






VIPASSANA in & around GREATER MUMBAI

UPDATED ON 11th SEPTEMBER, 2024

1-DAY COURSES

GROUP SITTINGS

CHILDREN COURSES

| REGION | LOCATION / MAPLINK (Tap on address to locate on Google Maps) | 1st (*day of Month) | 2nd (*day of Month) | 3rd (*day of Month) | 4th (*day of Month) | 5th (*day of Month) |
|---|---|--|---|--|--|---|
| SOUTH MUMBAI KADAVU BADLAPUR ULHASNAGAR KALYAN DOMBIVLI | DHAMMA SARITA (Mumbai Vipassana Centre) Mahadev Vidyacharya, Near Khadaval Station Nisarga: 982080566 / 728831466 / 728832586 | 1-DAY COURSE: ON LAST DAY OF EVERY 10-DAY COURSE HELD AT THE CENTRE - APPLY ONLINE: https://schedule.vridhamma.org/courses/sarita PLEASE NOTE: Old Students must call to confirm for every course & participation 11am-5pm or as per availability / PRIOR REGISTRATION MUST. | | | | |
| | Bari Vipassana Seva Samithi, Bhalewadi Farmhouse, Mulgar, Boradpada Road, Badlapur (W) Suhaji: 9767411434 / Prakashji: 9769428188 | 1st SUNDAY: MITRA UPARAM Students, Parents, Teachers 11am-1:30pm | 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, Kansari Rd, Ulhasnagar-4 Shyamji: 7285101334 / Gaurangji: 7922605736 | | 2nd SUNDAY 1-DAY 11am-5pm | ALL DAYS : DAILY GROUP SIT 8-9pm | 4th SUNDAY 1-DAY 11am-5pm | |
| | A Block 703/1405, Gokul Nagar, Behind Netaji School, Near Netaji Chowk, Behind Reliance Smart Point Mall, Near Mahesh Granite, Ulhasnagar - 5 Vidya: 9967551203 / Ramji: 9970755130 | 1st SUNDAY 1-DAY 11am - 5pm | 2nd SUNDAY CHILDREN'S COURSE 10am-3pm | 3rd SUNDAY 1-DAY 11am - 5pm | | |
| | Dr. Ranjana Kantharia's Clinic, Gf floor, Nr New Poornima Darshan, Opp Jevandeep Hosp, Shrikhandewadi, Dombivli (E). Sagarji: 957987374 | 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 - 8pm) Sagar Kedar: 957987374, for access to ATM apart from group sitting timings | | | | |
| | 12/8, Zipru Sadan, Jai Hind Colony, Dombivli West: 421202. Dr. Ranjanaji: 9930383963 / 865594866 | ALL DAYS : DAILY DAWN/MORNING SELF-MEDITATION FACILITY 5.30am-7.30am Sagar Kedar: 957987374, for access to ATM apart from group sitting timings | | | | |
| | Sarvodaya Vidyalaya, Kalyan - Shilphata Rd, Nije Gasn, Dombivli, 421204 Arunji Chandwani: 9819056629 | 1st SUNDAY 1-DAY 11am-3.30pm | | | | |
| | Lodha World School, Opp Xperia Mall, Kalyan - Shilphata Road, Palane, Dombivli East 421204 Arunji Chandwani: 9819056629 | | | | 4th SUNDAY CHILDREN COURSE 9am - 2.30pm PRIOR REGISTRATION MUST | |
| | AIMS Super Kids, Plot No. P 85, Unique Corner, Opp Patel R Mart, Mitag Nagar, MIDC, Dombivli East 421203 Mukhi: 9819866615 / Sagarji: 957987374 | | | Near Multi-Sports Complex/ Omkar School Gate5 / MIDC | 4th SUNDAY 1-DAY 11am-5pm | |
| | Dr. Babasaheb Ambedkar Memorial Bhavan Sector 15, Airoli, Navi Mumbai, Maharashtra 400708 996267720 / Yodavji: 9930848436 | EVERY SUNDAY GROUP SIT @ Dr. Babasaheb Ambedkar Memorial Bhavan: 8am-9am Sector 15, Airoli, Navi Mumbai, Maharashtra 400708 | | | | |
| NAVI MUMBAI AIROLI VASHI KHARGHAR BELAPUR | Fr Agnel Technical Complex, Balhavan Hall, Sector 9A, Vashi D J Khecheji: 983112733 / Sudhakarji: 2669233135 | EVERY SUNDAY GROUP SIT : 8am-9am | | | | |
| | Vishwajyot School, Plot 77 Sec 20, Nr Jalvayu Vihar, Kharghar Sushamaji: 9322890225 / Saraswati: 9322683662 | EVERY SATURDAY 6-7 PM (EVENING) & SUNDAY GROUP SIT : 8-9 AM (MORNING) | | | | |
| | | | | | 4th SUNDAY 1-DAY 11am-5pm | |
| | DHAMMA VIPULA VIPASSANA CENTRE Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614 0222752404 / 0222752277 (Office Timings: 11am - 5pm) | ALL DAYS : ANY TIME SELF-SIT 7am-8pm KINDLY REGISTER ONLINE IN ADVANCE DUE TO LIMITED SPACE: THOSE SUNDAYS WHERE 10-day course ENDS - APPLY ONLINE https://schedule.vridhamma.org/courses/vipula ALL SUNDAYS @ ONE DAY COURSE AREA (Bawamant) - 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 8 8, Amfotech IT park, Wagle Industrial Estate, Thane west, Opp. Old Passport Office. Prakashji: 8879940138 | | | | 4th SUNDAY 1-DAY 10am-4pm Prakashji: 8879940138 | |
| | Lion's Pavilion, 1st floor, Near Vase School, Vithalbhai Patel Road, Mulund West, Mumbai 400080 Niteaji: 9244099181 / Kamalibhai: 9321598546 | 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, IT Powai Neetaji: 9619397648 / Rajkumarji: 9820084502 | EVERY SATURDAY 1-HOUR GROUP SIT 8-9am Gymkhana building, 4th floor, Nr. hostel 11, IT Powai Neetaji: 9619397648 / Rajkumarji: 9820084502 | | | | |
| | Ratanabodhi Vihar, Kannamvar Nagar No. 2, Vikhrol Siddharthji: 9869125777 | ALL DAYS: DAILY MORNING GROUP SITTING 7-8am & 4-5pm | | | | |
| NORTH-WEST MUMBAI VIRAR MALA SOPARA GORAI | CHEMBUR / KURLA VIPASSANA FACILITIES (Tap on address to open in Google Maps) | 1st SUNDAY 1-DAY KURLA 11am-5pm Shivharishthi Kamgar School, Nehru Nagar, Opp. ST Depot Rajini: 9820083725 / Arundhiji: 9967403704 / Purvaji: 9024300759 / Usha: 2668417886 | 2nd SUNDAY 1-DAY CHEMBUR 11am-5pm Modern English High School, Chheda Ngr, 4th Road Ravish: 9820083725 / Purvi: 2668417886 | 3rd SUNDAY 1-DAY CHEMBUR 11am-5pm 1st to 4th Floor, 1st Floor Prakashji: 8879940138 | 4th SUNDAY 1-DAY CHEMBUR 11am-5pm 1st to 4th Floor, 1st Floor Prakashji: 8879940138 |  |
