### VIPASSANA in & around GREATER MUMBAI

<table>
<thead>
<tr>
<th>REGION</th>
<th>GROUP SITTINGS</th>
<th>CHILDREN COURSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEST-MUMBAI</td>
<td>1st SUNDAY: 9am-7pm</td>
<td>CHILDREN COURSE 9.30am - 3pm for 10-16 year-olds</td>
</tr>
<tr>
<td>SOUTH-MUMBAI</td>
<td>1st SUNDAY: 9.15am onwards: Group Sitting: 8-9am</td>
<td>CHILDREN COURSE 8am-9am for 10-16 year-olds</td>
</tr>
<tr>
<td>NORTH-EAST MUMBAI</td>
<td>1st SATURDAY: 11am-1:30 pm</td>
<td>CHILDREN COURSE 11am-5pm for 10-16 year-olds</td>
</tr>
<tr>
<td>EAST-MUMBAI</td>
<td>1st SUNDAY: 11am-5pm</td>
<td>CHILDREN COURSE 8am-9am for 10-16 year-olds</td>
</tr>
<tr>
<td>WEST NORTH MUMBAI</td>
<td>1st SUNDAY: 9am-7pm</td>
<td>CHILDREN COURSE 9.30am - 3pm for 10-16 year-olds</td>
</tr>
<tr>
<td>NORTH MUMBAI</td>
<td>1st SUNDAY: 9am-7pm</td>
<td>CHILDREN COURSE 9.30am - 3pm for 10-16 year-olds</td>
</tr>
<tr>
<td>SOUTH MUMBAI</td>
<td>1st SUNDAY: 9am-7pm</td>
<td>CHILDREN COURSE 9.30am - 3pm for 10-16 year-olds</td>
</tr>
</tbody>
</table>

---

**1-DAY COURSES**

- **Group Sits**
  - 1st (Day of Month)
  - 2nd (Day of Month)
  - 3rd (Day of Month)
  - 4th (Day of Month)
  - 5th (Day of Month)

- **Children Courses**
  - 1st (Day of Month)
  - 2nd (Day of Month)
  - 3rd (Day of Month)
  - 4th (Day of Month)

---

**To Resume Soon - Currently suspended**

**VIPASSANA ATM (ANY-TIME MEDITATION) FACILITY**

- **24x7 Facility**
  - **VIPASSANA ATM**
  - **24x7 Coin-Less ATM**
  - **VIPASSANA ANY-TIME MEDITATION**
  - **VIPASSANA ANY-TIME SITTING**

---

**VIPASSANA ATM (ANY-TIME MEDITATION) FACILITY**

For those who have completed a 10-Day Vipassana Course

**DAILY GROUP WITH: 8am, 1st SUNDAY**

**DAILY GROUP WITH: 8am, 1st SATURDAY**

**DAILY GROUP WITH: 8am, 2nd SUNDAY**

**DAILY GROUP WITH: 8am, 2nd SATURDAY**

---

**1-Day & Group Sits for Old Students Only:**

- Those who have completed 10 Day or 7 Day Course in Tradition of Sayagyi U Ba Khin

---

**Vipassana Meditation App**

- Available on **Android** & **iOS**.
- Search in **Apple Store** & **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

DAILY – EVERY DAY COURSE

GLOBAL VIPASSANA PAGODA, GORAI: 11am - 4.30pm
Global Vipassana Pagoda Gate 6, Next to Esselworld, Gorai Village, Borivali (West), Mumbai 400091.

