

VIPASSANA in & around GREATER MUMBAI

UPDATED ON 30TH JANUARY, 2024

1-DAY COURSES

GROUP SITTINGS

CHILDREN COURSES

REGION	LOCATION / MAPLINK <small>(Tap on address to locate on Google Maps)</small>	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 Khadavli Station Mintu Bera: 9503905086 / 7798324659 / 7798325086	1-DAY COURSES: ON LAST DAY OF EVERY 10-DAY COURSE HELD AT THE CENTRE - APPLY ONLINE: https://schedule.vridhamma.org/courses/sarita <small>PLEASE NOTE: Old Students must call to confirm for every course & participation 11am-5pm or as per availability / PRIOR REGISTRATION MUST.</small>				
	Barvi Vipassana Seva Sanstha, Bhaleao Farmhouse, Mulgav, Boradpada Road, Badlapur (W) Suhasji: 8767411434 / Prakashji: 9769428188	1st SUNDAY: 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	ALL DAYS : DAILY GROUP SIT 8-9pm				
	A Block 703/1405, Gokul Nagar, Behind Netaji School, Near Netaji Chowk, Behind Reliance Smart Point Mall, Near Mahesh Granite, Ulhasnagar - 5 Vidyalji: 9967551203 / Ramji: 9970755130	1st SUNDAY 1-DAY 11am - 5pm	2nd SUNDAY CHILDREN'S COURSE 10am-3pm	3rd SUNDAY 1-DAY 11am - 5pm	4th SUNDAY 1-DAY 11am-5pm	
	Dhalap-Nurkhopal School-Nr Old Vani Vidyalaya, Rambhug Road-no 5, Kalyan-W Kalpenaji: 8879849067	To Resume Soon – Currently suspend				
	Dr. Ranjana Kantharia's Clinic, Gr floor, Nr New Poornima Darshan, Opp Jevandeep Hosp, Shrikhandewadi, Dombivli (E). Sagarji: 9579367374	ALL DAYS : DAILY GROUP SITS VIPASSANA ATM (ANY-TIME MEDITATION) FACILITY 8-9am & 4.30-5.30pm DOMBIVLI: The Vipassana ATM Facility is open for meditation to all those who have completed a 10-day Vipassana Course (8am - 8 pm) Sagar Kedare: 9579367374 for access to ATM apart from group sitting timings				
	12/B, Zipru Sadan, Jai Hind Colony, Dombivli West: 421202. Dr. Ranjanaji: 9930353963, 8655994866	ALL DAYS : DAILY DAWN/MORNING SELF-MEDITATION FACILITY 5.30am-7.30am				
	Sarvodaya Vidyalaya, Kalyan - Shilphata Rd, Nilje Gaon, Dombivli, 421204 Arunji Chandwani: 9819056629	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.	1st SUNDAY 1-DAY 11am-3.30pm			
	Lodha World School, Opp Xperia Mall, Kalyan - Shilphata Road, Palava, Dombivli East 421204 Arunji Chandwani: 9819056629				4th SUNDAY CHILDREN COURSE 9am - 2.30pm PRIOR REGISTRATION MUST	
	AIMS Rehab Centre, P 93, Gr Flr, Sudama Nagar, Dombivli East Mukulji: 9819866615 / Sagarji: 9579367374 / Debasishji: 9029423540			Near Multi-Sports Complex/ Omkar School Gate5 / MIDC	4th SUNDAY 1-DAY 11am-5pm	
NAVI MUMBAI AIROLI VASHI KHARGHAR BELAPUR	Dr. Babasaheb Ambedkar Memorial Bhavan Sector 15, Airoli, Navi Mumbai, Maharashtra 400708 9969267720 / Yadavji: 9930848436	EVERY SUNDAY GROUP SIT @ Dr. Babasaheb Ambedkar Memorial Bhavan: 8am-9am Sector 15, Airoli, Navi Mumbai, Maharashtra 400708				
	Fr Agnel Technical Complex, Balbhavan Hall, Sector 9A, Vashi D J Kocheji: 9833127933 / Sudhakarji: 9969133135	EVERY SUNDAY GROUP SIT : 8am-9am				
	Vishwajoyt School, Plot 77 Sec 20, Nr Jalvayu Vihar, Kharghar Sushamaji: 9322890275 / Saraswatiji: 93226 83469	EVERY SATURDAY 6-7 PM (EVENING) & SUNDAY GROUP SIT : 8-9 AM (MORNING) except 4th SUNDAY				