| | VASAI VIRAR VIPASSANA SAMITI, 3rd Floor, Mayfair Virar Garden, Gate 1, Off Bolinj Road, Karodi, Virar West 401303 Milindji: 9766224228 / Prakashji: 9049046984 | EVERY SUNDAY : GROUP SITTING : 8-9am | | | | |
| | GLOBAL VIPASSANA PAGODA Next to Eschewor/4, Goral Village, Borivali (West), Mumbai 400091 +91-22-50427500 (ext No 99) | 1st SUNDAY CHILDREN'S COURSE (10-16yrs) 9.30am-2.30pm | | 3rd SUNDAY 1-DAY 10am - 4pm | |  |
| | G-1, "B" Wing, Ground Floor, Gayatri Krupa Bldg, LT. Road, Bahai Naka, Borivali West, Mumbai 400091, Biraji: 9821356593 / 9820736505 | ALL DAYS : ANY TIME SELF-SIT 7am-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-4.30pm (entry from GATE 6) a) WHATSAPP: +918291834644 (AUTORESPONSE) OR b) EMAIL: vnw@globalpagoda.org c) REGISTRATION WEBSITE: onday.globalpagoda.org | | | | |
| WEST-NORTH MUMBAI BORIVALI KANDIVALI GOREGAON | Dept of Psychological Medicine (OPD #14), Shri Harlal Bhagwati (NTC) Municipal Gen. Hospital, 3VP Road, Borivali (W), Mumbai-183 | EVERY DAY: Daily Group Sitting 2:30-3:30pm except Saturdays & Public Holidays On Sundays 2-5pm Capacity: 10 persons (Nr Shri Domodar Medical, Siddhivinayak Eye Clinic) | | | | |
| | PONDSUR GYMNASIA 1st Floor, Kandivali (W) Waghaji: 9324494215 / Nitinji: 9820226392 / Shashikantji: 9869202604 | | 2nd SUNDAY 1-DAY 8am-2pm | | |  |
| | Chhatrabhai Narsee School, Next to Gundecha Premiere Tower, Off WE Highway, Kandivali East, Mumbai 400101 Shashikantji: 9869202604 / Mukeshji: 9167980179 | | | | 4th SUNDAY 1-DAY 8am-2pm | |
| | GOREGAON VIPASSANA CENTRE Opposite Lakshidham School, Mohan Gokhale Road, Goregaon (E) Mumbai 400063 Manojji: 9853233802 / Yajuvendrajji: 9920192020 / Rohanji: 9869377992 / CENTRE: 9152233764 | CHILDREN COURSE 9.30am - 3pm for CHILDREN OF AGE 10-16 years : ONCE A MONTH, AS PER SCHEDULE ON WEBSITE ONLINE REGISTRATION: gvc.vridhamma.org Manojji: 9853233802 / Poojaji: 8169023306 / CENTRE: 9152233764 1-DAY COURSE: EVERY SATURDAY, SUNDAY & PUBLIC HOLIDAY : 10.30am-4.45pm (please reach before 10.15am) PRIOR ONLINE REGISTRATION MUST: gvc.vridhamma.org (for meditators who have completed a 10-day or Teen course) ALL DAYS : GROUP SITTINGS : 8-9am & 6-7pm ANY TIME SELF-SITTING 7am-7pm | | | | |
| WEST MUMBAI ANDHERI EAST ANDHERI WEST VILE PARLE WEST KHAR WEST | 1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West) | DAILY GROUP SIT AT NITORIYA REHARSAL HALL: 6-7am Nishaji: 9820133663 / 9930913663, 1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West) | | | | |
| | Siddharthi Goregaon Sadhak Sangha, Shrivasthi Buddha Vihar, Motilal Nagar 1, Opp BEST City, Goregaon W Rajeshji: 9859207006 / Poojaji: 8828354077 | | Group Sitting: 8-9 am 9.15am onwards: Anapana-Sati | | Group Sitting: 8-9 am 9.15am onwards: Anapana-Sati | |
| | ATMADARSHAN, Mahadev Caves Rd, Subhash Nagar, (Near Sher-E-Punjab) Andheri E Rajaji: 9987982398 / S K Botrajji: 9820182599 | 1st SUNDAY 1-DAY 11am-5pm | | | | |
| | Dr. Babasaheb Ambedkar Memorial Bhavan, Opp. Netaji Padmashree Karmveer Dadasaheb Gaikwad Marg, R.T. Corner, 4-Bungalows, Andheri West, Mumbai - 400053 Dr Mohanji: 9769262169 / Nitinji: 9324022998 | 1st SUNDAY 1-DAY 8am-1.30pm | | | | |
| SOUTH MUMBAI GRANT ROAD CUFFE PARADE CHURCHGATE | Jamnabai Narsee School, 1VP (Juhu Scheme) Dreyrajji: 922324582 | EVERY SATURDAY GROUP SITTING : 5pm-6.05pm | | | | |
| | GS: Bharatji: 9821076981 / Jigneshji: 9136110329 | | 2nd SUNDAY 1-DAY 11am - 4.30pm | | 4th SUNDAY 1-DAY 11am - 4.30pm | |
| | ANANAVATI HOSPITAL S V Road, VILE PARLE (W) Shiraji: 9820590231 / Kinanaji: 9819522064 / Bharatji: 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 Amrishi: 9768123394 / Pratikji: 7498027441 | 2nd SUNDAY CHILDREN'S COURSE 8am-2pm for 10-15 yrs-olds PRIOR REGISTRATION MUST | | | | |
| SOUTH MUMBAI GRANT ROAD CUFFE PARADE CHURCHGATE | VIPASSANA ATM (ANY-TIME MEDITATION) 24x7 FACILITY For those who have completed a 10-day Vipassana Course DAILY GROUP SIT: 8-9am, 2.30-3.30pm & 6-7pm & All other times as well. REGISTRATION WHATSAPP LINK: https://chat.whatsapp.com/Lh33wX76o0UW2q1WVq3j 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 Hemaji: 7021215394 / Anandji: 8422949108 | 1st SUNDAY 1-DAY 11am-5pm | | | | |
| | Vasant Sagar, P3 Level, 'A' Road, Churchgate, Mumbai-400 020 Contacts for 1-DAY: Pushpaji: 865722791 / Heenaji: 9819219087 / Nitinji: 9820003057 / Subhashji: 9833312345 | EVERY SUNDAY 1-DAY COURSE PRIOR REGISTRATION VIA WHATSAPP LINK: https://chat.whatsapp.com/L5U73abChv31yBBrngDBT A-ROAD, CHURCHGATE 10.45am-5pm (please reach 15 minutes before start of course) Pushpaji Mokharis: 9868772791 / Heenaji: 9819219087 / Nitinji: 9820003057 / Subhashji: 9833312345 | | | | |
| | Contact for CHILDREN COURSE: Saraji: 9820897196 / Priyaji: 8806251362 (8-8pm) https://mumbai.vridhamma.org/ccs | 1st SATURDAY CHILDREN'S COURSE 10.30am-3.30pm | INFORMATION & ONLINE REGISTRATION FOR CHILDREN COURSES AT CHURCHGATE: https://mumbai.vridhamma.org/ccs | | | |