MAPLINK: https://goo.gl/maps/K9JtUYFqKNt

PRIOR REGISTRATION MUST:

a) WHATSAPP: +918291834644 (AUTORESPONSE)
b) SMS: 8291894645
b) EMAIL: oneday@globalpagoda.org
c) REGISTRATION WEBSITE: oneday.globalpagoda.org

HELPLINE: 022-50427500 (ext No #9)

EVERY SATURDAY, SUNDAY & PUBLIC HOLIDAY

GOREGAON VIPASSANA CENTRE: 10.30am-4.45pm (please reach before course starts)
Mohan Gokhale Road, Opp Lakshadham School, Umershetpada, Gokuldham Colony, Goregaon (E), Mumbai 400063 |

MAPLINK: https://goo.gl/maps/RwBWhgM9rKPR78sM6 (1.7km from Aarey Metro Station)

PRIOR ONLINE REGISTRATION MUST: https://gvc.vridhamma.org/

HELPLINE: Yajuvendraji 9920199203 / Rohanji 9869377992 / Animeshji 9923335484 / Mansiji 8850323802 / CENTRE: 9152233764
EVERY SUNDAY

**DHAMMA VIPULA VIPASSANA CENTRE, BELAPUR:**
10.45am-4.30pm (please reach 15 minutes before start of course)
Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614

**MAPLINK:**  [https://goo.gl/maps/DB55xoiTFak](https://goo.gl/maps/DB55xoiTFak)

**PRIOR ONLINE REGISTRATION MUST:**
[https://schedule.vridhamma.org/courses/vipula](https://schedule.vridhamma.org/courses/vipula)

**HELPLINE:** 02227522404 / 02227522277 (Office Timings: 11am - 5pm)

---

**CHURCHGATE:** 10.45am-5pm (please reach 15 minutes before start of course)
VASANT SAGAR, P3 Level, Opp. Jai Hind College, ‘A’ Road, Churchgate

**PRIOR REGISTRATION VIA WHATSAPP LINK:**
[https://chat.whatsapp.com/LSU73abCKv51yjsBsngDBT](https://chat.whatsapp.com/LSU73abCKv51yjsBsngDBT)

**MAPLINK:** [https://goo.gl/maps/m9rhj2J2dYC2](https://goo.gl/maps/m9rhj2J2dYC2)

**HELPLINE:** Pushpaji 9869772791 / Heenaji 9819219087 /
Nitinji 9820003057 / Subhashji 9833312345

---

**1ST SUNDAY**

**ULHASNAGAR:** 11am – 5pm
A Block 703/1405, Behind Netaji School, Near Mahesh Granite, Behind Reliance Smart Point Mall, Ulhasnagar – 5

**MAPLINK:** [https://goo.gl/maps/h8TUA1UpQk42](https://goo.gl/maps/h8TUA1UpQk42)

**HELPLINE:** Vidyaji: 9967551203 / Ramji: 9970755130

---

**KURLA:** 11am-5pm
Shivshrishti Kamgar School, Nehru Nagar, Opp.ST Depot

**MAPLINK:** [https://maps.app.goo.gl/7HQDxG3sB3enLA776](https://maps.app.goo.gl/7HQDxG3sB3enLA776)

**HELPLINE:** Rajniji 9869063726 / Arvindji 9967403704 / Purvaaji 9004300759 / Ushaji 9987417886
ANDHERI (E): 11am-5pm
ATMADARSHAN, Mahakali Caves Rd, Subhash Nagar, Near Sher-E-Punjab, Andheri East

MAPLINK: https://goo.gl/maps/LyyeVpQTro92

HELPLINE: Ritaji: 9987982398/ Batraji: 9820182599

DOMBIVLI: 11am to 3:30 pm
Sarvodaya Vidyalaya, Kalyan - Shilphata Rd, Nilje Gaon, Dombivli, 421204

MAPLINK: https://goo.gl/maps/XADcmqMdAD3KXYXY6

HELPLINE: Arun Chandwani: 9819056629

ANDHERI (W): 8 am-1:30 pm Timing Updated
Dr. Babasaheb Ambedkar Janmashatabdi Bhavan, Padmashree Karmveer Dadasaheb Gaikwad Marg, R.T.O Corner, 4-Bungalows, Andheri West, Mumbai – 400053

