

## Dhamma Kuta Vipassana Meditation Centre

Dhamma Kuta Vipassana Meditation Centre is located at Galaha Road, Hindagala, Peradeniya, about 5 km from Peradeniya. This meditation Centre follows the instructions of S.N. Goenka. Goenka follows the technique introduced by U Ba Khin of Burma. After instructions in Anapanasati (mindfulness of breathing), the meditator moves on to a form of 'sweeping' meditation, whereby mindfulness of the sensations arising and ceasing in the body lead to an understanding of impermanence, and through that an understanding of dukkha and anatta. Instructions are available in Sinhala and English.



## Sri Dalada Tapovanaya

Sri Dalada Tapovanaya is located at Udawattakæle, Kandy. A tranquil place for carrying on meditation practice. Headmonk is Ven Satimanta thera. Bhikkhus can learn both in English and Sinhala languages. Also there is a library of books and tapes in English and Sinhala. Thapovanaya meditation Centre is only for both native and foreign bhikkhus.



## University Vihara

University Vihara Peradeniya is located within the University premises, in a large forest on the mountain above University of Peradeniya. The Viharaya is in a quiet area on the border of the forest on the hill behind the university. Cool climate. Chief monk is Ven. Santavimala. There is a Buddhist monk who speaks excellent English and has experience with the Pa Auk method of meditation. There is a library of books and tapes in English and Sinhala.



## Rockhill Hermitage at Wegirikande

Rockhill Hermitage, Wegirikanda is situated at Geliya, Kandy. The perfect climate and the surrounding environment is conducive for meditation. A 10 day course which will be conducted at the beginning of every month. The meditators who wish to remain after the course may do so to deepen their practice.

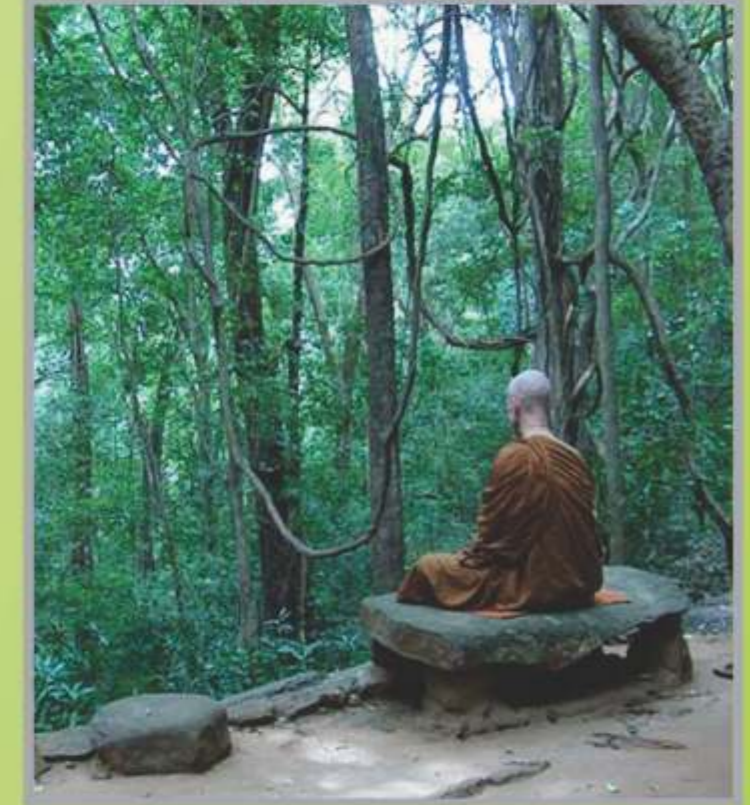


## Buddhist Publication Society

The Buddhist Publication Society is situated on the North-eastern side of the Kandy Lake, 400 meters east of the Temple of the Tooth Relic. It's a famous place to practice meditation. The BPS is a charity whose goal is to explain and spread the doctrine of the Buddha. It has a big bookshop with a large assortment of Buddhist books. There is also a reasonable reference library upstairs. There are publications of BPS and outside authors including local & foreign publishers. Also they have a process of upgrading web site to a wider format. Orders can be made by e-mail as well. Your orders can now be paid online by Internet Payment Gateway (IPG).

