



Wellness Programmes

Walkers Tours Limited,
130, Glennie Street, Colombo 02, Sri Lanka.
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Meditation Centers

There are many Hermitages, Meditation Centres, Nunneries, Higher Educational Institutions, Educational Institutions in Temples, Buddhist Associations, Institutions, Pilgrims Rests and Buddhist Publications. The following is a short list. If you need a larger list go to the Galduwa and Waturawila lists

[Galduwa](#)

Monasteries Of The Galduva Sansthava (85 Branches Listed) ,

[Waturawila Aranya](#),

Tibbotuwawa, Kahaduwe (With Over 80 Branches Throughout The Country)

[Bhikkhu Training Center - Maharagama](#)

Lake Road,
Maharagama,
Tel. (94 11) 2850305 or 2850207.
e-mail btc@col7.metta.lk

Major place, study, the Mahanayaka of the Anmarapura Nikaya is staying here, Ven.Pannasiha Mahathera. With Over 25 Branches Throughout The Country, with Bowalawatte, Katupotha Aranya as forest hermitages.

[Vipassana Meditation Centre](#)

Kanduboda,
Delgoda.
Tel. (94 11) 2445518, (94 11) 2570306

With Several Branches Throughout The Country. Approx 30kms east of Colombo. From CTB Bus Station at Olcott Mawatha, Pettah, some of the buses to Kirindivella are passing through Kanduboda. Ask people on the bus.

A Major monastery with a long tradition of Westerners staying there. Also lay meditators and women in a separate area. One large building with rooms for monks and a few kutis. Close to the road and surrounded by coconut plantations. Teaching probably Mahasi style.

[Nunneries - \(Upasikaramayas\)](#)

International Vipassana Meditation Centre

108 Vijerama Mawatha,
Colombo 00700
Tel. (94 11) 2694100.

With Several Branches Throughout The Country. Abbot -Ven. Pemasiri.An experienced teacher in the Mahasi tradition. Major place, often visited by Western monks staying some days in Colombo also often has Western residents. Good support in Colombo's Diplomatic quarter Also nice to visit or stay for lay-people who like to meditate. Women can stay in a separate area.

[Island Hermitage,](#)

Dodanduwa, 80250
Tel (94 11) 5452453
e-mail: ih@col7.metta.lk

Just south of the beach resort Hikkaduwa. Best write beforehand so that they can arrange where to pick you up with the boat. The famous place founded by Ven. Nyanatiloka in the 1920's. Ven Nyanasanta Thera, (Austrian is at present in charge). Excellent English and German library. Western Tradition, No Vihara and no Vandana.. An Island in a lagoon, thus quite humid - hot. Nice for studies, normally only few duties and alot of independent practise possible.

Buddhist Cultrual Center, (B.C.C),

125 Anderson Road,
Nedimala,
Dehiwala,
Tel. (94 11) 2726234, (94 11) 2734256, Fax (94 11) 2736737

Abbot - Ven. Vimalajoti The place in Sri Lanka to buy Buddhist Books . PTS in stock . Deposit on behalf of a monk to get him books can be made . Also possible to stay.

Vajiraramaya,

Vajira Road,
Bambalapitiya.

Very close to Galle Road. The renowned place with a famous tradition of scholars like Ven. Narada and Ven. Piyadassi.Visitors might have to go pinapata. In this way they can normally stay without many duties or involvement . Good library .

Mithirigala (Often written Meetirigala)

Nissarana Vanaya
Mithirigala 11742,

30 kms east of Colombo. From Colombo take a Kirindivela Bus at Central Bus stand in Pettah, the bus leaves close to the Bodhi tree outside the station. In Kirindivela, ask for a bus to Mithirigala. At Mithirigala ask your way through.

The place used to be the excellent and strict meditation place in the Galduva Sansthava, if not in the whole of Sri Lanka. The present Abbot Ven.Khemananda, is old and sick. The meditation teacher Ven.Dhammajiva (approx.10 vassa), is very dynamic and ambitious, has excellent English and is a very successful meditator under U Pandita. Both are convinced MAHASI / U PANDITA disciples. It has a very good English section in the library.

Dharmayatana

Mithirigala,
On the next hill

Used to be a Study / Vinaya training place. Now a major PA AUK Meditation Centre.

Nilambe Meditaion Centre,

Galaha,
Kandy.

Approx. 20 kms south of Kandy. From Kandy take a bus to Galaha and get off at Nilambe Bungalow Junction. From there it is a steep climb through Tea plantations. Follow the white arrows.

Possibly the Lay-meditation Centre in Sri Lanka. Many westerners, male and female, but also some Sinhalese. Often a monk or two are staying there as well, but it is mainly a place for lay-people. Cool, wet climate, beautiful views, nice friendly atmosphere, some leeches. Godwin, the highly respected and internationally known Meditation teacher, passed away in early 2000.

