

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for December
Date: 25 November 2018 at 10:23am
To: Dhyana Centre info@dhyanacentre.org



Dear friends,

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 'Joy of Meditation' course on Sunday 9th December @ 11am**
- **No DC session on Christmas Day, otherwise weekly schedule as normal during Xmas period.**

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

The next Part 2 introductory course will be held on **Sunday 9th December** 11am - 4pm. Open to anyone who has previously attended a Part 1 workshop but booking is required (either via the website at www.dhyanacentre.org/calendar or by replying to this email). The next Part 1 will be **Sunday 20th January 2019**.

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 30th November** and every Friday next month (there will be no change over Christmas).

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 every Saturday next month (there will be no change over Christmas).

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 warning: New Year meditation retreat

We shall be holding another of our silent retreats at 50 Gloucester Place from 12 noon - 6pm on **Sunday 6th January**. 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.

More info will be circulated in the January programme but details can already be viewed [here](#).

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 either recently visited the Centre and/or enquired about meditation 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, 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
Saturday, 1 December	
7:00pm	Intermediate class
Monday, 3 December	
7:30pm	Lahiri Group
Tuesday, 4 December	
7:00pm	Joy of Meditation class
Friday, 7 December	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 8 December	
7:00pm	Intermediate class
Sunday, 9 December	
10:45am	Initial Course (Part 2)
Monday, 10 December	
7:30pm	Lahiri Group
Tuesday, 11 December	
7:00pm	Joy of Meditation class
Friday, 14 December	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 15 December	
7:00pm	Intermediate class
Monday, 17 December	
7:30pm	Lahiri Group
Tuesday, 18 December	
7:00pm	Joy of Meditation class
Friday, 21 December	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 22 December	
7:00pm	Intermediate class
Monday, 24 December	
7:30pm	Lahiri Group
Tuesday, 25 December	
7:00pm	[No DC session]
Friday, 28 December	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 29 December	
7:00pm	Intermediate class
Monday, 31 December	
7:30pm	[LG cancelled]