MAPLINK: https://goo.gl/maps/4KzRqgy5yawTBAhx8

HELPLINE: Dr Mohiniji: 9769926169 Nitinji: 9324022998

CUFFE PARADE: 10.30 am to 5.00 pm

MAPLINK : https://goo.gl/maps/grfJkz5BjCs

HELPLINE: Hemalji: 7021215934, Anandji: 8422949108,

2nd SUNDAY

ULHASNAGAR : 11am-5pm
Dhamma Saket Vipassana Centre, Near Nalanda School, Kansai Rd, Ulhasnagar - 4

MAPLINK : https://goo.gl/maps/Mo1u7YFYoa2PjqgG6
HELPLINE: Wakodeji: 9421627274

CHEMBUR (W): 11am-5pm  Contact Details corrected
Modern English School, Chheda Nagar, 4th Road, Near Paras Niketan

MAPLINK: https://goo.gl/maps/i94Cf1hQeiZN9tGq6

HELPLINE: Kavitaji: 9619749431 / Arvindji Pawar 9967403704, Purvaaji 9004300759, Mudholkarji 9769370920

KANDIVALI (W): 8am-1.30pm  Map location Corrected
1st Floor, Poinsur Gymkhana, Near Poinsur Bus Depot, Kandivali West

MAPLINK: https://goo.gl/maps/of6x32tRdq7BR6GKA

HELPLINE: Waghelaji: 9324494215, Nileshji: 9820226282, Shashikantji: 9869202604

JUHU VILE PARLE (JVPD): 11am-4.30pm
Jamnabai Narsee School, JVPD Scheme

MAPLINK: https://goo.gl/maps/5MPsH3B5X5n

HELPLINE: Devyaniji: 9223254982

3rd SUNDAY

BADLAPUR: 11am-5pm
Barvi Vipassana Seva Sanstha, Bhalerao Farmhouse, Mulgav, Boradpada Road, Badlapur (West)

MAPLINK: https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8

HELPLINE: Suhasji: 8767411434/Prakashji: 9769428188

ULHASNAGAR: 11am – 5pm
A Block 703/1405, Behind Netaji School, Near Mahesh Granite, Behind Reliance Smart Point Mall, Ulhasnagar – 5
MAPLINK: https://goo.gl/maps/h8TUA1UpQk42

HELPLINE: Vidyaji: 9967551203 / Ramji: 9970755130

---

**VIRAR:** 10am-4pm  
VASAI VIRAR VIPASSANA SAMITI, 3rd Floor, Mayfair Virar Garden, Gate 1, Off Bolinj Road, Karodi, Virar West 401303

MAPLINK: https://maps.app.goo.gl/5dcLcXEEaDUQkwf17

HELPLINE: Milindji: 9766622428 / Prakashji: 9049046984

---

**MULUND (W):** 10am-4pm  
Lion’s Pavilion, 1st floor, Near Vaze School, Vitthalbhai Patel Road, Mulund West

MAPLINK: https://goo.gl/maps/z7QUEPHR94ZSMo8o9

HELPLINE: Vallabhji: 9821323033 / Kantibhai: 9321598545

---

**4th SUNDAY**

**ULHASNAGAR:** 11am-5pm  
Dhamma Saket Vipassana Centre, Near Nalanda School, Kansai Rd, Ulhasnagar - 4

MAPLINK: https://goo.gl/maps/Mo1u7YFYoa2PjggG6

HELPLINE: Wakodeji: 9421627274

---

**DOMBIVALI:** 11am-5pm  
*Address Change*  
AIMS Rehabilitation Centre, P 93, Ground floor, Adjacent to Multi Sports Complex, Besides Omkar School Gate No. 5, Sudama Nagar, MIDC, Dombivli East

MAPLINK: https://goo.gl/maps/faYbyPhq5Wb3HLAn7

HELPLINE: Mukulji: 9819866615 / Sagarji: 9579367374 / Debasishji: 9029423540

---

**KHARGHAR:** 11am-5pm  
Vishwajyot School, Plot 77 Sec 20, Nr Jalvayu Vihar
**MAPLINK :** [https://goo.gl/maps/d3YPXqYGzeJ2](https://goo.gl/maps/d3YPXqYGzeJ2)
**HELPLINE:** Sushamaji: 9322890275 / Saraswatiji : 93226 83469

---

**THANE:** 10 am- 4 pm  
VCS quality services, Unit no. 6, A 16 7 B 8, Amfotech IT park, Wagle Industrial Estate, Thane West, Opp. Old Passport Office.