# Meditation Centres in Kandy Central Province

## Sri Lanka



## Department of Trade Commerce & Tourism, Central Province

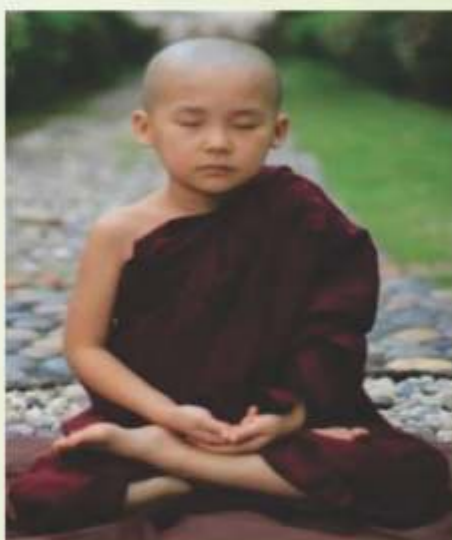
No.1054, Gatambe, Peradeniya,  
Sri Lanka

[www.tourism.cp.gov.lk](http://www.tourism.cp.gov.lk)  
[Tradecomtourcp@gmail.com](mailto:Tradecomtourcp@gmail.com)  
T:P:/Fax- 0812387118





**M**editation involves the exercise of psychological discipline in order to transcend from the automatic, "thinking" mind into a deeper state of relaxation or consciousness, which entails focusing on one single point of reference. Meditation can help you to lead a more productive, satisfying, healthy and comfortable life. Scientific studies reveal that the relaxation, concentration and maintenance of a self-observing attitude help alter metabolism, heart rate, respiration, blood pressure and brain chemistry. The wisdom that develops through meditation brings a happiness that surpasses all others. It is believed that your life will become more meaningful and harmonious. Through the practice of meditation your mental condition can also be developed.



There are many monasteries and meditation centers in Sri Lanka, The moderate climate in the hill country around Kandy is more agreeable to those who come from a cool or temperate climate.

### Paramitha International Buddhist Centre

Paramita is located at the Colombo - Kandy main road, about 100 km from Colombo, just before the town of Kadugannawa. Ven. Silananda is the resident teacher and main organizer. Individual practitioners seeking a place for intensive personal practice will find Paramita an ideal setting. For those who wanting guided instruction, an experienced teacher is available for most of the year. As the Centre was implemented with the international community in mind, instruction is primarily in English. If any Meditators who wish continue to further their Buddhist studies and research, Paramita offers excellent resources. The Library, through its relationship with the Singapore Buddhist Library and Buddhist Research Society has an extensive collection of Buddhist texts and publications about Buddhism. A comfortable place geared for westerners who like good facilities.



### Nilambe Meditation Centre

Nilambe Meditation Centre is located at Nilambe office Junction about 17km from Kandy, in a Relaxed and friendly atmosphere. This is famous among major lay-meditation Centre in Sri Lanka for foreign travelers. The majority of long-term mediators are Westerners. Teaching is available in English and Sinhala from the resident teachers. There is a good library, of books and tapes in English and Sinhala. There is a strong daily schedule and little talking. On Poya (full moon) days there is an optional Group Meditation through the night. On the quarter and half-moon days there is an optional extended Group Meditation until midnight. Mediators stay from one night to several years, and the Centre can help long term mediators with visa extensions.



### Sri Subodha Meditation Centre

Sri Subodha Meditation Centre is located at Ambuluwawa, Gampola. One who travels from Colombo to Kandy has to turn off at peradeniya and travel about 10kms along Gampola road. The Centre is a perfect retreat for those who want to meditate and study the Buddhist teachings in a modern way. During certain times of the year, meditation retreats will be organized and will be available for the participants. The program caters for a wide range of interests which includes meditation in both Samatha and Vipassana traditions, Dharma discussions, personal counseling sessions as well as more traditional Pali chanting and the undertaking of Sinhalese Theravada Buddhist rituals. *Places are open to people with varying degrees of experience with meditation and retreats.*

