

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for November
Date: 25 October 2018 at 9:34am
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 18th November**

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

The next Part 1 introductory course will be held on **Sunday 18th November** 11am - 4pm. Open to all whether newcomers or returning students but booking is required (either via the website at www.dhyanacentre.org/calendar or by replying to this email). The next Part 2 will be **Sunday 9th December**.

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 tomorrow **Friday 26th October** 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 27th October** 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.

Kind regards,

Alan Perry

MONTHLY LISTING

Friday, 26 October	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 27 October	
7:00pm	Intermediate class
Monday, 29 October	
7:30pm	Lahiri Group
Tuesday, 30 October	
7:00pm	Joy of Meditation class
Friday, 2 November	
7:00pm	Open meditation

8:10pm	OM Healing
Saturday, 3 November	
7:00pm	Intermediate class
Monday, 5 November	
7:30pm	Lahiri Group
Tuesday, 6 November	
7:00pm	Joy of Meditation class
Friday, 9 November	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 10 November	
7:00pm	Intermediate class
Monday, 12 November	
7:30pm	Lahiri Group
Tuesday, 13 November	
7:00pm	Joy of Meditation class
Friday, 16 November	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 17 November	
7:00pm	Intermediate class
Sunday, 18 November	
10:45am	Initial Course (Part 1)
Monday, 19 November	
7:30pm	Lahiri Group
Tuesday, 20 November	
7:00pm	Joy of Meditation class
Friday, 23 November	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 24 November	
7:00pm	Intermediate class
Monday, 26 November	
7:30pm	Lahiri Group
Tuesday, 27 November	
7:00pm	Joy of Meditation class
Friday, 30 November	
7:00pm	Open meditation
8:10pm	OM Healing