**MAPLINK :** [https://goo.gl/maps/8jqjA3mx45G7xbrL7](https://goo.gl/maps/8jqjA3mx45G7xbrL7)
**HELPLINE:** Prakashji:8879940138

---

**KANDIVALI (E):** 8am-1.30pm  
Chhatrabhuj Narsee School, Near Gundecha Premiere, Off WE Highway, Kandivali East

**MAPLINK :** [https://goo.gl/maps/D37rLP8SeWiuWxig7](https://goo.gl/maps/D37rLP8SeWiuWxig7)
**HELPLINE:** Shashikantji: 9869202604 / Mukeshji: 9167980379

---

**JUHU VILE PARLE (JVPD):** 11am-4.30pm  
Jamnabai Narsee School, JVPD Scheme

**MAPLINK :** [https://goo.gl/maps/5MPsH3B5X5n](https://goo.gl/maps/5MPsH3B5X5n)
**HELPLINE:** Devyaniji: 9223254982

---

**ON SUNDAYS WHEN COURSE ENDS (PLEASE CONFIRM WITH CENTRE )**

**DHAMMA SARITA VIPASSANA CENTRE, KHADAVLI:** 11am-5pm  
Matoshree Vriddhashram,Near Khadavali Station

**MAPLINK :** [https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8](https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8)

**PRIOR ONLINE REGISTRATION MUST:**  
[https://schedule.vridhamma.org/courses/sarita](https://schedule.vridhamma.org/courses/sarita)

**HELPLINE:** Mintu Bera: 9503905086 / 7798324659 / 7798325086
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 Rd, Ulhasnagar - 4

MAPLINK: https://goo.gl/maps/Mo1u7YFYoa2PjggG6

HELPLINE: Wakodeji: 9421627274

DOMAIN: VIPASSANA ANYTIME MEDITATION FACILITY

1) GROUP SITTINGS: DAILY 8-9am & 4:30 pm – 5:30 pm.
2) Vipassana ATM Facility: 8 am to 8 pm
Dr. Ranjana Kantharia's Clinic, Gr floor, New Poornima Darshan, Opp Jevandeep Hosp, Shrikhandewadi, Dombivli (E)

MAPLINK: https://goo.gl/maps/csPbgmQqktBrp2K28

HELPLINE: Sagar: 9579367374

DOMBIVLI WEST: Daily Self Meditation, 5:30am to 7:30 am
12/B, Zipru Sadan, Ground floor, Opp. Bhavani Sadan. Achalkar bldg, Next to Omkar bldg, Near Don Bosco School., Gupte Road, Jai Hind Colony, Dombivli West:  421202.

MAPLINK: https://maps.app.goo.gl/jqvRtAWtv6oEVq96

HELPLINE: Dr. Ranjanaji: 9930353963, 8655994866

VIKHROLI: 7-8am
Ratnabodhi Vihar, Kannamvar Nagar No. 2, Vikhroli

MAPLINK: https://goo.gl/maps/UzRwnWzKF3z

HELPLINE: Siddharthji: 9869125777

DHAMMA VIPULA VIPASSANA CENTRE, BELAPUR:
DAILY SELF-SITTING FACILITY IN BASEMENT HALL FROM 7 am to 8 pm
(Adjoining Centre Office)
Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614

MAPLINK: https://goo.gl/maps/DB55xoiTFak

HELPLINE: 02227522404 / 02227522277 (Office Inquiry Timings: 11am - 5pm)

GLOBAL VIPASSANA PAGODA, GORAI: 9am – 7pm (ANYTIME SELF-SIT)
Global Vipassana Pagoda Gate 6, Next to Esselworld, Gorai Village, Borivali (West), Mumbai 400091.