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 /

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>

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/XADcmqMdAD3KXYX6>

HELPLINE: Arun Chandwani: 9819056629

ANDHERI (W): 8 am-1:30 pm

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: Shyamji : 7385101334 / Gauravji : 7972405736

CHEMBUR (W): 11am-5pm

Modern English School, Chheda Nagar, 4th Road, Near Paras Niketan

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

HELPLINE: Kavitaaji: 9619749431 / Arvindji Pawar 9967403704, Purvaaji 9004300759

KANDIVALI (W): 8am-2pm

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: Devyaniiji: 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: Nileshji 9324009181 / 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: Shyamji : 7385101334 / Gauravji : 7972405736

DOMBIVALI : 11am-5pm

AIMS Super Kids, Plot No. P 85, Unique Corner, Right opposite Patel R Mart, Milap Nagar, MIDC, Dombivli East 421203

MAPLINK : <https://maps.app.goo.gl/aFvgf22EM76WH8HQ8>

HELPLINE: Mukulji : 9819866615 / Sagarji : 9579367374

~~KHARGHAR:~~ 11am-5pm (TO RESUME SOON)

~~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-2pm

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: Devyani: 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: Shyamji : 7385101334 / Gauravji : 7972405736

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 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/jqvRtAWtv6oEVqp96>

HELPLINE: Dr. Ranjanaji: 9930353963, 8655994866

VIKHROLI: 7-8am & 4-5 pm

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, Goregaon (West)

MAPLINK: <https://goo.gl/maps/XL5eGwYRyDL2>

HELPLINE: Nisha Malloo:9820213663/9594413663

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/india>

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,
सं० ना० गोएंका के सिखाये हुए १०-दिवसीय शिविर में भाग लिया है

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

Daily Group Sitzings: 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)

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: Nileshji 9324009181 / 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 Sitzings 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

ANDHERI (W): EVERY SATURDAY 5pm-6:05pm

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

JUHU VILE PARLE (JVPD): 6.30-8am, EVERY SUNDAY

Jamnabai Narsee School, JVPD Scheme

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

HELPLINE: Devyani: 9223254982 / Bharat: 9821076981 / Jignesh: 9136130329

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: Hemal: 7021215934 / Anand: 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: Milind: 9766622428 / Prakash: 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: Suhas: 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/ccs>

HELPLINE: Saral: 9820857196 / Priya: 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

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

ANY 1 SUNDAY OF MONTH - 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)



UPDATED CHART & TEXT PDF FOR BENEFIT OF MEDITATORS & SERVERS **AS ON 11th SEPTEMBER, 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.: 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



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

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THE TRADITION OF SAYAGYI U BA KHIN, AS TAUGHT BY S N GOENKA**



**ENTRANCE
DOOR**

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
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DHAMMA SEVAKS: 📞 Heenaji +919819219087 / Nitinji +919820003057 /

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

पता: बी-८, भारत नगर, ग्रांट रोड (ईस्ट),
(सुपर सिनेमा के पास), मुंबई ४०० ००७

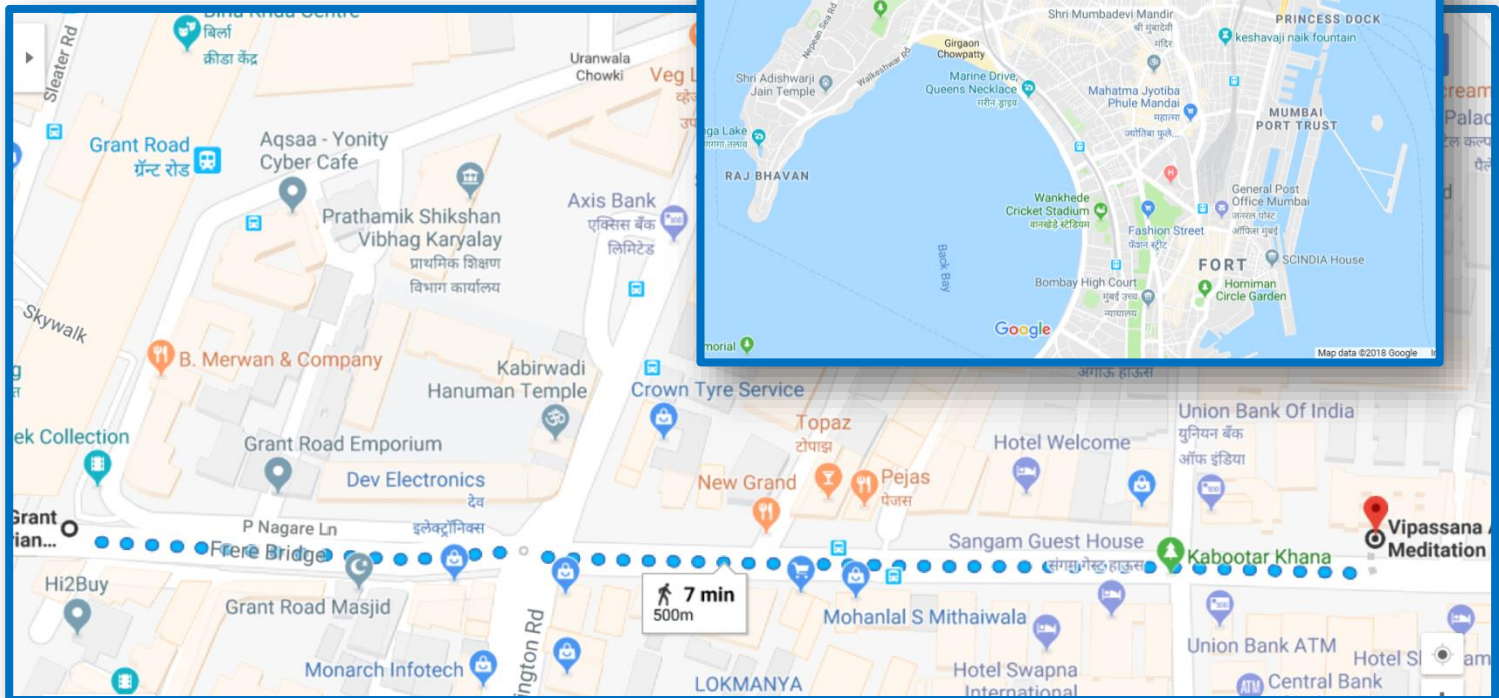
**Address: B-8, Bharat Nagar, Grant Road (E),
Near Super Cinema, Mumbai 400 007**

MAPLINK: <https://maps.app.goo.gl/EKGJZ64zrh6kmePJA>

WEB: <https://mumbai.vridhamma.org/atm>

**Located in the centre of
South Mumbai, the Vipassana
ATM Meditation Facility is a
7 minute (500 metre) walk
from Grant Road Station (East)**

NB: NO PARKING FACILITY



DHAMMA SEVAKS: ☎ Heenaji +919819219087 / Nitinji +919820003057 /

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

अनुशासन संहिता

CODE OF DISCIPLINE

**CODE OF ATTIRE @ ATM = MODEST, as at Vipassana centres:
KINDLY REFRAIN FROM WEARING SHORTS OR REVEALING
DRESSES. IF NEEDED, BORROW LUNGIS FROM B-7 (ADJOINING)**

विपश्यना ए.टी.एम. (ग्रांट रोड) पर एक साथ बैठे महिला और पुरुष के लिए, नियमतः कम से कम 3 साधक-साधिकाएँ होने चाहिए। यदि साधक की संख्या 3 से कम है, तो जो लिंग पहले बैठे हैं वह ध्यान करना जारी रख सकते हैं और विपरीत लिंग या तो प्रतीक्षा कर सकते हैं अथवा ध्यान के लिए कहीं और आगे जा सकते हैं। यह लिंग अलगाव सुनिश्चित करने के लिए है, क्योंकि विपश्यना ए.टी.एम. ध्यान के लिए एक बंद कमरा है। (नियम के अपवाद: माता-पिता-बच्चे, भाई-बहन, पति-पत्नी)

सह-साधकों के हित में: जब आप एटीएम सुविधा का उपयोग करना चाहते हैं, तो कृपया ध्यान समय और अवधि पहले ही इस ग्रुप में डाल दें ताकि अन्य साधक यह सुनिश्चित कर सकें कि वे या तो जोड़े / अधिक में आते हैं, या आपके बैठने के बाद आयें, यदि आप अकेले हैं।

For Female & Male sitting together at Vipassana ATM (Grant Road), criteria is that there must be minimum 3 meditators of any gender/s. If number of meditator is less than 3, then the gender sitting alone earlier may continue to meditate and opposite gender (alone) may either wait or proceed elsewhere for meditation. This is to ensure Gender Segregation in the Vipassana ATM which is a closed room for practicing meditation only (Exception to this guideline: married couple). Exceptions: parent-child, siblings, spouses

In consideration for co-meditators who may also want to use the ATM Facility: kindly mention your time duration of meditation beforehand itself, so that meditators of other gender ensure that they either come in pairs / more, or after your sitting if you are alone.

