

# **Vipassana Meditation as Taught by S.N. Goenka**

Recommended Design Standards

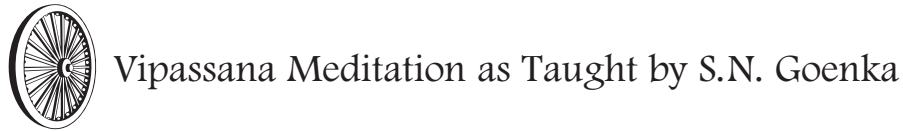
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## Logo: lockup variations

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There are a few different logo lockup variations that can be used based on the context. When possible, try to use the long version of the logo with the tagline “in the Tradition of Sayagyi U Ba Khin”.

VMATBSNG one-line, wheel left



VMATBSNG one-line + tagline, wheel left



VMATBSNG two-lines, wheel left



VMATBSNG two-lines + tagline, wheel left



VMATBSNG two-lines, wheel centre





VMATBSNG two-lines + tagline, wheel centre





## Logo: clear space


Having enough clear space around the logo ensures that it will stand out clearly. The recommended amount of clear space can be determined by dividing the height of the wheel in half.


½ x		½ x
↑ x ↓	 <b>Vipassana Meditation as Taught by S.N. Goenka</b>	
½ x		½ x

½ x		½ x
↑ x ↓	 <b>Vipassana Meditation as Taught by S.N. Goenka</b> in the Tradition of Sayagyi U Ba Khin	
½ x		½ x

½ x		½ x
↑ x ↓	 <b>Vipassana Meditation as Taught by S.N. Goenka</b>	
½ x		½ x

½ x		½ x
↑ x ↓	 <b>Vipassana Meditation as Taught by S.N. Goenka</b> in the Tradition of Sayagyi U Ba Khin	
½ x		½ x

½ x		½ x
↑ x ↓		
	<b>Vipassana Meditation as Taught by S.N. Goenka</b>	
½ x		½ x

½ x		½ x
↑ x ↓		
	<b>Vipassana Meditation as Taught by S.N. Goenka</b> in the Tradition of Sayagyi U Ba Khin	
½ x		½ x

## Logo: minimum size

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At small sizes, text in the logo becomes hard to read. Use the recommended minimum logo sizes to ensure legibility.

310px or ~109mm



Vipassana Meditation as Taught by S.N. Goenka

355px or ~125mm



Vipassana Meditation as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin

200px or ~71mm



Vipassana Meditation  
as Taught by S.N. Goenka

213px or ~75mm



Vipassana Meditation  
as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin

145px or ~51mm



Vipassana Meditation  
as Taught by S.N. Goenka

170px or ~60mm



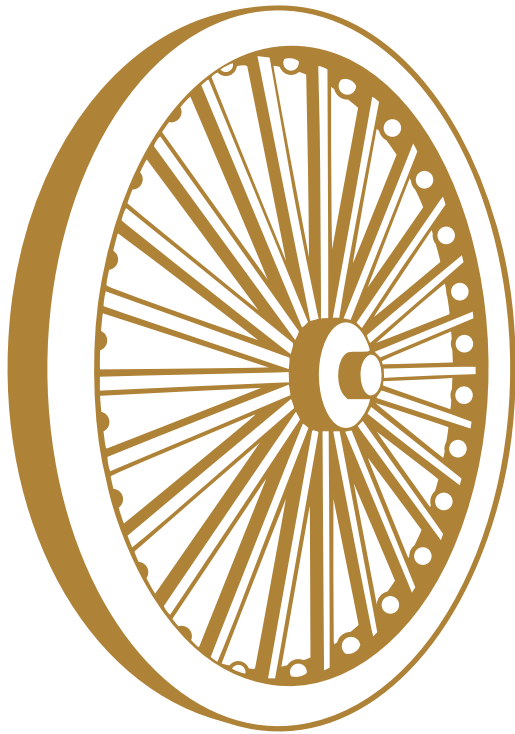
Vipassana Meditation  
as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin

