

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for August
Date: 25 July 2018 at 9:53am
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.....

- ***No Sunday workshop in August, otherwise no break throughout the summer holiday period***
- ***Advance notice: silent retreat on Sunday 2nd September***

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

August/September: there will be no Sunday course of any type during August. The next Part 1 will be on **23rd September** and Part 2 will be held over three Tuesday evenings 7pm - 9pm from **2nd - 16th October** (no booking will be required for this Tuesday 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 this **Friday 27th July** 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.

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

The intermediate class will take place this **Saturday 28th July** and every Saturday next month.

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. Advance notice: one-day retreat on Sunday 2nd September

You may like to note that our summer meditation retreat will be held at 50 Gloucester Place on **Sunday 2nd September** from 12 noon - 6pm (or part thereof), open to all Centre members, associates and current students ie. those who have attended at least a Part 1 workshop. Details will be emailed round in the September programme but can already be seen online at www.dhyanacentre.org/retreats.

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

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](#)

Friday, 3 August

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 4 August

7:00pm [Intermediate class](#)

Monday, 6 August

7:30pm [Lahiri Group](#)

Tuesday, 7 August

7:00pm [Joy of Meditation class](#)

Friday, 10 August

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 11 August

7:00pm [Intermediate class](#)

Monday, 13 August

7:30pm [Lahiri Group](#)

Tuesday, 14 August

7:00pm [Joy of Meditation class](#)

Friday, 17 August

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 18 August

7:00pm [Intermediate class](#)

Monday, 20 August

7:30pm [Lahiri Group](#)

Tuesday, 21 August

7:00pm [Joy of Meditation class](#)

Friday, 24 August

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 25 August

7:00pm [Intermediate class](#)

Monday, 27 August

7:30pm [\[LG cancelled\]](#)

Tuesday, 28 August

7:00pm [Joy of Meditation class](#)

Friday, 31 August

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)