

**From:** Dhyana Centre [info@dhyanacentre.org](mailto:info@dhyanacentre.org)  
**Subject:** DC programme for October  
**Date:** 25 September 2018 at 9:14am  
**To:** Dhyana Centre [info@dhyanacentre.org](mailto:info@dhyanacentre.org)



Dear all,

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 over three Tuesday evenings starting 2nd October, 7pm - 9pm**
- **Multi-faith devotional satsang on Saturday 6th October @ 7pm**
- **No DC session of any type on Saturday 20th October**
- **Part 1 course on Sunday 21st October, 11am - 4pm**

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

**Part 2:** will be held over three Tuesday evenings 7pm - 9pm from **2nd - 16th October** inclusive. These sessions are open to anyone who has previously attended a Part 1 and no booking is required, just turn up in good time on the 2nd. [The next Part 2 on a Sunday will be **9th December**].

**Part 1:** will be held on **Sunday 21st October** 11am - 4pm. Open to all whether newcomers or returning students but booking is required (either via the website at [www.dhyanacentre.org/calendar](http://www.dhyanacentre.org/calendar) or by replying to this email).

**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 28th September** 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 next **Saturday 29th September** and every Saturday next month except **20th October** as our usual venue is not available that day. Also, please note that the session on **6th October** will be a devotional satsang rather than the usual class.

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. Devotional service and buffet: Saturday 6th October

We shall be holding one of our occasional multi-faith devotional services at 50 Gloucester Place on **Saturday 6th October** (7pm - 9pm).

These devotional sessions are intended as a bhakti yoga *pot pourri* and involve multi-faith prayers and chants, devotional singing (bhajans), *arati*, spiritual reading, meditation etc. Participants are invited to bring devotional items for a communal shrine, as also vegetarian food 'offerings' which will be consumed in a finger buffet after the service.

This event is open to all including guests and there is no need to book places.

The service sheet can be viewed [here](#) and will also be emailed to DC members and associates shortly before the event [may I take this opportunity to remind you that the complete 9 page prayer & bhajan guide used by the DC in its devotional services is permanently available as a [PDF download](#).]

Kind regards,

Alan Perry

MONTHLY LISTING

<b>Tuesday, 25 September</b>	
7:00pm	Joy of Meditation class
<b>Friday, 28 September</b>	
7:00pm	Open meditation
8:10pm	OM Healing
<b>Saturday, 29 September</b>	
7:00pm	Intermediate class
<b>Monday, 1 October</b>	
7:30pm	Lahiri Group
<b>Tuesday, 2 October</b>	
7:00pm	Initial Course: Part 2
<b>Friday, 5 October</b>	
7:00pm	Open meditation
8:10pm	OM Healing
<b>Saturday, 6 October</b>	
7:00pm	Devotional service
<b>Monday, 8 October</b>	
7:30pm	Lahiri Group
<b>Tuesday, 9 October</b>	
7:00pm	Initial Course: Part 2
<b>Friday, 12 October</b>	
7:00pm	Open meditation
8:10pm	OM Healing
<b>Saturday, 13 October</b>	
7:00pm	Intermediate class
<b>Monday, 15 October</b>	
7:30pm	Lahiri Group
<b>Tuesday, 16 October</b>	
7:00pm	Initial Course: Part 2
<b>Friday, 19 October</b>	
7:00pm	Open meditation
8:10pm	OM Healing
<b>Saturday, 20 October</b>	
7:00pm	[DC session cancelled]
<b>Sunday, 21 October</b>	
10:45am	Initial Course (Part 1)
<b>Monday, 22 October</b>	
7:30pm	Lahiri Group
<b>Tuesday, 23 October</b>	
7:00pm	Joy of Meditation class
<b>Friday, 26 October</b>	
7:00pm	Open meditation
8:10pm	OM Healing
<b>Saturday, 27 October</b>	
7:00pm	Intermediate class
<b>Monday, 29 October</b>	
7:30pm	Lahiri Group
<b>Tuesday, 30 October</b>	
7:00pm	Joy of Meditation class