



Dhamma greetings from Dhamma Arunachala.

The projects for the spread of Dhamma that were conceived during the centenary year, 2023-24 of our venerable teacher S.N.Goenkaji is making significant progress. We are happy to invite all Vipassana meditators for a 1-day course and a group meditation session on the **11th of May 2025, the auspicious occasion of Buddha Poornima.**

1. Dhamma Arunachala II - A dedicated center that will offer 2-day and 3-day short courses, children courses, Mini Anapana sessions will be **inaugurated** on the noble occasion of **Buddha Poornima**. It will also be enhanced to offer 10-day courses when the main center (**Dhamma Arunachala I**) is offering long courses. A **dedicated Shunyagara** (Meditation cells) is also being planned to be built in the future in Dhamma Arunachala II. We plan to have a **1-day course** on the occasion of **Buddha Poornima, May 11 2025.**



2. An Earthen Dome as Main Dhamma Hall - A **3600 sqft. Earthen Dome** that will function as the main Dhamma hall with seating capacity for **220 meditators** is being constructed. The **Foundation work** was successfully completed during the birth anniversary of **Sayagyi U Ba Khin**. The walls and the beam for the roof of the dome will be completed by Buddha poornima. The Dome will be completed by this year. A **1-hour group meditation** is planned on **May 11, 2025.**



3. Expansion of Residential Quarters: Due to the ever growing need to accommodate more students, the residential quarters for men and women are being expanded to accommodate 150 students for 10-day courses and 80 students for long courses.



4. Long Courses 2025: Dhamma Arunachala is offering Long Courses (**20-day and 30-day**) every year. Qualified meditators can apply through this link. <https://schedule.vridhamma.org/courses/arunachala>

5. Milestones of 2024: As Dhamma Arunachala continues to grow, several significant developments have taken shape over the past year:

- New **male accommodations**, with space for **22 additional participants**, are nearing completion, enhancing the center's capacity to serve more meditators.
- The **main Dhamma Hall** is now **fully air-conditioned**, ensuring optimal **soundproofing** and thermal comfort for deep practice.
- At **Dhamma Arunachala II**, the first phase of accommodation and a **new Dhamma Hall** for **50 participants** have been successfully completed, while work on the dining hall and kitchen progresses.
- **Additional trees** have been planted at Dhamma Arunachala II, enriching the serene environment.

6. 10 years of Dhamma Arunachala: As Dhamma Arunachala completes ten years, we reflect with deep gratitude, the pure Dhamma rendered to us by GoenkaJi and the support and dedication of all who have walked this path—meditators, and well-wishers alike. The center has quietly grown, continuing to provide a space for deep practice and inner transformation. May the center continue to offer a space of peace and Dhamma for all who seek.



Meditators who wish to enrol for the Buddha poornima 1-day course at Dhamma Arunachala, can send an email to **registration.arunachala@vridhamma.org** in the following format:

Name:

Gender:

Age:

Number of courses sat/served:

Contact number:

Best wishes and Metta

Dhamma Arunachala Team

Email: info.arunachala@vridhamma.org

Website: www.arunachala.dhamma.org