

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for March
Date: 25 February 2019 at 9:52am
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..

• **Part 2 'Joy of Meditation' course on Sunday 17th March @ 11am**

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

The next Part 2 will be held on **Sunday 17th March** 11am - 4pm. Open to anyone who has previously been through a Part 1 session 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 14th April**, open to all.

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 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 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.

4. Advance warning: Easter Sunday retreat

We shall be holding another of our silent retreats at 50 Gloucester Place on **Easter Sunday 21st April** 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. More details will be circulated in the April programme but can already be viewed [here](#).

5. Diploma in Theosophy

The Theosophical Society runs an annual online diploma course, teaching the basics of theosophy and the 'Ageless Wisdom'. The course starts in March and finishes with an online examination in November; it is open to all including non-TS members and non-UK residents (cost is £30 for TS members, £90 for non-members).

This course has proved extremely popular over the years and is recommended for anyone who wishes to undertake an informal but regulated period of spiritual study, leading to an established qualification. More details can be seen on the TS [website](#); please feel free to discuss with me if you are interested in applying.

6. Finally... be careful if coming to Gloucester Place by car

You will no doubt already be aware that both Gloucester Place and Baker Street are converting to two-way traffic flow. The actual conversion will have taken place by the time you receive this email (ie. over the weekend of 24th February) but the disruption caused by it will take some time to settle and this will presumably also affect parking in the immediate vicinity of 50 Gloucester Place. There is more information from TFL [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, 25 February
7:30pm Lahiri Group
Tuesday, 26 February
7:00pm Joy of Meditation class
Friday, 1 March
7:00pm Open meditation
8:10pm OM Healing
Saturday, 2 March
7:00pm Intermediate class
Monday, 4 March
7:30pm Lahiri Group
Tuesday, 5 March
7:00pm Joy of Meditation class
Wednesday, 6 March
5:00pm Goldsmiths course
Friday, 8 March
7:00pm Open meditation
8:10pm OM Healing
Saturday, 9 March
7:00pm Intermediate class
Monday, 11 March
7:30pm Lahiri Group
Tuesday, 12 March
7:00pm Joy of Meditation class
Wednesday, 13 March
5:00pm Goldsmiths course
Friday, 15 March
7:00pm Open meditation
8:10pm OM Healing
Saturday, 16 March
7:00pm Intermediate class
Sunday, 17 March
10:45am Initial Course (Part 2)
Monday, 18 March
7:30pm Lahiri Group
Tuesday, 19 March
7:00pm Joy of Meditation class
Wednesday, 20 March
5:00pm Goldsmiths course
Friday, 22 March
7:00pm Open meditation
8:10pm OM Healing
Saturday, 23 March
7:00pm Intermediate class

Monday, 25 March

7:30pm [Lahiri Group](#)

Tuesday, 26 March

7:00pm [Joy of Meditation class](#)

Wednesday, 27 March

5:00pm [Goldsmiths course](#)

Friday, 29 March

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 30 March

7:00pm [Intermediate class](#)