MAPLINK: https://goo.gl/maps/K9JtUYFqKNt

HELPLINE: 022 - 50427500 (ext No #9)
**BORIVALI WEST:** Capacity: 10 persons
1) 2:30-3:30pm except Saturdays & Public Holidays.
2) On Sundays 2-5pm
   G-1, "B" Wing, Ground Floor, Gayatri Krupa Bldg, L.T. Road, Babhai Naka,
   (Near Shri Damodar Medical, Siddhivinayak Eye Clinic) Borivali West, Mumbai-91

**MAPLINK:** [https://goo.gl/maps/CSjbYEPw6oDEvW7G7](https://goo.gl/maps/CSjbYEPw6oDEvW7G7)

**HELPLINE:** Birju Darji: 9821355653, 9820736505

**GOREGAON VIPASSANA CENTRE:**
1) DAILY GROUP SITTINGS : 8-9am & 6-7pm
2) ANYTIME SELFSIT 7am-7pm
   Mohan Gokhale Road, Opp Lakshadham School, Umeshwetpada, Gokuldham Colony,
   Goregaon (E), Mumbai 400063 |

**MAPLINK:** [https://goo.gl/maps/RwBWhgM9rKPR78sM6](https://goo.gl/maps/RwBWhgM9rKPR78sM6) *(1.7km from Aarey Metro Station)*

**HELPLINE:** Yajuvendraji 9920199203 / Rohanji 9869377992 / Animeshji 9923335484 / Mansiji 8850323802 / **CENTRE: 9152233764**

**GOREGAON WEST:** 7-8am
   ATINDRIIIYA REHEARSAL HALL, 1/7 Unnat Nagar 3, Near Shabari Restaurant,
   M.G. Road, Goregoan (West)

**MAPLINK:** [https://goo.gl/maps/XL5eGwYRyDL2](https://goo.gl/maps/XL5eGwYRyDL2)

**HELPLINE:** Nisha Malloo: 9820213663/9594413663

**DADAR NAIGON: VIPASSANA ANYTIME MEDITATION FACILITY**
6A Old BDD Chawl, V. Y. Dahivalkar Bua Marg, Naigaon-Dadar(E), Mumbai -14

**MAPLINK** : [https://goo.gl/maps/df7KCcecF5raBR9Q6](https://goo.gl/maps/df7KCcecF5raBR9Q6)

**HELPLINE:** Amarji:9594022016 | Shashikantji:9867062411 | Anand:9769121466
GRANT ROAD: VIPASSANA ANYTIME MEDITATION FACILITY

1) GROUP SITTINGS: DAILY 8-9am, 2.30-3.30pm & 6-7pm.
2) Vipassana 24x7 ATM Facility all other times.

B-8 Bharat Nagar, Opp Shalimar Cinema/Near Super Cinema, Grant Road (E), Mumbai-7

MAPLINK: https://goo.gl/maps/Y8Dd33djYtD2

HELPLINE: Heenaji: 9819219087 / Nitinji: 9820003057 / Sanjivji (at facility): 9892502105

WHATSAPP REGISTRATION GROUP:
https://chat.whatsapp.com/Lh33wXr5o0UH2GqIIWQp3j

MEDITATOR BROCHURE DOWNLOAD: https://mumbai.vridhamma.org/atm
विपश्यना ATM : “हरसमय, स्वयंसेवा” साधना सुविधा में आपका स्वागत है

रोज़ की सामूहिक साधना: 6-9 am, 2.30-3.30 pm, 6-7 pm

उन साधकों के लिए, जिन्होंने सयाग्यों ओ बल खिंच की प्यारा में.
साथ नाका बोलका के सिछाये हुए १०-दिवसीय सिद्धिय में भाग लिया है