सफाई व्यवस्था का समय: रोजाना दोपहर 12.45-1.30 बजे तक - रविवार के अलावा |

इस दौरान कृपया सेवकों को परिसर की सफाई करने दें ...बहुजन हिताय, बहुजन सुखाय के प्रति |

Housekeeping / ATM Cleaning timings: 12.45pm-1.30pm daily (except Sundays)

During this time, kindly allow the staff to clean the premises

...for welfare of all, for happiness of all.

चाबी-मुक्त आगमन और प्रस्थान

KEYLESS ENTRY & EXIT

ताला १ खोलने के लिए, तालेके कोड (☎) के अनुसार नंबर बटन को दबाएं और नीचे लैच को दाएं तरफ स्थानांतरित करें। लॉक करने के लिए, रिवर्स प्रोसेस। अगर तालार लगा हो तो केवल ४-अंक कोड जोड़ें, और बंद करने के लिए, उसी कोड को घुमा के कोई अन्य अंक पे छोड़ें



For opening whichever of the 2 locks are in use, align the 4-digits on the side of lock with active lock code (☎), and shift bottom latch to right side. Reverse process to lock, on departure, by turning the bottom digit by one click to lock.



केंद्र में आर्य मौन का पालन करें मोबाइल फोन स्विच ऑफ रखें

स्विट्चेस का प्रयोग

1. पहला स्विच - अन्दर की बत्ती
2. दूसरा स्विच - बहार की बत्ती
3. तीसरा स्विच - पंखा और स्पीकर्स / प्लेयर पॉवर
4. चौथा स्विच - एयरकंडीशनर (वातानुकूल) - सिर्फ ऑन-ऑफ करें. २५ डिग्री पे रहने दें

अन्दर से कड़ी: जब अन्दर बैठें तो सबसे left कड़ी लगाके रखिये, ताकि और साधक आपको कष्ट दिए बिना, प्रवेश कर सकें (दरवाजा बहार से खींचके)

बैठने की व्यवस्था: १५ साधकों के लिए, किसी भी समय पे (टेबल तरफ देखें तो महिलाएँ दायें की ओर)

पीने का पानी: साधक स्वयं अपना प्रबंध करें अथवा मटके का पानी उपलब्ध है

शौचालय की सुविधा: उपलब्ध - केंद्र के भीतर (महिला / पुरुष के लिए सामान्य सुविधा)

आसन: आगामी साधक की सेवा में, और उनकी सुविधा के लिए, आसन को साफ और दुरुस्त रखें

- मंगल हो

KINDLY MAINTAIN NOBLE SILENCE INSIDE THE FACILITY

SWITCH OFF MOBILE PHONES

USE REMOTES: ONLY ON & OFF BUTTONS FOR AC

KEEP AC AT 26-DEGREES, AND AT LOW SPEED -

THE AC DANA IS FOR REASONABLE CIRCULATION - AS MEDITATORS WE USE

WHAT IS PROVIDED & REFRAIN CHANGING

TEMPERATURE TO WE WANT IT TO BE

USE OF SWITCHES:

1. First switch - Inside light
2. Second switch - Outside light
3. Third switch - Fans and speaker / Audio System player power
4. Fourth switch - Airconditioner



SEATING: Right side facing table is for ladies. Left side facing table is for males.

CAPACITY: The centre can take upto 15 meditators at any given time.

DRINKING WATER: You may carry your own or have from earthen pot near sink.

WASHROOM FACILITY: Available within (shared facility for females & males)

INSIDE LATCH: Kindly latch utmost left latch, so meditators may enter without disturbing meditators inside

CUSHIONS: To gain merits by serving forthcoming meditators, kindly restore the cushions to neat and clean state.

- BE HAPPY

DHAMMA SEVAKS: 📞 Heenaji +919819219087 / Nitinji +919820003057 /

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

विपश्यना एटीएम ग्रांट रोड में उपस्थित सभी साधकों के लिए

कृपया स्वयं-सेवा प्रोटोकॉल का पालन करें:

इनकमिंग रूटीन:

- लॉक खोलें - अंदर के दरवाजे की रिंग पर लॉक लगाएं
- अंदर की लाइट और एसी स्विच ऑन करें
- रिमोट से एसी चालू करें
- पंजीकरण (इन और अपेक्षित समय आउट के साथ)
- समूह बैठकों/सुत्त प्रवचनों के लिए यूएसबी इन करें
- वॉल्यूम को आवश्यकता के अनुसार समायोजित करें

आउटगोइंग रूटीन (बिल्कुल मिरर्ड)

- वॉल्यूम को 10 पर लाएं
- यूएसबी आउट करें ताकि दोहा चले
- पंजीकरण जांच - यदि आउट समय में बदलाव की आवश्यकता हो।
- रिमोट से एसी बंद करें
- अंदर की लाइट और एसी स्विच ऑफ करें (रिमोट से एसी बंद करने के 2 मिनट बाद - एक इन्वर्टर एसी होने के कारण)
- लॉक बंद करें

याद रखें कि गुलाबी स्विच को न छुएं (स्विच ऑफ बलीकूल ना करें) क्योंकि ऑडियो बंद हो जाता है, और आसानी से वापस नहीं आता।

बहुत बहुत धन्यवाद
मंगल मैत्री सहित 🙏

**FOR ALL MEDITATORS
ATTENDING AT VIPASSANA ATM
GRANT ROAD**

Kindly follow self-service protocol:

INCOMING ROUTINE:

- Lock open - place lock on ring of door inside
- Inside Light & AC Switch On
- AC on with remote
- Registration (with in & expected time out)
- USB in for Group Sitzings/Sutta Discourses
- Adjust Volume to requirement

OUTGOING ROUTINE (Exactly Opposite)

- Bring Volume to 10
- USB out so Dohas play
- Registration check - if OUT time needs changes.
- AC OFF with remote
- Inside Light & AC Switch Off (after 2 minutes of switching AC off with remote - being an inverter AC)
- Lock shut

REMEMBER NOT TO TOUCH (SWITCH OFF) THE PINK SWITCH AS THE AUDIO GOES OFF, AND DOES NOT COME BACK ON EASILY.

