




International Meditation Retreat 2025

Venue: 

Sangharama,

Chekkapalli, Musunuru Mandal,

Eluru District, Andhra Pradesh, India -521213



Here and now, the door opens.

The way out of suffering lies right here within this body and mind. It is right here that one can find the key that leads one out of the misery of dissatisfaction and constant longing.

This Dhamma is within, but sometimes we have to take the journey with our own two feet. Sometimes we have to travel in cars, trains, and planes, fly over continents and oceans to be able to find what is right here in front of us.

The Buddha, the Dhamma, and the Saṅgha are always in the heart of one with faith, virtue and wisdom. But if we cannot see it, if we cannot experience it, if we cannot touch it yet, we must walk, we must seek, we must search.

Join Us in India

This year, during the rainy season, **the Saṅgha is back in India.** We wish to offer the **opportunity to join us in a meditation retreat.** This period will be dedicated to sharing nourishing Dhamma and daily **practice together with sincerity and attention directed inward.**

We invite you to meet yourself through introspective inquiry. Encounter and **explore dukkha—the suffering** we have all burdened our hearts with, caused only by our own ignorance.

Come and verify the Truth of the Buddha-Dhamma. Find the answer to the quandary of burning discontent.

The **monastics will be here to offer support and guidance** as together we make the effort to understand the suffering we carry and, ultimately, **learn to let it go.**

Your fellow meditators will be here to strive alongside you, helping you **cultivate diligent effort, patience, and resolve.**

We warmly welcome all courageous hearts ready to dive deeper into themselves, **unafraid to face suffering and hindrances.**



Make the Time Now



Old age, sickness, and death wait for no one.

Make the time now! Set yourself on the Path of Morality, Concentration, and Wisdom. The Path leads one way only—toward the cessation of all suffering.

Contact Us



heartdhammaindia@gmail.com

Schedule

Retreat 1

- Wednesday, August 6, 2025 –
Wednesday, August 20, 2025

Retreat 2

- Saturday, August 30, 2025 –
Saturday, September 13, 2025

Retreat 3

- Tuesday, September 23, 2025 –
Tuesday, October 7, 2025

How to Join

Apply

CLICK HERE >> [APPLICATION FORM](#)

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