	DHAMMA VIPULA VIPASSANA CENTRE Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614 02227522404 / 02227522277 (Office Timings: 11am - 5pm)	ALL DAYS : ANY TIME SELF-SIT 7am-8pm KINDLY REGISTER ONLINE IN ADVANCE DUE TO LIMITED SPACE: https://schedule.vridhamma.org/courses/vipula THOSE SUNDAYS WHERE 10-day course ENDS - APPLY ONLINE CHILDREN'S COURSE 11am-4.30pm ALL SUNDAYS @ ONE-DAY COURSE AREA (Basement) : APPLY ONLINE 10.45-4.30pm REGISTER ONLINE: https://schedule.vridhamma.org/courses/vipula 				
NORTH-EAST MUMBAI THANE MULUND VIKROLI / POWAI GHATKOPAR CHEMBUR / KURLA	VCS quality services, Unit no. 6, A 16 7 B 8, Amfotech IT park, Wagale Industrial Estate, Thane west, Opp. Old Passport Office. Prakashji: 8879940138				4th SUNDAY 1-DAY 10am-4pm Prakashji: 8879940138	
	Lion's Pavilion, 1st floor, Near Vaze School, Vithalbai Patel Road, Mulund West, Mumbai 400080 Vallabhji: 9821323033 / Kantibhai: 921598545	1st SUNDAY GROUP SIT 8-9am	2nd SUNDAY GROUP SIT 8-9am	3rd SUNDAY 1-DAY 10am-4pm PRIOR REGISTRATION MUST	4th SUNDAY GROUP SIT 8-9am	5th SUNDAY GROUP SIT 8-9am
	Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai Neetaji: 9619397648 / Rajkumarji: 9820084502	EVERY SATURDAY 1-HOUR GROUP SIT 8-9am Gymkhana building, 4th floor, Nr. hostel 11, IIT Powai Neetaji: 9619397648 / Rajkumarji: 9820084502				
	Ratnabodhi Vihar, Kannanvar Nagar No. 2, Vikhroli Siddharthji: 9869125777	ALL DAYS : DAILY MORNING GROUP SITTING 7-8am				
CHEMBUR / KURLA VIPASSANA FACILITIES (Tap on address to open in Google Maps)	1st SUNDAY 1-DAY KURLA 11am-5pm Shivshrishti Kamgar School, Nehru Nagar, Opp. ST Depot Rajinji: 9869063726 / Arvindji: 9967403704 / Purvooji: 9004300752 / Ushaji: 9987412886	2nd SUNDAY 1-DAY CHEMBUR 11am-5pm Modern English High School, Chheda Ngr, 4th Road Kavitaji: 9619289431 / Pawarji: 9967403726 / Purvooji: 9004300752 / Mudholkarji: 9769379920	4th SUNDAY 1-DAY CHEMBUR 11am-5pm Modern English High School, (State school), 2nd floor (NO LIFT) Prakashji: 8879940138 / Pawarji: 9819397648 / Mudholkarji: 9769379920			
	VASAI VIRAR VIPASSANA SAMITI, 3rd Floor, Mayfair Virar Garden, Gate 1, Off Bolinj Road, Karodi, Virar West 401303 Milindji: 9766622428 / Prakashji: 9049046984	EVERY SUNDAY : GROUP SITTING : 8-9am				
		GLOBAL VIPASSANA PAGODA Next to Esselworld, Gorai Village, Borivali (West), Mumbai 400091 +91-22-50427500 (ext No #9)	1st SUNDAY CHILDREN'S COURSE (10-16yrs) 9.30am-2.30pm		3rd SUNDAY 1-DAY 10am - 4pm	
WEST-NORTH MUMBAI BORIVLI KANDIVALI GOREGAON	G-1, "B" Wing, Ground Floor, Gayatri Krupa Bldg, L.T. Road, Babhai Naka, Borivali West, Mumbai 400091, Biruji: 9821355653 / 9820736505	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)				
	Dept of Psychological Medicine (OPD #14), Shri Harilal Bhagwati (NTC) Municipal Gen. Hospital, SVP Road, Borivali (W), Mumbai-103	EVERY THURSDAY: 12:00-1:00pm VIPASSANA GROUP SITTING / EVERY TUESDAY: 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 / Nilesheji: 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	4th SUNDAY 1-DAY 8am-1.30pm				