Many thanks & Much Metta 🙏

औडियो सुविधा:संचालन और उपयोग

USING THE AUDIO SYSTEM



ट्रेक सूची / FOLDER #s WITH TRACK LIST

| # | DURATION | LANG | TRACK TITLE |
|-------|-------------------------------|------|--|
| 1 | 01h:13m | P | Tikapatthana - Sayagyi U Ba Khin |
| 2 | 01h:40m | PHE | Tikapatthana Discourse - Goenkaji - Pali-English-Hindi |
| 3 | 01h:00m | P | Group Sit - Sayagyi U Ba Khin |
| 4 | 00h:27m | E | The Essentials of Buddha Dhamma in Meditative Practice - Sayagyi U Ba Khin |
| 5 | 01h:00m | H | Mumbai Group Sitting |
| 6 | 01h:11m | H | Group Sitting With Metta Mumbai Hindi |
| 7 | 01h:05m | HE | Dhamma Setu Long Instructions Hindi-English Group Sitting |
| 8 | 01h:05m | HE | Dhamma Salila Long Instructions Hindi-English Group Sitting |
| 9 | 01h:05m | HE | Dhamma Salila Short-Instruction Hindi-English Group Sitting |
| 10 | 01h:00m | HE | Dhamma Khetta Group Sitting |
| 11 | 01h:05m | HE | Dhamma Khetta Short-Instruction Hindi Group Sitting |
| 12 | 01h:00m | HE | Group Sitting under Bodhi Tree at MAHABODHI GAYA by S N Goenka (Paticcasamupada) |
| 13 | 01h:00m | HE | Group Sitting at Jetvana by S N Goenka |
| 14 | 01h:10m | HE | Group Sitting at Dhamma Sikhara McLeod Ganj by S N Goenka |
| 15 | 01h:00m | HE | Kushinagar Group Sitting - S N Goenkaji - Begins with Namo Tassa |
| 16 | 01h:00m | HE | Group Sitting |
| 17 | 01h:04m | HE | Minimal Short Instruction Hindi-English Group Sitting |
| 18 | 01h:04m | HE | Vipassana one hour group sitting DUBAI |
| 19 | 01h:00m | E | Group Sitting at Dhamma Licchavi (Long Metta) |
| 20 | 01h:05m | HE | Dhamma Giri VIA_Long-Instr_Hin-Eng_GS |
| 21 | 01h:07m | HE | Bodh Gaya GS by Goenkaji Hindi-English (top of the head) |
| 22 | 00h:57m | HE | Pune GS by Goenkaji Hindi-English |
| 23 | 00h:56m | P | Maha Samaya Sutta |
| 24 | 01h:04m | PH | Dhammacakkappavattanasuttam Discourse - Jan 13 1991 - Dhamma Giri |
| 25 | 01h:02m | PH | Anattalakkhana Sutta |
| 26 | 01h:01m | PE | Anapanassatisuttam Discourse - Jan 14 1991 - Dhamma Giri - Pali-English - Goenkaji |
| 27 | 01h:18m | P | Satipatthana Sutta Jan 1985 WSM |
| 28 | 00h:14m | PH | Patal Sutta |
| 29 | 00h:38m | PE | Girimanandasuttam Discourse - Jan 1991 - Dhamma Giri |
| 30 | 00h:56m | PE | Mangala Sutta Pali-English Discourse by S N Goenka |
| 31 | 00h:11m | PH | Sukha Sutta Discourse in Hindi by SN Goenka |
| 32 | 00h:31m | PH | Salla Sutta Discourse in Hindi by SN Goenka |
| 33 | 00h:32m | PE | Vedanasamyuttam Discourse - Samadhisuttam Sukhasuttam Pahanasuttam Patalasuttam - Jan 5 1993 |
| 34 | 00h:34m | PE | Vedanasamyuttam Discourse - Datthabbasuttam Sallasuttam - Jan 18 1994 - Dhamma Giri |
| 35 | 01h00m | H | Anapana for All आनापान सबके लिए HINDI |
| 36-38 | 00h:30m 00h:10m 00h:12m | H | Anapana for All - HINDI: An introductory session by S N Goenkaji for those yet to complete a 10-day Vipassana Course |
| 39-41 | 00h:30m 00h:10m 00h:12m | E | Anapana for All - ENGLISH: An introductory session by S N Goenkaji for those yet to complete a 10-day Vipassana Course |
| 42- | 00h08m | HE | Metta-Bhavana(short) |
| 45 | 00h10m | PE | Metta at Mahamuni Pagoda |
| | 00h09m | H | Why Metta - मैत्री का उद्देश्य |
| | 00h03m | E | Practising Metta Bhavana English |



Isle of Calm & Peace: Meditators can work here in solitude or together.



Front to Back Panoramic View

**Washroom & Toilet Facility
available within**



कृपया ध्यान क्षेत्र में **आर्य मौन** का पालन करें

Kindly observe **NOBLE SILENCE** in Meditation Area



मंगल हो

Be Happy

Introductory Anapana Sessions

For those who have yet to attend a 10-day Vipassana Course

This facility can simultaneously serve upto 12 adults or children (above 10 years of age) on specific requests to below Dhamma Sevak contacts. On accepting such requests, we shall revert with appointed times.

To know more / view videos / download Audio :



www.vridhamma.org/What-is-Anapana

There are no charges for the introductory Anapana sessions. Attendees are served entirely by the donations and voluntary service efforts of Vipassana meditators who have benefitted from attending 10-day courses, and look forward to sharing their merits by organising these sessions.

ABOUT ANAPANA

Anapana is a simple and practical way to achieve mastery over the mind and lead a happy, wholesome life. Anapana is a Pali word which means observation of natural, normal respiration, as it comes in and as it goes out.

My Breath and I

Anapana is the first step in the practice of Vipassana meditation. Anapana means observation of natural, normal respiration, as it comes in and as it goes out. It is an easy to learn, objective and scientific technique that helps develop concentration of the mind.

Observation of the breath is the ideal object for meditation because it is always available and it is completely non-sectarian. Anapana is very different from techniques that are based on the artificial regulation of breath. There are no rites or rituals involved in the practice or presentation of Anapana.

Anapana provides a tool to deal with the fears, anxieties and pressures across all age groups, especially children. Besides helping to calm and concentrate the mind, Anapana help people to understand themselves better and gives them an insight into the workings of their own minds. Because of its simplicity, the technique is easy to understand and practice.

Why Natural Respiration?

The goal of Vipassana meditation is not the concentration of the mind but to purify the mind completely, by eradicating all mental impurities such as anger, hatred, passion, fear. Vipassana is the analytical study of the mind and body (matter). To achieve this, one must gain complete knowledge of the body, of the mind and of the mental impurities at the experiential level, which is done with the help of respiration. Respiration acts like a bridge between the conscious and the unconscious mind and between voluntary and involuntary processes of the body.

The first step of this technique is to develop awareness of the present reality. Life can really be lived only in the present. When one observes respiration, one begins to understand the nature of the mind. The mind is very fleeting, very fickle - this reality becomes very clear. It never stays in the present, constantly tries to escape into a past or future that is unattainable. The past moment is gone forever. Even in return for all the wealth in the world, one cannot bring back that moment. Similarly, one cannot live in the future. When the future becomes the present, only then can one live in it. One has not learned how to live - one has not learned the art of living. By observing natural respiration, we slowly train our mind to live in present.

Another reason for adopting natural incoming and outgoing breath as the object of concentration is that the rhythm of our respiration has an intimate natural connection with the negativities of the mind. When the mind is polluted and overpowered by any harmful negativity such as anger, fear, lust, envy or any other, we see that the rhythm of our respiration naturally becomes rapid and gross. When these negativities stop polluting the mind, the rhythm of respiration becomes slow and subtle.

Observing the natural breath is a universal practice. Breath is breath, not a Hindu breath, a Muslim breath or a Christian breath. Thus, Anapana becomes universal.

BENEFITS OF ANAPANA PRACTICE

Regular practice of Anapana Meditation for 10–15 minutes twice a day (morning and evening) will give following benefits:

- Concentration of mind increases.
- Awareness and alertness of the mind improves.
- One gains mastery over the mind.
- Memory becomes very sharp.
- Decision-making power improves.
- Self-confidence increases.
- Agitation, fear, tension, nervousness and stress decreases.
- Capacity to work increases.
- Better performance in grasping power / academics / work output / sports and extra-curricular activities.
- Ability to understand and express increases.
- Mind becomes healthy, wholesome and strong.
- One becomes full of good wishes for others.

- Be Happy !

ANAPANA FOR ALL

DHAMMA SEVAKS: 📞 Heenaji +919819219087 / Nitinji +919820003057 /

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

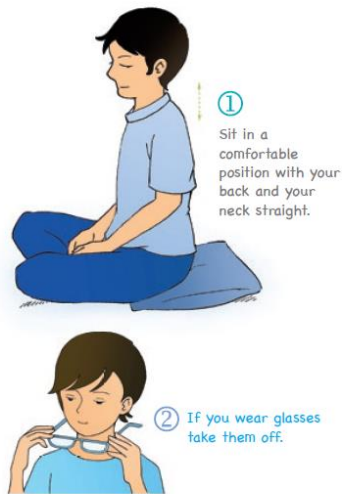
For ages: 10+ Children, Teens & Adults

Anapana

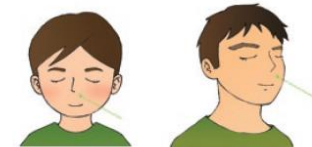
Anapana is an old Indian word which means respiration. Anapana meditation is the awareness of the breath coming in and going out.



