

VIPASSANA in & around GREATER MUMBAI

UPDATED ON 10th July 2023

1-DAY COURSES

GROUP SITTINGS

CHILDREN COURSES

REGION	LOCATION / MAPLINK <small>(Tap on address to locate on Google Maps)</small>	UPDATED ON	1st (*day of Month)	2nd (*day of Month)	3rd (*day of Month)	4th (*day of Month)	5th (*day of Month)	
NEW COURSE	DHAMMA SARITA (Khadavi 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					
	KDMC KHADAVLI BADLAPUR ULHASNAGAR KALYAN DOMBIVLI Barvi Vipassana Seva Sanstha, Bhalerao Farmhouse, Mulgav, Boradpada Road, Badlapur (W) Suhasiji: 8767411434 / Prakashiji: 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, Navli 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, Navli Mumbai 400614		2 SUNDAYS EVERY MONTH (10-day course ending days) CHILDREN'S COURSE 11am-4:30pm			
	VCS quality services, Unit no. 6, A 16 7 B 8, Amfotech IT park, Wagle Industrial Estate, Thane west, Opp. Old Passport Office. Prakashiji: 8879940138	10/04					4th SUNDAY 1-DAY 10am-4pm Prakash Chaudhari : 8879940138	
NORTH-EAST MUMBAI THANE MULUND VIKROLI / POWAI GHATKOPAR CHEMBUR / KURLA	Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai Neetaji: 9619397648 / Rajkumaraji: 9820084502	19/11	EVERY SATURDAY 1-HOUR GROUP SIT 8-9am Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai Neetaji: 9619397648 / Rajkumaraji: 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 Rajiniji: 9869063726 / Arvindiji: 9967403704 / Purvooji: 9004300759 / Ushoiji: 9987417886	2nd SUNDAY 1-DAY CHEMBUR 11am-5pm Modern English High School, Chheda Ngr, 4th Road Kavita: 9819749483 / Arvindiji: 9874837882 / Purvooji: 9004300759 / Mudholkarji: 9769370920	4th SUNDAY 1-DAY CHEMBUR 11am-5pm 11.45 AM - 12.15 PM Night School (BMC School), 2nd Flr (NO LIFT), Prakash: L.S. B. 42mg, Tilak Ngr Poojari: 9819322254 / Mudholkarji: 9769370920			
NORTH-WEST MUMBAI VIRAR NALA SOPARA GORAI	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					
	G-1, "B" Wing, Ground Floor, Gayatri Krupa Bldg, L.T. Road, Bahai Naka, Borivali West, Mumbai 400091, Biruji: 9821355653 / 9820736505	19/11	EVERY DAY: Daily Group Sitting 2:30-3:30pm except Saturdays & Public Holidays On Sundays 2-5pm Capacity: 10 persons (Nr. Shri Damodar Medical, Siddhivinayak Eye Clinic)					
	Deptt of Psychological Medicine (OPD #14), Shri Harilal Bhagwati (NCT) 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					
WEST-NORTH MUMBAI	POINSUR GYMKHANA 1st Floor, Kandivali (W) Waghelaji: 9324494215 / Nileshiji: 9820226282 / Shashikantiji: 9869202604	10/04	EVERY SUNDAY GROUP SIT - 1) 8-9am & 2) 9:10-10:10am Waghelaji: 9324494215 / Nileshiji: 9820226282 / Shashikantiji: 9869202604		2nd SUNDAY 1-DAY 8am-1:30pm			
BORIVALI KANDIVALI GOREGAON	Chhatrabhuj Narsee School, Next to Gundecha Premiere Tower, Off WE Highway, Kandivali East, Mumbai 400101 Shashikantiji: 9869202604 / Mukeshiji: 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 / Yajuvendrajiji: 9920199203 / Rohaniji: 9869377992 / CENTRE: 912233764	22/11	CHILDREN COURSE - AGE 10-16 years 9:30am - 3pm ONLINE REGISTRATION: https://gvc.vridhamma.org/home Mansiji: 8850323802 / Poojari: 8169023306					
	1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West)	10/04	EVERY SATURDAY & SUNDAY : 10:30am-5pm (please reach by 10.15am) ONLINE REGISTRATION: https://gvc.vridhamma.org ALL DAYS : GROUP SITTINGS : 8-9am & 6-7pm ANY TIME SELF-SITTING 6am-9pm					
WEST MUMBAI	ATMADARSHAN, Mahakali Caves Rd, Subhash Nagar, (Near Sher-E-Punjab) Andheri E Ritaji : 9887982398 / S K Batraji : 9820182599	10/04	DAILY GROUP SIT ATINDRIYA REHEARSAL HALL: 6-7am Nishaji: 9820213663 / 9930913663 1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West)					
ANDHERI EAST ANDHERI WEST VILE PARLE WEST KHAR WEST	Dr. Babasaheb Ambedkar Janmashatabdi Bhavan, Padmashree Karmveer Dadasaheb Gaikwad Marg, R.T.O Corner, 4-Bungalows, Andheri West, Mumbai - 400053 Dr Mohiniji : 9769926169 / Nitiniji: 9324022998	10/04	1st SUNDAY 1-DAY 11am-5pm					
	Jamnabai Narsee School, JVPD (Juhu Scheme) Devyaniji : 922254982	10/04	EVERY SUNDAY GROUP SIT JAMNABAI NARSEE SCHOOL: 6:30-8am		2nd 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 Amariji: 95940220016 / Shashikantiji: 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	Vipassana ATM Facility, B-8 Bharat Nagar, Opp Shalimar Cinema / Near Super Cinema, Grant Road (E), Mumbai 400 007 Heenaji: 9819219087 / Nitiniji: 9820003057 / Jatiniji: 9819036360 / Prashantiji: 9820059287 / Sanjivi (at facility): 9892502105 / Vijayiji: 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 / Subhashiji 9833312345 / Nitiniji 9820003057 / Heenaji 9819219087 Contact for CHILDREN COURSE: Mustafaji: 8225854444 (2-3pm) https://mumbai.vridhamma.org/ccc	24/07	EVERY SUNDAY 1-DAY CHURCHGATE 11am-5pm Pushpaji Makharia: 9869772791 / Subhashiji: 9833312345 / Nitiniji: 9820003057 / Heenaji: 9819219087		1st SATURDAY CHILDREN'S COURSE 10.30am-3.30pm PRIOR REGISTRATION MUST			
		19/11	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 SAYAGI U BA KHIN

