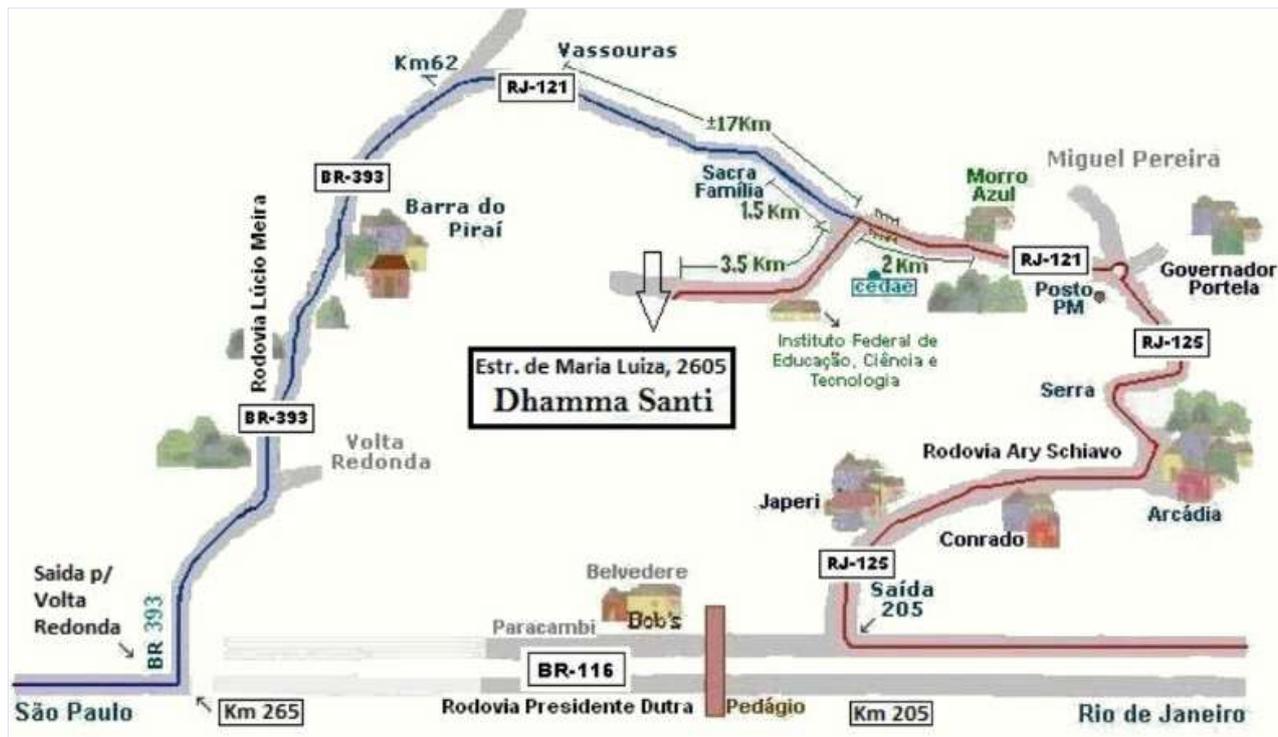


## Dhamma Santi Vipassana Meditation Center

*Vipassana Meditation as taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin*

### Dhamma Santi Center Map



### DIRECTIONS AND TRANSPORTATION

#### FROM RIO DE JANEIRO

(obs. this phone number provides information about buses in Rio, for free - if you are in Brazil: **0800 886 1000**)

#### BY BUS:

~ Leaving main bus station: [Rodoviária Novo Rio](#) (Tel. 21 3213-1800), take the [Normandy-Útil](#) company bus to Miguel Pereira. Normandy-Útil is (21) 2518-1133,

~ Fares vary by date, schedule and if you buy in advance. We recommend you check the information by phone or website.

~ The trip takes about 2h00.

#### From the bus station at Miguel Pereira:

(a) you may take a taxi (about 50 Reais) to Dhamma Santi, showing the map to the driver.

