### VIPASSANA in & around GREATER MUMBAI

#### GROUP SITTINGS

<table>
<thead>
<tr>
<th>REGION</th>
<th>LOCATION</th>
<th>CONTACT</th>
<th>TIME &amp; DETAILS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KANDIVALI</strong></td>
<td>KANDIVALI</td>
<td>8850323802</td>
<td><strong>1st SUNDAY GROUP SIT</strong> 8am-5pm</td>
</tr>
<tr>
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<td>9833312345</td>
<td>ANY-TIME MEDITATION 24x7 FACILITY: For those who have completed a 10-day Vipassana Course</td>
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<tr>
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<td>8169023306</td>
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#### CHILDREN COURSES

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**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.

**Vipassana meditation app** can scan QR Code or click on one of the images below to download.

**On downloading the app from links alongside, the app provides access to course bookings, 1-hour group sitting recordings for students, parents, teachers, including the 10-day course, summary, and group sitting around me.**

**Information & Online Registration For Children’s Course:**

https://mumbai.vridhamma.org/ccc

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**In jail prisoners:**

For further information, please contact the Vipassana Foundation office in jail.

**ONLINE REGISTRATION:**

https://schedule.vridhamma.org/courses/vipula

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**Information & Online Registration For Children’s Course:**

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**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. Meditationists can scan QR Code or click on one of the images below to download.

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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

EVEN DY
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

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

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 Mohini: 9769926169 | Devyaniji: 9223254982
https://goo.gl/maps/4KzRqqy5yawTBAhx8

**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

**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/z7 QUEPHR94ZSMo8o9

**ULHASNAGAR-4:** Dhamma Saket, Near Nalanda School, Kansai Rd | Wakodeji: 9421627274
https://goo.gl/maps/p7 NgofnWHoUjEFte9

**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/DB5xoITFak
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 SELF SIT 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/kuzKAUbGJP4wdmA

**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

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**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 विश्वसनीय 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 विश्वसना केंद्र: पंजीकरण पृष्ठ खोलने के लिए 1दिवसीय शिविर / बाल शिविर पर टैप करें।

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

# पोस्टर: आयोजक ए3 आकार में चार्ट छाप सकते हैं और साधकों 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 🙏