

From: Dhyana Centre info@dhyanacentre.org
Subject: DC programme for May
Date: 25 April 2018 at 10:04am
To: Dhyana Centre info@dhyanacentre.org



Dear visitor/enquirer,

Please find below the events calendar for the coming month; the whole programme can best be seen in the online Google calendar by clicking [here](#). There is also a complete listing at the bottom of this email.

New or noteworthy.....

- ***Part 2 course on Sunday 20th May @ 11am***

1. 'Joy of Meditation' courses and group (Sundays & Tuesdays)

The next workshop will be a Part 2 on **Sunday 20th May**, 11am - 4pm, open to anyone who has previously been through a Part 1 workshop. Bookings can be made [here](#), or by replying to this email. The next Part 1 will be 17th June.

Returning students: all Joy of Meditation workshops are open to those who have attended in the past and would like a refresher; please email/speak to me if you are interested. I actively encourage students to attend more than once as there is a lot to take in, especially if it's all new to you.

Tuesday group: the drop-in practice session for beginners runs from 7pm - 8pm and 8pm - 9pm every Tuesday (ie. two sessions with a break at 8pm, attendees can come for either or both parts), open without booking to anyone who has attended at least Part 1 of an introductory course. The format of this group is two periods of silent meditation plus a discussion period/Open Forum in between, but it is aimed at less-experienced practitioners and the periods of meditation are about 20 minutes long. The DC's lending library is also available on Tuesdays.

2. OM Healing (weekly on Fridays, 8.10pm)

OM Healing will take place this **Friday 27th April** and every Friday next month.

OM Healing sessions start at 8.10pm but are preceded by a 40 minute period of silent meditation starting at 7pm. Attendees are welcome to come for the meditation as well as the chant session but this is optional. If you want to come for the whole session including the meditation, please arrive in good time for a 7pm start. If you are running late or just want to come for the OM Healing, you need to arrive between 7.50pm - 8.10pm (not before or after).

A full briefing will be given for any newcomers before the OM Healing starts but punctuality is essential. There is no preparation required, no dress code (we sit on chairs not the floor) and nothing you need to bring with you. Please see [Light in London](#) if you are not familiar with the format, otherwise contact me by replying to this email.

3. Intermediate class (weekly on Saturdays, 7pm)

The intermediate class will take place as normal this **Saturday 28th April** and every Saturday in May.

These sessions consist of two periods of silent meditation, both around 40 minutes, with feedback/discussion in between. Like the Tuesday group, there is a break at 8pm to allow participants either to come or go. This group is open without booking to all DC members and associates, plus those who have completed at least Part 1 of the 'Joy of Meditation' course.

4. Data Privacy Policy (GDPR)

The long-awaited new privacy regulations come into effect on 25th May and the Dhyana Centre is as much subject to them as any other organisation that collects data. In actuality, the DC collects nothing more than the contact details of those who register with the Centre and these are automatically deleted anyway after pre-set periods of inactivity. Even so, the Centre is obliged to publish its Data Privacy Policy and you can read this online [here](#).

The critical issues are transparency and the freedom to control your own data. Whatever contact particulars you have provided to the Centre will always be treated as confidential and you have the right to unsubscribe or view/amend/delete your data at any time. If you are receiving this email, you are on one of the Centre's two distribution lists: Members & Associates or Visitors & Enquirers. There will always be an Unsubscribe option included in any circular that is sent out to either list (as you can see below). Under the legislation, I am defined as the Data Controller and you should contact me if you have any issues on the subject. That's about it in a nutshell...

Kind regards,

Alan Perry

[PLEASE NOTE: This is an edited version of the calendar that is sent monthly to all Dhyana Centre members and associates. You have been sent this email as you have either recently visited the Dhyana Centre or have enquired by email about future meditation and/or OM Healing sessions. Enquirers will ordinarily be sent these calendars for three or

four months only, after which their email address will be deleted from the database unless otherwise requested. However, you can also unsubscribe by sending an email to unsubscribe@dhyanacentre.org Full information about Dhyaana Centre activities can be found at the website www.dhyanacentre.org

MONTHLY LISTING

Friday, 27 April	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 28 April	
7:00pm	Intermediate class
Monday, 30 April	
7:30pm	Lahiri Group
Tuesday, 1 May	
7:00pm	Joy of Meditation class
Friday, 4 May	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 5 May	
7:00pm	Intermediate class
Monday, 7 May	
7:30pm	[LG cancelled]
Tuesday, 8 May	
7:00pm	Joy of Meditation class
Friday, 11 May	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 12 May	
7:00pm	Intermediate class
Monday, 14 May	
7:30pm	Lahiri Group
Tuesday, 15 May	
7:00pm	Joy of Meditation class
Friday, 18 May	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 19 May	
7:00pm	Intermediate class
Sunday, 20 May	
10:45am	Initial Course (Part 2)
Monday, 21 May	
7:30pm	Lahiri Group
Tuesday, 22 May	
7:00pm	Joy of Meditation class
Friday, 25 May	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 26 May	
7:00pm	Intermediate class
Monday, 28 May	
7:30pm	[No LG session]
Tuesday, 29 May	
7:00pm	Joy of Meditation class