## Logo: wheel variations

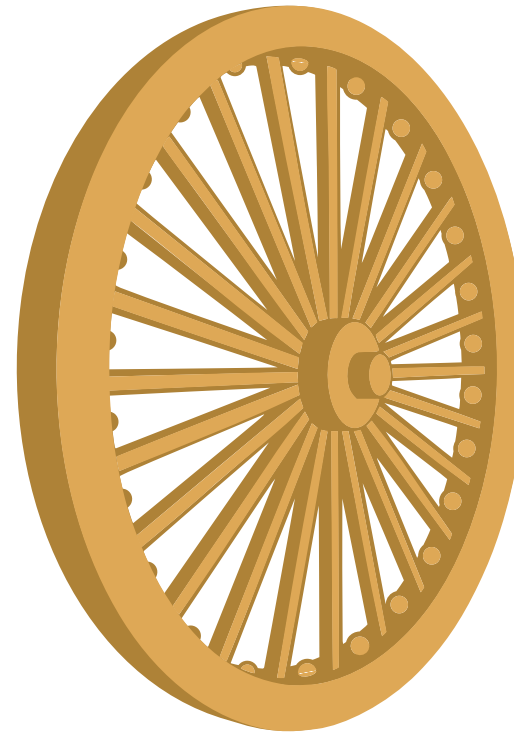
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There are 2 different wheel variations: one-colour wheel and two-colour wheel.

One-colour wheel



Two-colour wheel



## Logo: colour variations

If the logo is used on a dark background, use the reverse version with white text.

One-colour wheel on light background



Vipassana Meditation as Taught by S.N. Goenka Longer Text



Vipassana Meditation as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin



Vipassana Meditation  
as Taught by S.N. Goenka



Vipassana Meditation  
as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin



Vipassana Meditation  
as Taught by S.N. Goenka



Vipassana Meditation  
as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin

One-colour wheel on dark background



Vipassana Meditation as Taught by S.N. Goenka



Vipassana Meditation as Taught by S.N. Goenka  
in the Tradition of Sayagyi U Ba Khin



Vipassana Meditation  
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## Colour: palette

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Gold, dark blue, and grey are the primary colours. Dark gold provides more colour contrast on a white background and is recommended for header text (use a colour contrast checker to ensure text is accessible). Light gold is recommended for buttons and graphical elements. Dark blue is recommended for header text, buttons, and graphical elements. Grey is recommended for paragraph text. Different tints and opacities can be used for these colours to provide more variation.



### Dark gold

HEX #9C6B14  
CMYK 28 57 100 25  
RGB 158 101 20

- Header text



### Light gold

HEX #B78730  
CMYK 24 43 88 14  
RGB 183 135 48

- Buttons
- Graphical elements



### Dark blue

HEX #1E3461  
CMYK 100 84 33 22  
RGB 30 52 97

- Header text
- Buttons
- Graphical elements



### Grey

HEX #4F4D47  
CMYK 59 51 55 50  
RGB 79 77 71

- Paragraph text

The main fonts used are Footlight MT Pro and Noto Sans. Footlight MT Pro is used for headings and Noto Sans is used for paragraph text.

## Footlight MT Pro

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp  
Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz 0123456789

Light: Sample text. Lorem ipsum dolor sit amet consectetur.

Regular: Sample text. Lorem ipsum dolor sit amet consectetur.

**Bold: Sample text. Lorem ipsum dolor sit amet consectetur.**

## Noto Sans

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp  
Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz 0123456789

Light: Sample text. Lorem ipsum dolor sit amet consectetur.

Regular: Sample text. Lorem ipsum dolor sit amet consectetur.

**Bold: Sample text. Lorem ipsum dolor sit amet consectetur.**



# Example webpages

The following pages are some examples of how the recommended design standards can be applied to different webpages.