Other Important Places

Colombo District

Madakada Aranya

Madakada. [Madakada Aranya](#)

Dhammayatanaya

Divulapitiya.

(Managed By The Leela Jayatilaka Trust)

[Gothama Thapovanaya](#)

Kalapaluwawa

Mulleriyawa-New Town

Sri Lanka

Telephone (94 11) 2863826, (94 11) 2866960

e-mail mathika@col7.metta.lk

International Buddhist Research and Information Center (IBRIC)

Narada Center,

380/9, Sarana Road, Colombo 7

Colombo 00700

Tel (94 11) 2689388

e-mail bic@col7.metta.lk

Founded In 1967. Connected with Prof. Dhammavihari, Computers and The Tipitaka Project Buddhist Book Shop

Sambodhi Vihara

106, Vijerama Mawatha,

Colombo 00700

Tel. (94 11) 2689307.

next door to Lanka Bhavana

Abbot - Ven.Kusaladhamma. Young Thera , friendly and helpful to Westerners
Small place but excellent support. If staying twice daily Vandana. Joining in for Dana functions, etc is expected . Quite good Vinaya .

Shri Kalyana Dharmashramaya

(Formerly known as 'German Dharmaduta)

417 & 418/2 Baudhaloka Mawatha,

Colombo 07.

Abbot Ven.Nanda (Mahathera). Main Galduva place in Colombo. Relaxed atmosphere for visitors. Good Vinaya standard.

Sri Kavidaja Vachissara Meditation Centre

High Level Road,

Meegoda.

Vajiraramaya,
Vajira Road,
Bambalapitiya.

Very close to Galle Road. The renowned place with a famous tradition of scholars like Ven. Narada and Ven. Piyadassi. Visitors might have to go pinapata. In this way they can normally stay without many duties or involvement. Good library.

Vipassana Bhavanayatanaya
Sri Jayawardenapura,
Rajamalwatte,
Kumbukkahaduwa,
Battaramulla.

Vipassana Meditation Centre
Talagala,
Millewa.

[Vishva Niketan International Peace Centre](#)

72/30 Rawatawatte Road, Moratuwa, Sri Lanka.

Tel/Fax: (94 11) 2655653 E-mail: vishvanketan@mail.ewisl.net

Have programs for male and female of all religions

Kandy District

Devanapathis International Samatha Vipassana Meditation Center,
Pallakale,
Kandy.

It is a beautiful center, open for the public. There are many buddhist nuns resident there. It is headed by Ven. Amathagavasi who has much experience teaching in Singapore. Meditation instructions in English is available and foreigners do come there. It has a 14 day course and also a 3 day course ending with the Poya, every month. Books and Tapes (English) of Ven. Amathagavesi's discourses on the workings of the mind and the meditative path, are available.

Forest Hermitage,
(Vipassana Meditation Tapo Vanaya)
Udawattakele,
Kandy.

The famous Hermitage of Ven. Nyatiloka, Ven. Nyanaponika and Ven. Bodhi. Monks visiting Ven. Bodhi need not pay the fee for the Udavattakele Sanctuary. Ask at the entrance. Normally only personal friends of Ven. Bodhi stay overnight, but it is possible to stay at the Tapovane at the entrance of the Sanctuary.

Levalla Meditation Centre

160 Dharmashoka Mawatha,
Kandy 20000,
Tel. (7-12 am) (94)- 0812-225471
Fax (1- 6 pm) (94)- 0812-225471

At northern boundary of the 'Udavattakale Sanctuary' A Meditation Centre connected with Nilambe, mainly for lay-people, 4 kutis also possible for monks Ven.Analayo, a German monk, is in charge of the place. It is best to visit in the morning from 8 am-1pm, after that Ven Analayo retires into the silence of the upper kuti area until next dawn.

Nilambe Meditaion Centre,

Galaha,
Kandy.

Approx. 20 kms south of Kandy. From Kandy take a bus to Galaha and get off at Nilambe Bungalow Junction. From there it is a steep climb through Tea plantations. Follow the white arrows.

Possibly **the** Lay-meditation Centre in Sri Lanka. Many westerners, male and female, but also some Sinhalese. Often a monk or two are staying there as well, but it is mainly a place for lay-people. Cool, wet climate, beautiful views, nice friendly atmosphere, some leeches. Godwin, the highly respected and internationally known Meditation teacher, passed away in early 2000.

[Paramita International Buddhist Centre](#)

No. 07 Balumgala
Kadugannawa
Tel/Fax. (94)- 0812-570732 (office)

This recently constructed Meditation centre in midst of cool and foggy mountains at the famous Kadugannawa bend is a serene place to develop one's insight and wisdom. It was just opened in last December, specially in the view of providing facilities to foreign people who seek the word of the Buddha. There is a well equipped Buddhist Library too. The main purpose of the centre is to read, practise and realise (RPR) the Dhamma (word of the Buddha).

The president and patron of this centre is the Ven. Bellanwila Dhammaratana Maha Thera, the Religious Adviser of the Buddhist Library, Geylang, Lorong 24A, Singapore.