WEST MUMBAI ANDHERI EAST ANDHERI WEST VILE PARLE WEST KHAR WEST	GOREGAON VIPASSANA CENTRE Opposite Lakshdhham School, Mohan Gokhale Road, Goregaon (E) Mumbai 400063 Mansiji: 8850323802 / Yajuvendraji: 9920199203 / Rohanji: 9869377992 / CENTRE: 9152233764	ONCE A MONTH PER SCHEDULE ON WEBSITE: CHILDREN COURSE 9.30am - 3pm for CHILDREN OF AGE 10-16 years ONLINE REGISTRATION: gvc.vridhamma.org Mansiji: 8850323802 / Poojaji: 8169023306 / CENTRE : 9152233764 EVERY SATURDAY, SUNDAY & PUBLIC HOLIDAY : 10.30am-4.45pm (please reach before 10.30am) PRIOR ONLINE REGISTRATION MUST: gvc.vridhamma.org				
	1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West)	DAILY GROUP SIT ATINDRIYA REHEARSAL HALL: 6-7am Nishaji: 9820213663 / 9930913663 1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West)				
	Siddharth Goregaon Sadhak Sangha, Shrawasti Buddha Vihar, Motilal Nagar I, Opp BEST Clny, Goregaon W Rojeshji: 9892970706 / Pallavaji: 8828354077	Group Sitting: 8-9 am 9.15am onwards: Anapana-Sati	Group Sitting: 8-9 am 9.15am onwards: Anapana-Sati			
	ATMADARSHAN, Mahakali Caves Rd, Subhash Nagar, (Near Sher-E-Punjab) Andheri E Ritaji: 9987982398 / S K Batraji: 9820182599	1st SUNDAY 1-DAY 11am-5pm				
CENTRAL MUMBAI MATUNGA / WADALA DADAR / NAIGAON	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	1st SUNDAY 1-DAY 8am-1.30pm				
	Jamnabai Narsee School, JVPD (Luhu Scheme) Devyaniji: 9223254982	EVERY SUNDAY GROUP SIT JAMNABAI NARSEE SCHOOL: 6.30-8am				
	NANAVATI HOSPITAL S V Road, VILE PARLE (W) Shirishji: 9820590231 / Kinnariji: 9819522064 / Bharati: 9821076981	USUALLY ON HOLIDAYS subject to AUDITORIUM AVAILABILITY Information regarding courses sent via "NANAVATI VIPASSANA GROUP" & others on WHATSAPP PLEASE NOTE: The 1-day courses here are not of regular frequency as are other 1-day courses on this chart. Advisory: Carry warm clothing as a precautionary measure 11-5pm or as per availability / PRIOR REGISTRATION MUST.				
	Mahabodhi Buddha Vihar, Carter Road, Khar (W) Danda Amrishji : 9768123934 / Pratikji: 7498027441 / Swaroopji: 9819827423	2nd SUNDAY CHILDREN'S COURSE 8am-2pm for 10-16 year-olds PRIOR REGISTRATION MUST				
SOUTH MUMBAI GRANT ROAD CUFFE PARADE CHURCHGATE	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	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				
	Vipassana ATM Facility, B-8 Bharat Nagar, Opp Shalimar Cinema / Near Super Cinema, Grant Road (E), Mumbai 400 007 Heenaji: 9819219087 / Nitiniji: 9820003057 / Sanjivji (at facility): 989502105 / WHATSAPP : https://wa.me/+919999052525	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. REGISTRATION WHATSAPP LINK: https://chat.whatsapp.com/Lh33wXr5o0UH2GqIIWQp3j Introductory Anapana sessions arranged for individuals/groups above 10 years of age				
	83, Sunflower Bldg, Opp. G.D. Somani School, Cuffe Parade, Mumbai 400 005 Hemalji: 7021215934 / Anandji: 8422949108	1st SUNDAY 1-DAY 11am-5pm	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 / Heenaji 9819219087 / Nitiniji 9820003057 / Subhashji 9833312345 Contact for CHILDREN COURSE: Priyaji: 8806251302 (3-8pm) https://mumbai.vridhamma.org/ccc	1st SATURDAY CHILDREN'S COURSE 10.30am-3.30pm	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