## Welcome to **myCourses**

### Sign in

[Forgot password?](#)

[Log In](#)

Don't have an account? [Create Account](#)



**Applications**

Course History

Newsletters

Dana History

Messages

## Active Applications

Apply for Course

**10 Day Sit** Waitlisted Contact Us Cancel

Jan 30 - Feb 10  
Dhamma Mahi

[See Messages +](#)

**20 Day Serve** Cancelled Contact Us

Jan 30 - Feb 10  
Dhamma Mahi

[See Messages -](#)

<b>Acknowledgement of cancellation - A-X8kbP</b>	<b>Dec 10</b>
<p>Dear Janine Wong,</p> <p>We have received your cancellation. Thank you for telling us that you are unable to attend. You are welcome to <u>apply</u> again in the future.</p> <p>With kind regards, The registration team.</p>	
<b>Acknowledgement of cancellation - A-X8kbP</b>	<b>Dec 9</b>
<b>Form Reply- A-X8kbP</b>	<b>Dec 6</b>
<b>Your Vipassana Course - A-X8kbP</b>	<b>Dec 1</b>
<b>Acknowledgement of application - A-X8kbP</b>	<b>Nov 15</b>



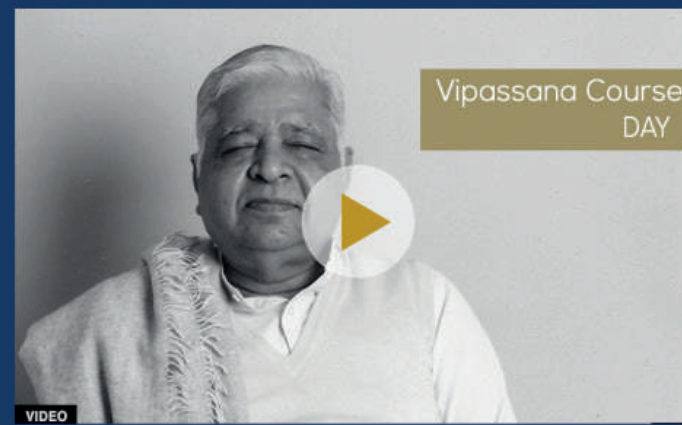
## Welcome

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills, i.e., an Art of Living. For those who are not familiar with Vipassana Meditation, an Introduction to Vipassana by Mr. Goenka & related videos and Questions & Answers about Vipassana are available.

## Courses

The technique of Vipassana Meditation is taught at ten-day residential courses during which participants learn the basics of the method, and practice sufficiently to experience its beneficial results. There are no charges for the courses - not even to cover the cost of food and accommodation. All expenses are met by donations from people who, having completed a course and experienced the benefits of Vipassana, wish to give others the opportunity to also benefit.

[Learn more](#)



## Locations

Courses are given in numerous Meditation Centers and at Non-Center course locations at rented sites. Each location has its own schedule of courses. In most cases, an application for admission to these courses can be completed online at this website. There are many Vipassana Centers throughout the world in India and elsewhere in Asia/Pacific, in North America, in Latin America, in Europe, in Australia/New Zealand, in the Middle East and in Africa. Ten day non-center courses are frequently held at many locations outside of Centers as they are arranged by local students of Vipassana in those areas.

[View all locations](#)

## Special Courses and Resources

Vipassana Meditation courses are also being taught in prisons. A special 10-day Vipassana course especially for business executives and government officials is being held periodically at several centers around the world. For additional information visit the Executive Course Website. Information on Vipassana Meditation is also available in the other languages. Click on the globe on the top right of the page to select a language.

[Learn more](#)



**CONTACT US**  
123-456-7890  
email@domain.com

**HELPFUL LINKS**  
[Link 1 Name](#)  
[Link 2 Longer Name](#)  
[Link 3 Name](#)

**DOWNLOAD DHAMMA.ORG APP**



# Welcome to Dhamma Torana



## Intro to Vipassana Meditation

Vipassana is one of India's oldest techniques of meditation, first taught 2,500 years ago. It is a practical method of self-awareness that allows one to face the tensions and problems of daily life in a calm and balanced way.