(b) [if you like to walk] or you may take a bus or Van to Vassouras (around 5 Reais),

~ ask the driver to stop at CEDAE bus stop (parada da CEDAE) after Morro Azul,

~ from there takes about 1-hour (or 3,5 km) walking to Dhamma Santi Center. You will see a Vipassana sign there.

NOTE: a taxi from Sacra Família or Morro Azul to Dhamma Santi Center is about 20 Reais.

**BY TRAIN:**

~ At [Central Station](#) (Central do Brasil), take a train to Japeri.

~ At Japeri, take another train to Paracambi (which is free of charge and 3 stations after Japeri). You might need to wait about 15 minutes.

~ At Paracambi, leaving the train station, take the left to the bus stop to Paulo de Frontin.

~ At Paulo de Frontin take another bus or Van to Morro Azul, and

~ after Morro Azul ask the driver to stop at the CEDAE stop. You will see a Vipassana sign there. It takes about 1-hour (or 3,5 km) walking to Dhamma Santi Center.

~ Total cost = about 7 Reais

**BY TRAIN (other option):**

~ At Central Station (Central do Brasil), take a train to Japeri.

~ At Japeri, take a bus to Miguel Pereira and ask the driver to stop in Portela;

~ At Portela, take another bus or Van to Vassouras or Morro Azul, and

~ after Morro Azul ask the driver to stop at the CEDAE stop. You will see a Vipassana sign there. It takes about 1-hour (or 3,5 km) walking to Dhamma Santi Center.

~ Total cost = about 15 Reais

**BY CAR:**

~ Coming from Rio de Janeiro, go to Miguel Pereira on Via Dutra,

~ taking the exit to Japeri (1 km before the first toll),

~ passing through Conrado, Arcádia and, finally, driving uphill until the roundabout before Miguel Pereira (right after a police station).

~ Once arriving at the roundabout before Miguel Pereira, follow the signs to Vassouras.

~ As soon as you pass the beginning of the small town of Morro Azul, drive another 2 km and turn to the left right after the CEDAE post (on the left of the road), a

~ As soon as you pass a little bridge with a fence-like green guard rail. You will know you are on the right road when you see the Instituto Federal de Educação, Ciência e Tecnologia - UFRJ". On this road (Av. de Maria Luiza) you will go 3,5 km, until reaching number 2.605, where Dhamma Santi is.

## BY PLANE:

Take a taxi from the [airport](#) or a bus ([Real Company](#), around 5 Reais) to the bus station and take the bus above described.

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## FROM SÃO PAULO

### BY BUS:

~ From the main bus station [Terminal Rodoviário do Tietê](#) (Phone number 11 3235-0322), take the [Salutaris/Agua Branca](#) company bus to Vassouras. The phone numbers for Salutaris/Agua Branca are (11) 4004-1010 and 0800 725 1211 or check information on <https://www.aguiabranca.com.br/>. Fares vary by date, schedule and if you buy in advance. We recommend you check the information by phone or website. The trip takes about five hours.

~From the bus station at Vassouras, you may take:

(a) A taxi to Dhamma Santi Vipassana Meditation Center, directing the driver to take the road to Miguel Pereira, and then take the first road to the right after passing the town of Sacra Família. This is Av. de Maria Luiza where the Center is located. At the entrance of the road there is a sign saying "Vipassana". The journey takes between 20 and 30 minutes.

OBS. The Av. de Maria Luiza is right before a little bridge with a green fence like guard rail that is right before a CEDAE place - on the right side of the road - and about 2 km before the town of Morro Azul.

~ If by chance you should pass by either one of the three indications above mentioned it means you have missed the entrance to our avenue. You will know you are on the correct road if, in a short while, you see the "Instituto Federal de Educação, Ciência e Tecnologia - UFRJ". This area is known as Aprendizado.

~ On this road (Av. de Maria Luiza) you will go 3,5 km, until reaching number 2.605, where Dhamma Santi is located.

