Open Door Day – 15th September 2024
Vipassana Centre Dhamma Sumeru – Mont-Soleil

Vipassana meditation is a method which is practical, universal and open to everybody, irrespective of individual philosophical or religious choices. It helps one to live a balanced, positive and happy life.

We have been offering courses for adults and children at Dhamma Sumeru for 25 years. All of the courses as well as the Centre’s operations are supported exclusively by volunteers and through donations.

If you are interested to learn more about the practice of Vipassana and about our organization, we would like to invite you to our Open Door Day on **Sunday September 15th, 2024** from **10:00 to 18:00**.
You are cordially invited to come and visit us.
Children are also welcome.

**Guided visits | Videos | Photos | Introduction to Anapana Meditation | Games for children | Snacks and drinks**

We are happy to see you soon!