## What to Expect on a Course

To learn Vipassana Meditation one needs to develop one's own experience during a residential ten day course. Courses are held throughout the year at the Centre and are conducted in English.



## How to Apply for a Course

Find out about the prerequisites and how to apply for a Vipassana course in Ontario.



Getting Here



Photos



Videos



Teen & Children Courses



### LOCATION



### CONTACT US

General  
+1 705-434-9850  
info@torana.dhamma.org

Registration  
+1 705-434-9850  
registration@torana.dhamma.org

### CANADIAN CENTRES

Dhamma Suttama, QC  
Dhamma Surabhi, BC  
Dhamma Modana, BC  
Dhamma Karuna, AB

### INTERNATIONAL CENTRES

www.dhamma.org

Ontario Vipassana Centre, 6486 Simcoe County Rd. 56, Egbert, Ontario, L0L 1N0



[Privacy Policy](#)

The Ontario Vipassana Centre is owned and operated by the Ontario Vipassana Foundation which is a registered non-profit charitable organization (Charity Number BN 87365 6219 RR0001)



Dhamma.org Mobile App



Vipassana Meditation as Taught by S.N. Goenka

in the Tradition of Sayagyi U Ba Khin

ABOUT  
VIPASSANA ▾

COURSES  
AVAILABLE ▾

HEREFORDSHIRE  
CENTRE ▾

SUFFOLK  
CENTRE ▾

OTHER  
LOCATIONS ▾

CHILDREN &  
YOUNG PEOPLE ▾

NEWS AND  
UPDATES

MORE  
RESOURCES ▾

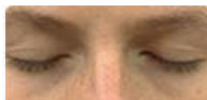
# Vipassana Meditation UK



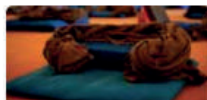
## Mini-Anapana Sessions 2022: A Taste of Dhamma

See details in 'News and Updates' section

**Covid-19 update:** Courses are now running normally at all UK centres (see [course schedule](#)). **Old students** are always needed to serve on and between courses – [apply here](#) or [view all Dhamma service opportunities](#).



ABOUT  
VIPASSANA ▶



COURSES  
AVAILABLE ▶



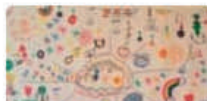
HEREFORDSHIRE  
CENTRE ▶



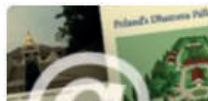
SUFFOLK  
CENTRE ▶



OTHER  
LOCATIONS ▶



CHILDREN &  
YOUNG PEOPLE ▶



NEWS AND  
UPDATES ▶



MORE  
RESOURCES ▶

OLD STUDENT WEBSITE

Search our site

Contact

Home

UK Course Schedule

### HOW TO APPLY

Apply for UK Courses  
Code of Discipline  
Travel guidance  
What to bring  
FAQ  
Equality Policy

### STAYING IN TOUCH

Facebook  
News (old students)

### OLD STUDENTS

Sitting for Old Students  
Dhamma Service  
Discourse Resources  
Dhamma Dīpa  
Donate Dhamma Dīpa  
Dhamma Sukhakāri  
Donate Dhamma Sukhakāri

### PRACTISING VIPASSANA





VIPASSANA MEDITATION CENTRE  
**WELCOME TO  
DHAMMA  
BHŪMI**

The Vipassana Meditation Centre in Blackheath NSW offers residential courses in Vipassana meditation as taught by S.N. Goenka.



ABOUT  
**VIPASSANA**

The technique of Vipassana meditation is a practical way to achieve peace of mind and live a happy, productive life. It is learned by attending a ten day residential course with a qualified teacher where the student is free from distractions so that the reality within can be observed. This technique helps practitioners come out of suffering; it is non-sectarian and is suitable to all people regardless of religion, gender, race or nationality.

DIVERSITY

Before applying for a course you should read and accept the code of discipline which explains what Vipassana is and is not, and what is expected of you when attending a course, which is a serious undertaking.

