHONE or ANDROID

 # POSTER FORMAT: Organisers can print chart in A3 size and laminate (Larger on Vinyl) for meditator's benefit and to scan QR codes to download app with ease.

For your own progress and to serve by sharing ahead with your Dhamma Sisters & Brothers for their progress on the path of Dhamma.

With immense gratitude and boundless Metta 🙏

🙏 मुंबई महानगर परिसर में विपश्यना साधना सुविधाएं 🙏

साधकों और सेवकों के लाभ के लिए अद्यतन चार्ट और शब्द आधारित पी.डी.एफ़ आलेख

मुख्य विशेषताएं

अनलाइन: mumbai.vridhamma.org

ईमेल: sit.mumbai@vridhamma.org

मैपलिंक्स: चार्ट और टेक्स्ट में प्रत्येक स्थल के लिए मैपलिंक हैं।

चार्ट: एड्रेस पर टैप करें । गूगल मैप्स पे जगह मिल जाएगी |

ग्लोबल पैगोडा: 1दिवसीय शिविर: रजिस्ट्रेशन के लिए इंफो बॉक्स पर टैप करें जो सीधे व्हाट्सएप में खुलता है।

धम्म विपुला और गोरेगांव विपश्यना केंद्र: पंजीकरण पृष्ठ खोलने के लिए 1दिवसीय शिविर / बाल शिविर पर टैप करें।

विपश्यना ऐप: **IPHONE** या **ANDROID** पर डाउनलोड करने के लिए चार्ट के निचले कोनों पर स्टोर लिंक पर टैप करें

पोस्टर: आयोजक ए**3** आकार में चार्ट छाप सकते हैं और साधोकों के सुविधा के लिए (या विनाइल पर बड़ा) कर सकते हैं | आसानी से ऐप डाउनलोड करने के लिए **QR** कोड स्कैन कर सकते हैं।

अपनी स्वयं की प्रगति के लिए और धम्म के पथ पर अपने धम्म बहनों और भाइयों के प्रगति हेतु उनके साथ आगे साझा करके धम्म सेवा करें |

अपार कृतज्ञता और असीम मैत्री सहित 🙏