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

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

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

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

DANMMA SEVAKS: 嵮 Keeranji +919819219087 / Nitiqji +919820003057 /
Sanjivji (at facility): 9892502105 / WHATSAPP ONLY: https://wa.me/+919906052525
WEEKLY

AIROLI : 8AM-9AM, EVERY SUNDAY
DR. BABASAHEB AMBEDKAR MEMORIAL BHAVAN, SECTOR 15, AIROLI

MAPLINK : https://goo.gl/maps/zT4a97rWKAp17nT9

HELPLINE : 9969267720 / YADAVJI : 9930848436

VASHI : 8-9AM
Fr Agnel Technical Complex, Balbhavan Hall, Sector 9A, Vashi

MAPLINK : https://goo.gl/maps/GPvy8C8PzAZs2qXF6

HELPLINE: D J Kocheji : 9833127933 / Sudhakarji Patil: 9969133135

KHARGAR :
1) EVERY SATURDAY 6-7 PM (EVENING) &
2) SUNDAY GROUP SIT : 8-9 AM (MORNING) except 4th SUNDAY (due to 1day)
Vishwajyot School, Plot 77 Sec 20, Nr Jalvayu Vihar, Kharghar

MAPLINK: https://goo.gl/maps/d3YPXqYGzeJ2

HELPLINE: Sushamaji: 9322890275 / Saraswatiji : 93226 83469

MULUND: 8-9am, EVERY SUNDAY except 3rd (due to 1-day course):
Lion's Pavilion,1st floor,Near Vaze School,Vitthalbhai Patel Road,Mulund West

MAPLINK : https://goo.gl/maps/z7QUEPHR94ZSMo8o9
HELPLINE: Vallabhji: 9821323033 / Kantibhai:9321598545

POWAI: 8-9am, EVERY SATURDAY
Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai

MAPLINK : https://goo.gl/maps/DhtsE5hftb6BYFkq9
HELPLINE: Neetaji: 9619397648 / Rajkumarji: 9820084502

VIRAR: 8am-9am, EVERY SUNDAY
VASAI VIRAR VIPASSANA SAMITI, 3rd Floor, Mayfair Virar Garden, Gate 1, Off Bolinj Road, Karodi, Virar West 401303

MAPLINK : https://maps.app.goo.gl/5dcLcXEEaDUQkwf17

HELPLINE: Milindji : 9766622428 / Prakashji : 9049046984

BORIVALI:
1) 12-1pm, EVERY THURSDAY
2) 12-12:30pm, EVERY TUESDAY: ANAPANA-SATI PRACTICE
Deptt of Psychological Medicine (OPD #14), Shri Harilal Bhagwati (NTC) Municipal Gen. Hospital, SVP Road, Borivali (W), Mumbai-103

MAPLINK : https://goo.gl/maps/kuzKAUbGJP4wdmMcA

MINIMUM 1-DAY PRIOR REGISTRATION MUST - AS IT IS IN HOSPITAL PREMISES.
ON SMS ONLY – 9892415803

GOREGOAN WEST: Every 2nd & 4th Sunday, 8-9 am & After Group Sittings 9.15am onwards/Anapana-Sati Practice
Siddharth Goregoan Sadhak Sangha, Shrvasti Buddha Vihar, Motilal Nagar I, Across B.E.S.T. Colony, Goregaon West, Mumbai- 400104

MAPLINK : https://goo.gl/maps/ViCNvNfSz6gyS7TU7
Rajesh Sable: 9892970706, Pallavi Kadam: 8828354077

JUHU VILE PARLE (JVPD): 6.30-8am, EVERY SUNDAY
Jamnabai Narsee School, JVPD Scheme
MAPLINK : https://goo.gl/maps/5MPsH3B5X5n
HELPLINE: Devyaniji: 9223254982

