

Dhamma Makaranda

Centro de Meditacion Vipassana

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Dhamma Makaranda



Dhamma Makaranda, meaning 'Nectar of the flower of Dhamma', is the first Vipassana Centre to be established in Latin America. Located near Valle de Bravo, the Centre is west of the capital Mexico City, a pleasant two-hour drive away. The ten-acre property is very isolated in a quiet, secluded valley, surrounded by pine and oak forests and small neighboring farms in a beautiful colonial town beside a large lake in the highlands of central Mexico.

The first 10-day course was held at Dhamma Makaranda in the fall of 2003. Earlier, all meditation courses in Mexico had been held in temporary, rented facilities. The Centre can now accommodate 40 students, 20 male and 20 female; mostly in single rooms. Sleeping tents are also used during the dry season. Accommodations for 20 more students are planned for the near future.

The spacious, comfortable kitchen is designed to prepare food for the completed Centre of 120 or more students. The Dhamma hall tent, a large tent that was used for many years as a Dhamma hall in California and Washington, cannot be used during the storms of the summer rainy season. However a Dhamma hall for 120 students is under construction. The Centre has planned 10 courses in 2005, including a Satipaṭṭhāna and two courses for children. The first 20-day course will be held January 2006.

Old students are invited for a tree planting at Dhamma Makaranda every June, continuing the natural fence of cedars around the Centre and planting a divider to segregate the female and male areas.