

**From:** Dhyana Centre [info@dhyanacentre.org](mailto:info@dhyanacentre.org)  
**Subject:** DC programme for September 2018  
**Date:** 25 August 2018 at 11:11am  
**To:** Dhyana Centre [info@dhyanacentre.org](mailto: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 sessions next week on Tuesday 28th August and Saturday 1st September***
- ***Silent retreat for members on Sunday 2nd September, 12 noon - 6pm***
- ***Part 1 course on Sunday 23rd September @ 11am***
- ***Advance notice: date of next devotional session brought forward from 13th to 6th October***

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

**Introductory course:** the next Part 1 will be held on **Sunday 23rd September** 11am - 4pm. Open to all, bookings can be made at [www.dhyanacentre.org/calendar](http://www.dhyanacentre.org/calendar) or by replying to this email. 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.

**PLEASE NOTE** that there will be no Tuesday session next week after the bank holiday ie. **28th August**.

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

OM Healing will take place next **Friday 31st August** 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 tonight, **Saturday 25th August**, and every Saturday next month except **1st September**.

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. Summer meditation retreat: Sunday 2nd September

We shall be holding another of our silent retreats at 50 Gloucester Place from 12 noon - 6pm on **Sunday 2nd September**. This session is open to all members, associates and current students (ie. those who have attended at least a Part 1 course) but is not open to the general public.

These retreats are wonderful opportunities for prolonged periods of silent meditation, perhaps alternating with spiritual reading (which is how many people choose to spend their day). You can stay for as much or as little of the day as you choose; you must arrive at the set time but can leave whenever you wish. The session follows the traditional DC routine of unformatted silence for meditation and silent devotion, with a candle-lit room for meditation and a separate area for rest, reading and refreshments.

**First-time attendance:** booking is only required if you have not previously been to one of these retreats; this is to ensure that you are properly briefed on the logistics. Please read the guidance notes [here](#) and turn up early on the day, in time to be briefed verbally before we go silent.

Kind regards,

Alan Perry

## MONTHLY LISTING

<b>Saturday, 25 August</b>
7:00pm <a href="#">Intermediate class</a>
<b>Monday, 27 August</b>
7:30pm <a href="#">[LG cancelled]</a>
<b>Tuesday, 28 August</b>
7:00pm <a href="#">[No DC session]</a>
<b>Friday, 31 August</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 1 September</b>
7:00pm <a href="#">[No DC session]</a>
<b>Sunday, 2 September</b>
12:00pm <a href="#">Retreat @ TS</a>
<b>Monday, 3 September</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 4 September</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 7 September</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 8 September</b>
7:00pm <a href="#">Intermediate class</a>
<b>Monday, 10 September</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 11 September</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 14 September</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 15 September</b>
7:00pm <a href="#">Intermediate class</a>
<b>Monday, 17 September</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 18 September</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 21 September</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 22 September</b>
7:00pm <a href="#">Intermediate class</a>
<b>Sunday, 23 September</b>
10:45am <a href="#">Initial Course (Part 1)</a>
<b>Monday, 24 September</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 25 September</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 28 September</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 29 September</b>
7:00pm <a href="#">Intermediate class</a>