

From: Dhyana Centre info@dhyanacentre.org
Subject: DC programme for January
Date: 26 December 2018 at 7:59pm
To: Dhyana Centre info@dhyanacentre.org



Dear DC 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...

- ***No DC sessions on Tuesday 1st and Saturday 5th January***
- ***Silent meditation retreat at 50 Gloucester Place from 12 noon - 6pm on Sunday 6th January***
- ***Part 1 'Joy of Meditation' course on Sunday 20th January @ 11am***

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

The next Part 1 introductory course will be held on **Sunday 20th January** 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).

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 28th December** 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 29th December** and every Saturday next month with the exception of **5th January** (due to the retreat the following day).

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. New Year meditation retreat

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

Those attending for the first time should let me know in advance that they intend to come so that I can ensure they are properly briefed on the logistics (the briefing sheet can be viewed [here](#)). Otherwise there is no need to book.

Best wishes for the New Year,

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

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]
Tuesday, 1 January 2019	
7:00pm	[No DC session]
Friday, 4 January 2019	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 5 January 2019	
7:00pm	[No DC session]
Sunday, 6 January 2019	
12:00pm	Retreat @ TS
Monday, 7 January 2019	
7:30pm	Lahiri Group
Tuesday, 8 January 2019	
7:00pm	Joy of Meditation class
Friday, 11 January 2019	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 12 January 2019	
7:00pm	Intermediate class
Monday, 14 January 2019	
7:30pm	Lahiri Group
Tuesday, 15 January 2019	
7:00pm	Joy of Meditation class
Friday, 18 January 2019	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 19 January 2019	
7:00pm	Intermediate class
Sunday, 20 January 2019	
10:45am	Initial Course (Part 1)
Monday, 21 January 2019	
7:30pm	Lahiri Group
Tuesday, 22 January 2019	
7:00pm	Joy of Meditation class
Friday, 25 January 2019	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 26 January 2019	
7:00pm	Intermediate class
Monday, 28 January 2019	
7:30pm	Lahiri Group
Tuesday, 29 January 2019	
7:00pm	Joy of Meditation class