In order to feel the benefits in your life, practise this meditation for 10-15 minutes, twice a day (morning and evening).



Meditation



- ③ Keep your eyes gently closed.
- ④ Keep your mouth closed.
- ⑤ Focus all your attention on the entrance of the nostrils.
- ⑥ Remain aware of the natural breath as it comes in, as it goes out.
- ⑦ Don't try to control or count the breath.

Technique



- ⑧ Don't add any word or imagination of any kind.
- ⑨ When the mind wanders away, bring it gently back to the awareness of your breath.
- ⑩ Try to remain aware of each and every breath that comes in and goes out.

Metta

Metta means 'loving kindness'. You can practise it by mentally repeating the following words:

May I be happy, be peaceful

May my mother be happy, be peaceful

May my father be happy, be peaceful

May my brothers and sisters be happy, be peaceful

May all my classmates be happy, be peaceful

May all my schoolmates be happy, be peaceful

May all my neighbours be happy, be peaceful

May all the people of my country be happy, be peaceful

May all the people of the world be happy, be peaceful.

Practise Metta

for a minute or two after Anapana meditation.



www.children.dhamma.org

Anapana Meditation

Courses for Children and Teenagers as taught by S.N. Goenka



Benefits

- Improves concentration
- Increases alertness
- Develops control over the mind
- Memory becomes clearer
- Improves decision-making ability
- Increases self-confidence
- Agitation, fear, tension, nervousness and stress decrease
- Capacity to work and study increases
- Increases ability to understand others and to express oneself
- Mind becomes healthy, wholesome and strong
- One becomes full of good wishes for others.

5 Precepts

As part of the course, you had to take five precepts (promises).



You may like to keep these five precepts in your daily life. They will help you in your meditation and also help you lead a happy and harmonious life.

ABOUT VIPASSANA ATM GRANT ROAD

The Vipassana ATM (Any-Time Meditation) Facility at Grant Road in South Mumbai offers a place dedicated for Vipassana meditators to sit in Dhamma environment at their convenience.

<https://maps.app.goo.gl/EKGJZ64zrh6kmePJA>

The serene Dhamma environs are **fully equipped** with air-conditioning, audio system, cushions & toilet, cctv for safety, with a combination lock for entry of meditators

(those who have COMPLETED a 10-day Vipassana course OR 7-day Teenager Vipassana course as taught by Shri S N Goenkaji, in the tradition of Sayagyi U Ba Khin).

Registration is via the WhatsApp grouplink also provided in the group description below:

<https://chat.whatsapp.com/Lh33wXr5o0UH2GqllWQp3j>

3 x Daily Group Sittings (8-9am, 2.30-3.30pm & 6-7pm) are scheduled daily for which Dhamma Sevak posts registration poll which attendees need to merely tap if physically attending.

DHAMMA SEVAKS:

Heenaji +919819219087 / Nitinji +919820003057 / Sanjivji (at facility): 9892502105

WHATSAPP ONLY: <https://wa.me/+919999052525>

Like all centres, it runs on the donations of meditators. There are **no charges for this facility**.

Download brochure at <https://mumbai.vridhamma.org/atm>

विपश्यना एटीएम ग्रांट रोड के बारे में

दक्षिण मुंबई के ग्रांट रोड पर विपश्यना एटीएम (किसी भी समय ध्यान) सुविधा विपश्यना साधकों को उनकी सुविधानुसार धम्म वातावरण में बैठने के लिए समर्पित स्थान प्रदान करती है।

<https://maps.app.goo.gl/EKGJZ64zrh6kmePJA>

शांत धम्म वातावरण पूरी तरह से एयर-कंडीशनिंग, ऑडियो सिस्टम, कुशन और शौचालय, सुरक्षा के लिए सीसीटीवी, साधकों के प्रवेश के लिए संयोजन लॉक से सुसज्जित है

(जिन्होंने श्री एस एन गोयनकाजी द्वारा सयाजी उ बा खिन की परंपरा में सिखाया गया 10-दिवसीय विपश्यना कोर्स या 7-दिवसीय किशोर विपश्यना कोर्स पूरा किया है)।

पंजीकरण व्हाट्सएप ग्रुपलिंग के माध्यम से किया जाता है, जो नीचे दिए गए समूह विवरण में भी दिया गया

है: <https://chat.whatsapp.com/Lh33wXr5o0UH2GqllWQp3j>

3 x दैनिक समूह बैठकें (सुबह 8-9 बजे, दोपहर 2.30-3.30 बजे और शाम 6-7 बजे) प्रतिदिन निर्धारित जाती हैं, जिसके लिए धम्म सेवक पंजीकरण पोल पोस्ट करते हैं, जिस पर उपस्थित लोगों को केवल तभी टैप करना होता है, जब वे शारीरिक रूप से उपस्थित हों।

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केवल व्हाट्सएप: <https://wa.me/+919999052525>

सभी केंद्रों की तरह, यह भी साधकों के मैत्री-पूर्ण दान से ही व्यवस्था होती है ।

इस सुविधा के लिए कोई शुल्क नहीं है।

<https://mumbai.vridhamma.org/atm> पर ब्रोशर डाउनलोड करें

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- **Telegram Channel:** <https://t.me/joinchat/AAAAAFcl67mc37SgvlrwDg>

VIPASSANA MEDITATION APP:

- **Android:** <https://play.google.com/store/apps/details?id=com.vipassanameditation>
- **Apple iOS:** <https://apps.apple.com/in/app/vipassanameditation-vri/id1491766806>

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- **Android:** <https://play.google.com/store/apps/details?id=org.dhamma>
- **Apple iOS:** <https://itunes.apple.com/us/app/dhamma-org/id1127952631?mt=8>



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Old Students

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username: oldstudent
password: behappy



Daily Practice

RecordingsScheduleLogbook

1 Hour Sitting with Mettā

--

No Instructions

1 hr 5 min

Dhamma Giri

Hindi • हिन्दी / English

Long Instructions

1 hr 5 min

Dhamma Salila

Hindi • हिन्दी / English

Long Instructions

1 hr 5 min

Dhamma Sikhara

Hindi • हिन्दी / English

Short Instructions

1 hr 4 min

Group Sitting for Children

Hindi • हिन्दी

Child/Teen

10 min

Daily Practice

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Daily Practice

RecordingsScheduleLogbook

Select preset schedule

Select custom schedule

Participate in counter

Old Students currently meditating: 266

Daily Practice

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RecordingsScheduleLogbook

0

Hours logged past week

May 28 - Jun 4

1

Hours logged past 30 days

May 5 - Jun 4

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May 28 - Jun 04

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Your sittings will be automatically lo...

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SearchGlossary

For New Students

2022-06-04 — 2023-06-04

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Daily Meditation Schedule

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Self-Courses

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Courses

Locations

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Group Sitting

4 hour Meditation

1-Day

Group Sitting · GORAI, MUMBAI, Ma

0 kilometers · ANYTIME 9am-7pm

+912250427500, ext 9

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Group Sittings Near Me

Group Sitting

4 hour Meditation

1-Day

1-Day · GORAI, MUMBAI, Maharash

0 kilometers · DAILY 1-DAY COURSE

+912250427500, ext 9

Details · Directions

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Group Sitzings...