(b) take a bus or Van to Arcozelo, and ask the driver to stop at CEDAE bus stop (parada da CEDAE) after Sacra Família, from there it takes about 1-hour (or 3,5 km) walking to Dhamma Santi Center. There is a Vipassana sign indicating the entrance of the Center.

(c) take a [Normandy bus](#) - phone number at [Vassouras](#), (24) 2471-1055 - to Paty de Alferes. Ask the driver to stop at Morro Azul, and from there take a taxi (about 20 Reais) to Dhamma Santi, following the above directions.

Another Bus Option from São Paulo: São Paulo -> Volta Redonda -> Vassouras

~ From the main bus station [Terminal Rodoviário do Tietê](#), take a bus to Volta Redonda. Fares vary by date, schedule and if you buy in advance. We recommend you check information with [Viação Cometa](#) by phone (11 4004-9600) or on the website [www.viacaocometa.com.br](http://www.viacaocometa.com.br)

~ From Volta Redonda take a bus to Vassouras: [Viação Progresso](#) bus company (24-3342-2396 or [www.viacaoprogresso.com.br](http://www.viacaoprogresso.com.br)). Fares and schedule vary. From Vassouras follow the directions above.

### **BY CAR:**

~ Coming from São Paulo, go to Volta Redonda on Via Dutra.

~ From there, follow the signs to Vassouras (this option allows you to avoid the hills called Serra das Araras and is a short cut).

~ Once in Vassouras, take the road to Miguel Pereira, turn on the first road to the right after the town of Sacra Família - this is Av. de Maria Luiza (obs. Av. de Maria Luiza is just before a little bridge with a green fence like guard rail right after a CEDAE post - on the right side of the road - and about 2 km before the town of Morro Azul.

~ If by chance you should pass by either the bridge or the town that means you have missed the entrance to our avenue). You will know you are on the right road if, in a short while, you see the "Instituto Federal de Educação, Ciência e Tecnologia -UFRJ", an ex-rest home run by the State government.

~ On this road (Av. de Maria Luiza) you will go 3,5 km until reaching number 2.605, where Dhamma Santi is located.

### **BY PLANE:**

Take a taxi from the [airport](#) to the bus station and take the bus above described.

### **RIDE-SHARING INFORMATION:**

**IF YOU NEED A RIDE:** Optionally, you may register for a ride at our Dhamma Santi Online Rides Board. The email requesting for your final confirmation will contain the information on how to access the Ride Board. It will then be your responsibility to contact who have offered rides. Check the Ride Board to see if there is offers for the course date

**IF YOU GO BY CAR AND WANT TO OFFER A RIDE:** You will receive information on how to access the Rides Board in the email that requires your final confirmation, that means 21 days prior to the beginning of the course. To those who wish to go by car, we recommend offering a ride to other students. Those interested will contact you or you can contact them through the Rides.

If you have any difficulties in using the Ride Board System we will be willing to help you, please contact [info@santi.dhamma.org](mailto:info@santi.dhamma.org)

Please contact us if you have questions about arriving at the course location.

## **Useful Links**

### **Bus Station:**

[Novo Rio](#)

[Tietê](#)

[Vassouras](#)

### **Tren:**

[Central Brazil](#)

### **Bus Lines:**

[Útil](#)

[Salutares](#)

[Cometa](#)

[Progresso](#)

### **Airport:**

[Rio \(GIG\)](#)

[São Paulo \(GRU\)](#)

## **CONTACT INFORMATION**

If you have any further questions, please do not hesitate to contact us:

Email: [registration@santi.dhamma.org](mailto:registration@santi.dhamma.org)

Information & registration: [55] (21) 98112-3089

Dhamma Santi Phone: [55] (24) 2468-1188

(only for family emergencies during the course and to inform cancellations and delays on the day the course begins)

Dhamma Santi address: Av. de Maria Luiza, 2.605 (near the Instituto Federal de Educação, Ciência e Tecnologia-UFRJ, in an area known as “Aprendizado”).