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

VIPASSANA MEDITATION AAPP by VRI 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 Sitting Around Me

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

UPDATED DIRECTORY / 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 | Devyani: 9223254982
<https://goo.gl/maps/4KzRqqy5yawTBAhx8>

2nd SUNDAY

CHEMBUR (W): Modern English School, Chheda Nagar, 4th Road, Near Paras Niketan | Kavita: 961974943 / Arvind: 967403704, Purva: 9004300759, Mudholkar: 9769370920

KANDIVALI (W): Every 1st Floor, Poincur Gymkhana, Near Poincur Bus Depot, Kandivali (W) | Waghela: 9324494215, Nilesh: 9820226282
<https://goo.gl/maps/p25XRzSeE5xu7nza6>

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

3rd SUNDAY

BADLAPUR: Barvi Vipassana Seva Sanstha, Bhalerao Farmhouse, Mulgav, Boradpada Road, Badlapur (W) | Suhas: 8767411434 / Prakash: 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 | Vallabh: 9821323033, Kantibhai: 9321598545
<https://goo.gl/maps/z7QUEPHR94ZSMo8o9>

4th SUNDAY

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

KHARGHAR: Vishwajyot School, Plot 77 Sec 20, Nr Jalvayu Vihar | Sushama: 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. Prakash: 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, Gokuldharm 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, Goregaon (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

Updated: 29th July, 2022 | Also updated & downloadable from <https://mumbai.vridhamma.org/atm>

विपश्यना ATM : “हरसमय, स्वयंसेवा” साधना सुविधा

में आपका स्वागत है

रोज़ की सामूहिक साधना: ८-९am, २.३०-३.३०pm, 6-7 pm

उन साधकों के लिए, जिन्होंने सयाग्यी ऊ बा खिन की परंपरा में,
स० ना० गोएंका के सिखाये हुए १०-दिवसीय शिविर में भाग लिया है

WELCOME TO **VIPASSANA ATM : ANY-TIME SELF-SERVE MEDITATION FACILITY**

Daily Group Sittings: 8-9am, 2.30-3.30pm, 6-7 pm

FOR THOSE WHO HAVE ATTENDED 10-DAY VIPASSANA COURSE IN
THE TRADITION OF SAYAGYI U BA KHIN, AS TAUGHT BY S N GOENKA



पुरुष क्षेत्र / GENTS SIDE (10 seats)

6 Blue Cushions + 3 seat-sofa + 1 chair

महिला क्षेत्र / LADIES SIDE (4 seats)

3 Light Blue Cushions + 1 Chair

पंजीकरण पुस्तक टेबल पे है / PLEASE FILL YOUR DETAILS REGISTRATION BOOK ON TABLE

हर विपश्यना केंद्र के तरह, एटीएम में साधना करने का कोई शुल्क नहीं है

यह विपश्यना एटीएम आभारी छात्रों के दान से चलाया जाता है

As for all Vipassana Centres, this facility is run entirely on donations
of grateful students, no charge for meditating at Vipassana ATM

DHAMMA SEVAKS: 📞 Heena +919819219087 / Nitin +919820003057 /
Sanjiv +919892502105 / Jatin +919819036360 / Prashant +919820059287 (BHARAT NAGAR)

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 | Devyani: 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/ccs>

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.एफ 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 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 🙏