

# **Vipassana Meditation Course Schedule**

**10 Day residential Vipassana Meditation Courses are now being organized regularly by Nava Nalanda Mahavihara (Deemed University), as in initiative to integrate Pariyatti and Patipatti, leading to Pativedan. Courses are open for students, faculty, friends and family of students and faculty and anyone else interested in learning this great scientific meditation technique, discovered by Gotama, The Buddha 2500 years ago.**

**For more details on Vipassana meditation technique and code of discipline to be followed during the meditation course, one may visit the following link:**

**<https://www.dhamma.org/en/about/code>**

**Visitors are anytime welcome at the Cultural Village, Nava Nalanda Mahavihara, Nalanda to take a tour of the Meditation Center and learn the basic meditation technique called Anapana in 30 mins.**

**Registration number: +91 9930796064**

Online Apply: <http://www.nalanda.in.dhamma.org/index.html>

## **ADDRESS:**

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