The Dhamma Adviser of Paramita is Ven. Bhikkhu T. Seelananda. (Contact: - (94)- 0812-571808 (from 1-3 pm.only)
emails: seela@col7.metta.lk or parami@slt.net.lk

Rock Hill Hermitage,
Vegirikanda,
Gampola,

Senanayake Aramaya,
Udawattakele,
Kandy.

Next door to Forest Hermitage. Ven.Siridhamma an elderly, English educated Senior monk lives here. At present a Czech Monk is staying with him.

University Forest Solitude
Bovalavatta
Kandy 20000
Tel (94)- 0812-233349

At Kandy Clocktower Station get a Bowalavatta Bus. From there follow the small signs or ask your way through. Ven.Ampitiya Rahula, respected old, English educated, friendly senior monk is staying here part-time Ven. Sanatavihari (approx. 20 vassa), speaks excellent English has lived with Westerners, and has experience with the PA AUK method. Amarapura Nikaya, good Vinaya. Cool climate, leeches, approx. 12 kutis, very neat clean and orderly. Several young Samaneras.

Galle District

[Island Hermitage,](#)
Dodanduwa, 80250
Tel (94)- 075-452453
e-mail: ih@col7.metta.lk

Just south of the beach resort Hikkaduwa. Best write beforehand so that they can arrange where to pick you up with the boat. The famous place founded by Ven. Nyanatiloka in the 1920's. Ven Nyanasanta Thera, (Austrian is at present in charge). Excellent English and German library. Western Tradition, No Vihara and no Vandana. An Island in a lagoon, thus quite humid - hot. Nice for studies, normally only few duties and alot of independent practise possible.

Viveka Senasuma
Agalia,
Baddegama.

Matale District

Laggala Forest Residence

There are a number of kutis with excellent Viveka in the area between Wasgomuwa National Reserve and Knuckles Range, founded by Ven. Nyanadipa.

Conditions are very tough: Open 3 wall kutis, backward, poor villages, sometimes long and difficult pindapata, malaria, elephants. Intense lovers of solitude who know what they are up to can try to approach via Ven. Sankicca, Bhavana Madhyasthana, Vatagala, Vilgamuva, Matale District near Laggala Hettipola. Ven. Sankicca Mahathera speaks good English and will help to introduce foreign monks to the Laggala area.

Anuradhapura District

Mihindu Aramaya,
Anuradhapura.

Kegalle District

Devalegama,
Kagalle

From Kegalle ask for a bus to Devalegama, from there ask your way through. Ven. Nyanananda Thera is living here. He is the author of "Concept and Reality" and "Magic of the Mind". Excellent English and Pali. Meditation teacher with several western disciples, mostly Austrian, who are living at Upasikaramaya and Mangalaramaya. Strict Vinaya. Only pindapata food, water from a well at the bottom of the hill. 3 or 4 caves to live in, daily Vandana, the location on a hill is getting quite some sound from the surrounding villages.

Ratnapura District

Mithirigala (Often written Meetirigala)
Nissarana Vanaya
Mithirigala 11742,

30 kms east of Colombo. From Colombo take a Kirindivela Bus at Central Bus stand in Pettah, the bus leaves close to the Bodhi tree outside the station. In Kirindivela, ask for a bus to Mithirigala. At Mithirigala ask your way through. The place used to be the excellent and strict meditation place in the Galduva Sansthava, if not in the whole of Sri Lanka. The present Abbot

Ven.Khemananda, is old and sick. The meditation teacher Ven.Dhammajiva (approx.10 vassa), is very dynamic and ambitious, has excellent English and is a very successful meditator under U Pandita. Both are convinced MAHASI / U PANDITA disciples. It has a very good English section in the library.

Dharmayatana

Mithirigala,
On the next hill

Used to be a Study / Vinaya training place. Now a major PA AUK Meditation Centre.

Upasikaramaya and Mangalaramaya,

Mithirigala

30 kms east of Colombo. From Colombo take a Kirindivela Bus at Central Bus stand in Pettah, the bus leaves close to the Bodhi tree outside the station. In Kirindivela, ask for a bus to Mithirigala. At Mithirigala ask your way through. A handful of Austrian monks are living here, most senior is Ven. Dhammasara. Simple kutis, pindapita, few possessions, ardent practise of meditation.

Elsewhere

Dimbulagala Meditation Centre

Dimbulagala.

Kolatenna Hermitage

Bandarawella

From Banditrawella walk approx. 4kms on the Haputale Road, then at the railway crossing turn down to the right. Another place with Western Tradition, rooms for approx. 4 persons good library, Vinaya normally rather not strict Pindapata, Beyond 1000m, cold.

Pahankanuva Aranya,

Kandegedera,

Kalugala Aranya,

Matugama.

Madakada Hermitage,

Ingiriya

Salgala Aranya,

Galapitamada.