

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for July
Date: 25 June 2018 at 9:57am
To: Dhyana Centre info@dhyanacentre.org



Dear visitors/enquirers,

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 1 course on Sunday 22nd July @ 11am**
- **No Sunday course in August: Part 1 & Part 2 will both take place in September**
- **No changes to the weekly schedule during the summer holiday period**

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

The next workshop will be a Part 1 on **Sunday 22nd July**, 11am - 4pm, open to anyone whether newcomer or returning student. Bookings can be made [here](#), or by replying to this email.

August/September: there will be no Sunday course of any type during August but there will be both a Part 1 and a Part 2 in September. The latter will be held over three Tuesday evenings 7pm - 9pm from **25th September - 9th October** (no booking will be required for this course).

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 on **Friday 29th June** 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 on **Saturday 30th June** and every Saturday in July.

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.

Kind regards,

Alan Perry

[PLEASE NOTE: This is an edited version of the programme that is sent monthly to all Dhyana Centre members and associates. You have been sent this email as you have recently enquired 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 Dhyana Centre activities can be found at the website www.dhyanacentre.org and the Centre's data privacy policy can be viewed [here](#)]

MONTHLY LISTING

Monday, 25 June
7:30pm Lahiri Group
Tuesday, 26 June
7:00pm Joy of Meditation class
Friday, 29 June
7:00pm Open meditation
8:10pm OM Healing
Saturday, 30 June
7:00pm Intermediate class
Monday, 2 July
7:30pm Lahiri Group
Tuesday, 3 July
7:00pm Joy of Meditation class
Friday, 6 July
7:00pm Open meditation
8:10pm OM Healing
Saturday, 7 July
7:00pm Intermediate class
Monday, 9 July
7:30pm Lahiri Group
Tuesday, 10 July
7:00pm Joy of Meditation class
Friday, 13 July
7:00pm Open meditation
8:10pm OM Healing
Saturday, 14 July
7:00pm Intermediate class
Monday, 16 July
7:30pm Lahiri Group
Tuesday, 17 July
7:00pm Joy of Meditation class
Friday, 20 July
7:00pm Open meditation
8:10pm OM Healing
Saturday, 21 July
7:00pm Intermediate class
Sunday, 22 July
10:45am Initial Course (Part 1)
Monday, 23 July
7:30pm Lahiri Group
Tuesday, 24 July
7:00pm Joy of Meditation class
Friday, 27 July
7:00pm Open meditation
8:10pm OM Healing
Saturday, 28 July
7:00pm Intermediate class
Monday, 30 July
7:30pm Lahiri Group
Tuesday, 31 July
7:00pm Joy of Meditation class