Group
Sittings

1 Day

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Courses

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| VIPASSANA 1-DAY COURSES | |
|---|---|
| REGION | LOCATION / MAPLINK (Tap on address to locate on Google Maps) |
|  =NEW  CHANGES | DHAMMA SARITA (Khadavli Vipassana Matoshree Vriddhashram, Near Khadavli) 7798324659 / 7798325086 |
| KHADAVLI BADLAPUR ULHASNAGAR KALYAN DOMBIVLI | Barvi Vipassana Seva Sanstha, Bhalerao Mulgav, Boradpada Road, Badlapur Suhasji: 8767411434 / Prakashji: 976 |
| NAVI MUMBAI AIROLI VASHI KHARGHAR BELAPUR | Dhamma Saket Vipassana Centre Near Nalanda School, Kansai Rd, Ulhasnagar Wakodeji: 9421627274 |
| NORTH-EAST MUMBAI THANE MULUND VIKHROLI / POWAI GHATKOPAR CHEMBUR / KURLA | 1-DAY @ Sec 15, Vaidik Vishwa Vidyalaya D J Kocheji : 02227667087 |
| NORTH-WEST MUMBAI VIRAR NALA SOPARA GORAI | DHAMMA VIPULA Plot 91A, Sec 26, Parsik Hill, C.B.D. Belapur, Navi Mumbai 400614 02227522404 / 02227522277 (Office Timings: 11am - 5pm) |
| WEST-NORTH MUMBAI BORIVLI KANDIVALI GOREGAON | POINSUR GYM KHANA 1st Floor, Kandivali (W) Waghelaji: 9324494215 / Nileshji: 9820226282 / Shashikantji: 9869202604 2nd SUNDAY 1-DAY 8am-1.30pm |
| WEST MUMBAI ANDHERI EAST ANDHERI WEST VILE PARLE WEST KHAR WEST | Chhatrabhuj Narsee School, Next to Gundecha Premiere Tower, Off WE Highway, Kandivali East, Mumbai 400101 Shashikantji: 9869202604 / Mukeshji: 9167980379 1st, 2nd, 3rd SUNDAY GROUP SIT 8-9am CHATBRABHUJ NARSEE SCHOOL 4th SUNDAY 1-DAY 8am-1.30pm |
| CENTRAL MUMBAI MATUNGA / WADALA DADAR / NAIGAON | GOREGAON VIPASSANA CENTRE Opposite Lakshdham School, Mohan Gokhale Road, Goregaon (E) Mumbai 400063 Mansiji: 8850323802 / Yajuvendraji: 9920199203 / Rohanji: 9869377992 EVERY SATURDAY: CHILDREN COURSE - AGE 10-16 years 9.30am - 3pm ONLINE REGISTRATION: https://gvc.vridhamma.org/home Mansiji: 8850323802 / Poojaji: 8169023306 EVERY SUNDAY 11am-5pm (please reach by 10.45am) ONLINE REGISTRATION: https://gvc.vridhamma.org ALL DAYS : ANY TIME SELF-SIT 6am-9pm |
| SOUTH MUMBAI GRANT ROAD CUFFE PARADE CHURCHGATE | 1/7, Unnat Nagar 3, Near Shabari Restaurant, M.G. Road, Goregaon (West) 10/04 ATMADARSHAN, Mahakali Caves Rd, Subhash Nagar, (Near Sher-E-Punjab) Andheri E Ritaji : 9987982398 / S K Batraji : 9820182599 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 / Devyaniji : 9223254982 1st SUNDAY 1-DAY 11am-5pm | EVERY SUNDAY GROUP SIT JAMNABAI NARSEE SCHOOL: 6.30-8am 2nd SUNDAY 1-DAY 11am - 4.30pm 4th SUNDAY 1-DAY 11am - 4.30pm |
| VIPASSANA ATM FACILITY, 6A Policy Colony, Old BDD Chawl, V. Y. Dahivalkar Bua Marg, Naigaon, Dadar (E), Mumbai -14 Amarji: 9594022016 / Shashikantji: 98670 62411 / 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 |
| 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 |
| 1-Day & Group Sits FOR OLD STUDENTS ONLY: i.e. THOSE WHO HAVE COMPLETED a 10-DAY VIPASSANA COURSE (or more) AS TAUGHT BY S N GOENKA, IN THE 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 | |

ANY-TIME MEDITATION FACILITIES

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विपश्यना ATM : “हरसमय, स्वयंसेवा” साधना सुविधा
में आपका स्वागत है

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

सनिवार: गुरुजी द्वारा: 6am-7.50am टिक्कापद्मान प्रवचन & 8-9am बौद्ध वृक्ष के तले पत्तिचसमुपाद सामूहिक साधना

उन साधकों के लिए, जिन्होंने सयाग्यी ऊ बा खिन की परंपरा में,
सं 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

SATURDAYS: 6am-7.50am Tikkapadma Discourse & 8-9am Patichasamupada Group Sitting Under Bodhi Tree by Gururji S N Goenkaji

**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) महिला क्षेत्र / LADIES SIDE (4 seats)

6 Blue Cushions + 3 seat-sofa + 1 chair 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**

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चाबी-मुक्त आगमन और प्रस्थान

KEYLESS ENTRY & EXIT

ताला १ खोलने के लिए, तालेके कोड (३) के अनुसार नंबर बटन को दबाएं
और नीचे लैच को दाएं तरफ स्थानांतरित करें। लॉक करने के लिए, रिवर्स
प्रोसेस। अगर तालार लगा हो तो केवल ४-अंक कोड जोड़ें, और बंद करने
लिए, उसी कोड को घुमा के कोई अन्य अंक पे छोड़ें



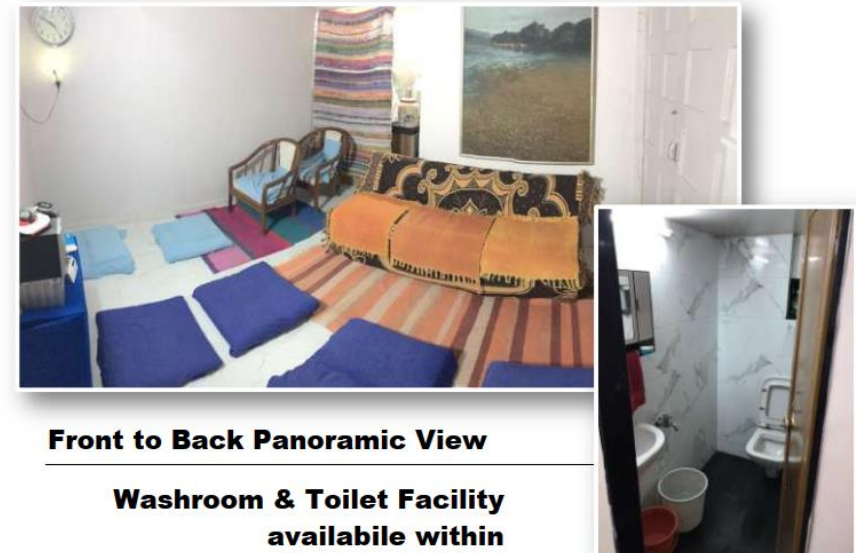
**For opening Lock1, press the number buttons
corresponding to lock code (३), and shift bottom latch to
right side. Reverse process to lock. For opening Lock2,
align 4-digit code to open. Scramble the code to lock back**

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Front to Back Panoramic View

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Anapana Meditation for Children & Teens

as taught by SN Goenka

Press **F11** to exit full screen

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<https://www.children.dhamma.org>



Children

Look at cartoons, photos and children's comments about meditation.



Teens

Find out how to make the mind cool, calm and concentrated.



Parents

See all the info. and benefits about fun courses for young people held at Vipassana meditation centres and other places around the world.



Teachers

Read research and guidelines for one-day courses held in a non-religious format.



Videos

View short films about courses for children and teens in different countries.

Physical exercise is good to make the body healthy and strong.

Anapana Meditation is a mental exercise to make the mind healthy and strong.