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>

PRIOR ONLINE REGISTRATION MUST:

<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>

MAPLINK: <https://goo.gl/maps/m9rhj2J2dYC2>

HELPLINE: Pushpaji 9869772791 / Heenaji 9819219087 /

Nitiniji 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>

HELPLINE: Vidyaji: 9967551203 / Ramji: 9970755130

KURLA: 11am-5pm

Shivshrishti Kamgar School, Nehru Nagar, Opp.ST Depot

MAPLINK : <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/XADcmqMdAD3KXYYX6>

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

Smt Ilaichidevi Agarwal Residence, 83, Sunflower Bldg, Opp. G.D. Somani School, Cuffe Parade, Mumbai: 400005

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/Mo1u7YFYoa2PjggG6>

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: Devyani: 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>

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>

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>

HELPLINE: Shashikantji: 9869202604 / Mukeshji: 9167980379

JUHU VILE PARLE (JVPD): 11am-4.30pm

Jamnabai Narsee School, JVPD Scheme

MAPLINK : <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>

PRIOR ONLINE REGISTRATION MUST:

<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

DOMBIVLI: 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 Jevandeeep 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/jqvRtAWtv6oEVqp96>

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>

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, Umershetpada, Gokuldham Colony,
Goregaon (E), Mumbai 400063 |

MAPLINK: <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

ATINDRIIYA REHEARSAL HALL, 1/7 Unnat Nagar 3, Near Shabari Restaurant,
M.G. Road, Goregoan (West)

MAPLINK: <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>

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>

Updated: 29th July, 2023 | Also updated & downloadable from <https://www.vipassana.org/>

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 केंद्रकी 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: ☎ Heenaji +919819219087 / Nitinji +919820003057 /

Sanjivji (at facility): 9892502105 / WHATSAPP ONLY: <https://wa.me/+919999052525>

WEEKLY

AIROLI : 8AM-9AM, EVERY SUNDAY

DR. BABASAHEB AMBEDKAR MEMORIAL BHAVAN, SECTOR 15, AIROLI

MAPLINK : <https://goo.gl/maps/zT4a97rWKAjp17nT9>

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, Shravasti 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: Devyani: 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>

HELPLINE: Hemalji : 7021215934 / Anandji : 8422949108

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>

HELPLINE: Milindji : 9766622428 / Prakashji : 9049046984

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>

HELPLINE: Suhasji:8767411434

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>

ONLINE REGISTRATION: <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>

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>

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>

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>

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> (1.7km from Aarey Metro Station)

PRIOR REGISTRATION MUST : <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>

PRIOR REGISTRATION MUST: <https://schedule.vridhamma.org/courses/vipula>

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

 [VIPASSANA ACROSS MUMBAI](#) 

UPDATED CHART & TEXT PDF FOR BENEFIT OF MEDITATORS & SERVERS **AS ON 30th January, 2024**

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 व्हाट्सएप 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: व्हाट्सएप 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 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 🙏

USEFUL LINKS FOR MUMBAI BASED MEDITATORS

ABOUT VIPASSANA

- 1) <https://www.dhamma.org/en-US/index>
- 2) <https://www.vridhamma.org/What-is-Vipassana>

WORLDWIDE COURSE SCHEDULES

Centres can be searched per his convenient schedule and travelability here:

- 1) <https://www.dhamma.org/en-US/courses/search>
- 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://www.dhamma.org/en-US/os/guide>

<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

FIVE SEEDS TO SOW AND GROW



Awareness of sensations
anywhere in the body for 5 mins
*before you fall asleep
and as soon as you wake up*

vridhamma.org

1 hour Meditation
x 2 times a day

5-10 mins Metta
after every sitting

1 x 10 Day course
every year

1 Group Sitting
a week