READ MORE

ABOUT OUR  
**COURSES**

All courses offered at the Vipassana Meditation Centre, Dhamma Bhūmi, are conducted by assistant teachers of SN Goenka using audio and video recordings of Mr Goenka's instructions and discourses. All ten day courses begin the evening of the arrival day and end early morning of the departure day.

There are no charges for the courses - not even to cover the cost of food and accommodation. Expenses are largely met by donations from people who, having completed a course and experienced the benefits of Vipassana, wish to give others the opportunity to also benefit.

Please note that many courses are fully booked 2-3 months in advance. We encourage you to apply early in order to allow time to make travel arrangements once registered. An application is required to register for all courses. **Please apply to sit only one ten day course at one centre at a time. Any additional applications will not be processed.**

HOW TO APPLY

Vipassana meditation. The facilities at the centre include the meditation hall, pagoda cells, kitchen/dining facility, accommodation and ablution blocks.

READ MORE



COURSES IN OTHER LOCATIONS

Vipassana courses are held in other meditation centres and at non-centre course locations at rented sites. Courses are also held at the [Vipassana Meditation Centre Hawkesbury](#) in Lower Portland. Each location has its own schedule of courses. [View all Australian centres and locations and centres and locations worldwide.](#)





- Welcome
- Apply for a Course
- COVID-19 Information
- Diversity
- The Centre
- Children and Teens Courses
- Old Student Site
- Reference**
- What is Vipassana?
- S.N. Goenka
- The Art of Living
- Code of Discipline
- Questions & Answers

## Welcome to Dhamma Medini — Aotearoa / New Zealand



- Videos on Vipassana meditation
- [Overview of a 10-day course](#) (3')
  - [Meditator's experiences](#) (15')
  - [Interview with the teacher S.N. Goenka](#) (20')
  - Children courses**
  - [Time to breathe](#) (12')
  - [Seeds of awareness](#) (13')

**\*\* Some Courses have now been scheduled \*\***  
**\*\* Please read the [COVID-19 requirements](#) \*\***

The Vipassanā Meditation Centre is located in a valley in the Makarau area, north of Kaukapakapa, about an hour by road from Auckland, **Aotearoa / New Zealand**. It is one of the many centres around the world, dedicated to the practice of Vipassana Meditation as taught by [S.N. Goenka](#) and his assistant teachers in the tradition of [Sayagyi U Ba Khin](#).

[Contact Dhamma Medini](#)

### What is Vipassanā?

[Vipassanā](#), which means to see things as they really are, is one of India's most ancient techniques of self-observation. It was taught more than 2500 years ago as a universal remedy for universal ills i.e., an Art of Living.

This non-sectarian technique aims for the total eradication of mental impurities and the resultant highest happiness of full liberation. Healing, not merely the curing of diseases, but the essential healing of human suffering, is its purpose.

Vipassanā is a practical technique which enables one to lead a more positive, balanced and happy life. It is a practical method of self-knowledge and awareness that is universal and not connected with any religious organisation.

### How is it learnt?

The technique of Vipassanā is taught at ten-day residential seminars during which participants learn the basics of the method and practice sufficiently to experience its beneficial results. No previous experience is required. After reviewing the [Code of Discipline](#) for Vipassanā courses and checking the course schedule, you may apply for a course.

### Where?

**Dhamma Medini** is a meditation centre dedicated to the teaching of [Vipassana meditation](#). It is situated about an hour by road north of Auckland. Occasionally courses are held in other parts of Aotearoa/New Zealand at temporary sites. You can see the location of each course within the country on the [schedule of planned courses](#).

There are also numerous Vipassana centres in other parts of the world. Check the [international website](#) for one located near you.

### Course finances

Courses are run solely on a donation basis. There are no charges for the course, not even to cover the cost of food and accommodation. All expenses are met by donations from those who have completed a 10 day course, experienced the benefits of Vipassana, and wish to give others the same opportunity. Neither the Teacher nor the assistant teachers receive remuneration; they and those who organize the course volunteer their time.