Translations

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Principle Teacher

MITRA Upakram: In addition, the Maharashtra Government has started a plan through which teachers of all the Government school are given Vipassana and the student are given Anapana. Teachers are given paid leave to participate in the course so that not only will they themselves

About MITRA Upakram

MITRA Upakram is an initiative of **Government of Maharashtra** to facilitate wholesome mental growth of school children. MITRA Upakram undertakes to inculcate Right Awareness aims to address 2.5 crore school children and 1 Lakh school teachers. **MITRA**, which stands for **MIND IN TRAINING for RIGHT AWARENESS** also means FRIEND in English language.

The participants learn to observe the incoming breath and outgoing breath by focusing their attention at the entrance of their nostrils. They simply observe their natural breath without trying to change or correct the flow of the breath. In this way, they experience the beginning steps of self-awareness. This technique being observation based and scientific, without any imaginations or evaluations, leads to Right Awareness and hence Right Concentration. This technique is known as Anapana, where 'Ana' means incoming and 'Apana' means out going breath.

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VRI Guidelines

<http://mitraupakram.vridhamma.org>



वयधम्मा सङ्खारा, अप्पमादेन सम्पादेथ

IMPERMANENT ARE ALL COMPOUNDED THINGS
WORK OUT YOUR OWN SALVATION WITH DILIGENCE

CHAIN OF VIPASSANA TEACHERS



Ven Ledi Sayadaw



Saya Thetgyi



Sayagyi U Ba Khin



S N Goenka

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Thu
09ONLINE PALI-ENGLISH
CERTIFICATE COURSE 2021

09th September, 2021

Tue
04Certificate Course
Buddha's Teachings and
Vipassana -2nd BatchANAPANA - DEALING WITH
FEAR AND ANXIETYA STORE-HOUSE OF ANSWERS
BY SHRI S.N. GOENKA

| Inspirational | Resources | Theory | Dhamma Seva |
|---|---|---|---|
|  |  |  |  |
| <p><u>Discourses, Dohas & Morning Chanting</u> (Morning chanting, dohas and evening discourses: text, audio & video in multiple languages)</p> | <p><u>Courses for Old Students</u> (List of courses for old students & their requirements)</p> | <p><u>Tipiṭaka</u> (Basic overview of Tipiṭaka - Buddha's Teachings and details of available resources for its study)</p> | <p><u>Overview of Dhamma Seva</u> (Overview of Dhamma seva, different ways of serving and Dhamma seva guide)</p> |
| <p><u>Dhamma Treasures</u> (Topic wise compilation of Guruji's discourses and Q & A on different aspects of Vipassana)</p> | <p><u>Contact AT</u> (Get in touch with an Assistant Teacher, for guidance in practice or to clear any doubt)</p> | <p><u>Learning Pali</u> (Details of available programmes for learning Pali)</p> | <p><u>Serving at VRI & GVP</u> (Different opportunities of serving at Vipassana Research Institute & Global Vipassana Pagoda)</p> |
| <p><u>Words of Goenkaji</u> (Inspirational messages from Goenkaji to old students)</p> | <p><u>Spread of Vipassana</u> (Update on introduction of Vipassana to new regions, countries, continents and in cities)</p> | <p><u>Segregation of Books</u> (Segregation of books Published by VRI as per requirements of students)</p> | <p><u>Serving at the Centers</u> (Different opportunities of serving at various Vipassana centers across the world)</p> |
| <p><u>Chain of Teachers</u> (List of teachers who have been part of the Vipassana movement)</p> <ul style="list-style-type: none"> <u>Leaṇ Sayādaw</u> <u>Saya Thetgyi</u> <u>Sayagyi U Ba Khin</u> <u>Saddharmasutta</u> | <p><u>New Initiatives</u> (List of new initiatives undertaken for benefit of the students and society)</p> | <p><u>Related Websites & Other Resources</u> (List of other websites and Vipassana newsletters providing numerous resources to students and theory)</p> | <p><u>Upcoming Centers</u> (Information on upcoming centers across the world and dates on which they will be inaugurated)</p> |

<https://os.vridhamma.org/Old-Students>

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Welcome to the website for Old Students

A Message From Goenkaji

Dear Travelers on the Path of Dhamma,

Be happy! Keep the torch of Dhamma alight! Let it shine brightly in your daily life. Always remember, Dhamma is not an escape. It is an art of living: living in peace and harmony with oneself and also with all others. Hence, try to live a Dhamma life.

- *Don't miss your daily sittings each morning and evening.*
- *Whenever possible, attend weekly joint sittings with other Vipassana meditators.*
- *Do a ten-day course as an annual retreat. This is essential to keep you going strong.*
- *With all confidence, joy, happiness and peace, understand the Dhamma.*
- *Renounce hatred and aversion, ill-will and animosity.*
- *Generate love and compassion, especially for those who do not understand Dhamma and are living an unhappy life.*

May your Dhamma behavior show them the path of peace and harmony. May the glow of Dhamma on your faces attract more and more suffering people to this path of real happiness.

May all beings be happy, peaceful, liberated.

With all my metta,

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<https://www.vridhamma.org/A-store-house-of-answers-by-Shri-S-N-Goenka>

[Home](#)

A Store-House of Answers by Mr. S. N. Goenka

तुम्हेहि किच्चमातप्पं, अक्खातारो तथागता।

पटिपन्ना पमोक्खन्ति, ज्ञायिनो मारबन्धना॥

-You have to do your own work; Enlightened Ones will only show the way.

-Those who practice meditation will free themselves from the chains of death.

- Dhammapada 276, Lokavagga

Jump to: [Addiction](#) | [Attachment](#) | [Beliefs](#) | [Cause & Effect](#) | [Concentration](#) | [Craving](#) | [Daily Life](#) | [Dhamma & Sect](#) | [Ego](#) | [Equanimity](#) | [Enlightenment](#) | [Food](#) | [Global Pagoda](#) | [Health](#) | [Mantras](#) | [Metta](#) | [Mind](#) | [Morality](#) | [Noble Truths](#) | [Other techniques](#) | [Rites & Rituals](#) | [Society](#) | [Spread of Vipassana](#) | [The Buddha](#) | [Tipiṭaka](#) | [Vipassana Courses](#) | [Vipassana Meditation](#) | [Wisdom](#) |

In the course of his Dhamma work, beginning in 1969, [Goenkaji](#) has been asked thousands of questions, by Vipassana students and others all over the world. The questions range a fascinating spectrum from [what is Dhamma](#) [Vipassana meditation](#) aim of life human misery God rebirth to insomnia. The answers and questions





<https://www.vridhamma.org/1-day-Courses-Information-in-India>

Home » Courses for Old Students » 1-day Courses and Group Sitting Information in India

1-day Courses and Group Sitting Information in India

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Please note that One-day courses and group sittings are only for Old students.

Old students are those who have completed at least one 10-day course with S.N. Goenka or one of his assistant teachers.

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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*

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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

**THE
TEN
ARMIES
OF MĀRA**

1st

Soldier of Māra
is the desire to
enjoy sense
pleasures.

2nd

Soldier of Māra
is unwillingness
to reside or be happy
in a quiet place
such as a
forest dwelling.

3rd

Soldier of Māra
is hunger
- not being satisfied
with food.

4th

Soldier of Māra
is the craving for
various tastes
and foods.

5th

Soldier of Māra
is drowsiness,
sloth and
torpor.

6th

Soldier of Māra
is not wishing
to be alone
and being afraid
of solitude.

7th

Soldier of Māra
is doubt about
whether one can
be successful
in meditation.

8th

Soldier of Māra
is becoming proud
and arrogant
when the meditation
is successful.

9th

Soldier of Māra
refers to the Teacher
& concerns becoming
well known, receiving
many offerings,
gaining much respect
& homage.

10th

Soldier of Māra
is following
a false Dhamma,
creating a new &
special Dhamma,
in order to acquire
abundant offerings,
praising oneself &
looking down on others.



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बहुजन हितायः
बहुजन सुखायः

**For the benefit of all
For the happiness of all**