CUFFE PARADE: 8-9am, EVERY SUNDAY
Smt Ilaichidevi Agarwal Residence, 83,Sunflower Bldg, Opp. G.D. Somani School, Cuffe Parade
MAPLINK : https://goo.gl/maps/grfJkz5BjCs
CHILDREN COURSES – 10 to 16 year OLD
(PRIOR REGISTRATION MUST FOR ALL BELOW COURSES)

**FIRST SUNDAY OF EVERY MONTH**

**VIRAR:** 9.30am-2.30pm
VASAI VIRAR VIPASSANA SAMITI, 3rd Floor, Mayfair Virar Garden, Gate 1, Off Bolinj Road, Karodi, Virar West 401303

**MAPLINK:** [https://maps.app.goo.gl/5dcLcXEEaDUQkwf17](https://maps.app.goo.gl/5dcLcXEEaDUQkwf17)

**HELPLINE:** Hemalji : 7021215934 / Anandji : 8422949108

**BADLAPUR:** (Mitra Upakaram) 11 am – 1:30 pm
Barvi Vipassana Seva Sanstha, Bhalerao Farmhouse, Mulgav, Boradpada Road, Badlapur (West)

**MAPLINK:** [https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8](https://goo.gl/maps/JZ6Nh3jGKWm4VaSZ8)

**HELPLINE:** Milindji : 9766622428 / Prakashji : 9049046984

**FIRST SATURDAY OF EVERY MONTH**

**CHURCHGATE:** 10.30am-3.30pm
VASANT SAGAR, P3 Level, Opp. Jai Hind College,‘A’ Road,Churchgate |

**MAPLINK:** [https://goo.gl/maps/m9rhj2J2dYC2](https://goo.gl/maps/m9rhj2J2dYC2)

**ONLINE REGISTRATION:** [https://mumbai.vridhamma.org/ccc](https://mumbai.vridhamma.org/ccc)

**HELPLINE:** Priyaji: 8806251302 (3-8pm)

**SECOND SUNDAY OF EVERY MONTH**

**ULHASNAGAR:** 10am – 3pm
A Block 703/1405, Behind Netaji School, Near Mahesh Granite, Behind Reliance Smart Point Mall, Ulhasnagar – 5

**MAPLINK:** [https://goo.gl/maps/h8TUA1UpQk42](https://goo.gl/maps/h8TUA1UpQk42)
**UPDATED ON 30th January, 2024**

**HELPLINE:** Vidyaji: 9967551203 / Ramji: 9970755130

---

**KHAR DANDA:** 8am-2pm for 10-16 year old children
Mahabodhi Buddha Vihar, Carter Road, Khar (W) Danda

**MAPLINK:** [https://goo.gl/maps/u14ZG3KmWX8mZebu5](https://goo.gl/maps/u14ZG3KmWX8mZebu5)

**HELPLINE:** Amrishji: 9768123934 / Pratikji: 7498027441 / Swaroopji: 9819827423

---

**FOURTH SUNDAY OF EVERY MONTH**

**To Resume Soon – Currently suspend**

**KALYAN:** 8.30am-2pm for 10-16yrs
Dhulap Municipal School, Nr Old Vani Vidyalaya, Rambaug Road no 5, Kalyan W

**MAPLINK:** [https://goo.gl/maps/JMvGHsJWsgE2](https://goo.gl/maps/JMvGHsJWsgE2)

**HELPLINE:** Kalpanaji: 8879849067

---

**DOMBIVALI – LODHA PALLAVA:** 9 am to 2:30 pm
Lodha World School, Opp Xperia Mall, Kalyan - Shilphata Road, Palava, Dombivali East

**MAPLINK:** [https://goo.gl/maps/45yFoMgoX32ubTwf9](https://goo.gl/maps/45yFoMgoX32ubTwf9)

**HELPLINE:** Arunji Chandwani: 9819056629

---

**AS PER CENTRE SCHEDULE – TO CHECK ONLINE**

**GOREGAON VIPASSANA CENTRE:** 9.30am-3pm (please reach before course starts)
Mohan Gokhale Road, Opp Lakshadham School, Umershetpada, Gokuldham Colony, Goregaon (E), Mumbai 400063 |

