

**From:** Dhyana Centre [info@dhyanacentre.org](mailto:info@dhyanacentre.org)  
**Subject:** Dhyana Centre programme for April  
**Date:** 26 March 2019 at 9:26am  
**To:** Dhyana Centre [info@dhyanacentre.org](mailto: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...***

- **No DC session of any type on Saturday 13th April**
- **Part 1 'Joy of Meditation' course on Sunday 14th April @ 11am**
- **Good Friday, meditation & OM Healing as normal; but no session on Easter Saturday 20th**
- **Easter Sunday meditation retreat, 21st April, 12 noon - 6pm**

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

The next Part 1 will be held on **Sunday 14th April** 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 29th March** 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 30th March** and all Saturdays next month except **13th** and **20th April**.

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. Easter Sunday meditation retreat: 21st April

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 (so please do not bring guests). For full details, see the briefing sheet [here](#).

Booking is only required for those who have not been to one of these retreats before; newcomers must arrive by 11.45am so I can ensure they are properly briefed on the logistics of the day before we all go silent.

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](mailto:unsubscribe@dhyanacentre.org). Full information about Dhyana Centre activities can be found at the website [www.dhyanacentre.org](http://www.dhyanacentre.org) and the Centre's data privacy policy can be viewed [here](#)]***

## MONTHLY LISTING

<b>Monday, 25 March</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 26 March</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Wednesday, 27 March</b>
5:00pm <a href="#">Goldsmiths course</a>
<b>Friday, 29 March</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 30 March</b>
7:00pm <a href="#">Intermediate class</a>
<b>Monday, 1 April</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 2 April</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 5 April</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 6 April</b>
7:00pm <a href="#">Intermediate class</a>
<b>Monday, 8 April</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 9 April</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 12 April</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 13 April</b>
7:00pm <a href="#">[DC session cancelled]</a>
<b>Sunday, 14 April</b>
10:45am <a href="#">Initial Course (Part 1)</a>
<b>Monday, 15 April</b>
7:30pm <a href="#">Lahiri Group</a>
<b>Tuesday, 16 April</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 19 April</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 20 April</b>
7:00pm <a href="#">[No DC session]</a>
<b>Sunday, 21 April</b>
12:00pm <a href="#">Retreat @ TS</a>
<b>Monday, 22 April</b>
7:30pm <a href="#">[LG cancelled]</a>
<b>Tuesday, 23 April</b>
7:00pm <a href="#">Joy of Meditation class</a>
<b>Friday, 26 April</b>
7:00pm <a href="#">Open meditation</a>
8:10pm <a href="#">OM Healing</a>
<b>Saturday, 27 April</b>
7:00pm <a href="#">Intermediate class</a>

7:30pm Intermediate class

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**Monday, 29 April**

7:30pm Lahiri Group

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**Tuesday, 30 April**

7:00pm Joy of Meditation class

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