**MAPLINK:** [https://goo.gl/maps/RwBWhgM9rKPR78sM6](https://goo.gl/maps/RwBWhgM9rKPR78sM6) (1.7km from Aarey Metro Station)

**PRIOR REGISTRATION MUST:** [https://gvc.vridhamma.org/](https://gvc.vridhamma.org/)

**HELPLINE:** Yajuvendraji 9920199203 / Rohanji 9869377992 / Animeshji 9923335484 / Mansiji 8850323802 / **CENTRE: 9152233764**
DHAMMA VIPULA VIPASSANA CENTRE, BELAPUR:
11am-4.30pm (please reach 15 minutes before start of course)
Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614

MAPLINK: [https://goo.gl/maps/DB55xoiTFak](https://goo.gl/maps/DB55xoiTFak)

PRIOR REGISTRATION MUST: [https://schedule.vridhamma.org/courses/vipula](https://schedule.vridhamma.org/courses/vipula)

HELPLINE: 02227522404 / 02227522277 (Office Timings: 11am - 5pm)
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.

# FOR VASANT SAGAR CHURCHGATE 1-DAY COURSE & GRANT ROAD ATM: Tap to register via Whatsapp

# 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 🙏

N.B.: CHANGES MADE SINCE LAST UPDATE on 29th July, 2023 – please write to sit.mumbai@vridhamma.org for any additions / inputs / suggestions / feedback / improvements / corrections to the Schedules listed above.
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 वहादसएप में खुलता है।

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

# वसंत सागर चर्चगेट 1-दिवसीय कोर्स और ग्रांट रोड एटीएम के लिए: वहादसएप के माध्यम से पंजीकरण करने के लिए 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 मे 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
USEFUL LINKS FOR MUMBAI BASED MEDITATORS

ABOUT VIPASSANA
2) https://www.vridhamma.org/What-is-Vipassana

WORLDWIDE COURSE SCHEDULES
Centres can be searched per his convenient schedule and travelability here:
2) https://schedule.vridhamma.org/

VIPASSANA CENTRES AROUND MUMBAI
(3 to 4 HOURS BY ROAD OR RAIL)

1) Dhamma Vahini, Kalyan, Titwala
   https://schedule.vridhamma.org/courses/vahini

2) Dhamma Vatika, Palghar
   https://www.dhamma.org/en/schedules/schvatika

3) Dhamma Sarita, Khadavli
   https://schedule.vridhamma.org/courses/sarita

4) Dhamma Giri + Dhamma Tapovan + Dhamma Tapovan2, Igatpuri
   https://schedule.vridhamma.org/courses/giri
   https://schedule.vridhamma.org/courses/tapovana (Long & executive 10-day courses)
   https://schedule.vridhamma.org/courses/tapovana2 (Long & executive 10-day courses)

5) Dhamma Vipula, C.B.D. Belapur, Navi Mumbai*
   https://schedule.vridhamma.org/courses/vipula

6) Dhamma Pattana, Gorai* + Goregaon Vipassana Centre
   https://schedule.vridhamma.org/courses/pattana

7) Dhamma Nasika & Dhamma Manmod
   https://schedule.vridhamma.org/courses/nasika
   https://www.dhamma.org/en/schedules/schmanamoda

8) Dhamma Punna, Pune City + Dhamma Ananda, Village Markal, Pune
   https://schedule.vridhamma.org/courses/punna
   https://schedule.vridhamma.org/courses/ananda

*Best suited for Mumbai residents / professionals / executives, due to proximity of travel. However needs to be applied well in advance due to limited availability.
MEDITATION GUIDE FOR OLD STUDENTS

English
https://os.vridhamma.org/

विपश्यना साधना के नियमित अभ्यास हेतु पथ-प्रदर्शिका
हिन्दी
https://www.dhamma.org/hi/os/guide
https://os.vridhamma.org/

Username: oldstudent
Password: behappy