

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for May
Date: 25 April 2019 at 10:03am
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 1 'Joy of Meditation' course Sunday 19th May @ 11am**

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

The next Part 1 will be held on **Sunday 19th May** 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 26th April** 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 April** 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.

4. Burglary at 50 Gloucester Place

Three weeks ago, in the aftermath of a busy Friday OM Healing session, an intruder was able to slip into 50 Gloucester Place unchallenged as people were exiting the building. He secreted himself upstairs and once it appeared that everyone had left, proceeded to steal items from the TS offices.

To beef up security, there is now a steward on duty in Reception after the OM sessions on Friday whose sole function is to ensure that attendees leave the premises without letting in any strangers. However, I also ask visitors to the building at any time to be mindful of this issue whenever they leave and never to allow any unknown person to enter. And if you have any suspicions, please let me or any steward/member of staff know at the time...

5. New pages for the DC website

You may wish to note that there is now a dedicated page for OM Healing on the DC's website: www.dhyanacentre.org/omhealing/, the idea being to centralise all information about OM sessions in one place, complete with future dates.

Also, I have added some personal comments as an overview of the Joy of Meditation course at <https://www.dhyanacentre.org/activities/joy-of-meditation-overview/> which may help to satisfy enquirers who want to know more about the course before they attend it.

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

| | |
|---------------------------|---|
| Friday, 26 April | |
| 7:00pm | Open meditation |
| 8:10pm | OM Healing |
| Saturday, 27 April | |
| 7:00pm | Intermediate class |
| Monday, 29 April | |
| 7:30pm | Lahiri Group |
| Tuesday, 30 April | |
| 7:00pm | Joy of Meditation class |
| Friday, 3 May | |
| 7:00pm | Open meditation |
| 8:10pm | OM Healing |
| Saturday, 4 May | |
| 7:00pm | Intermediate class |
| Monday, 6 May | |
| 7:30pm | Lahiri Group |
| Tuesday, 7 May | |
| 7:00pm | Joy of Meditation class |
| Friday, 10 May | |
| 7:00pm | Open meditation |
| 8:10pm | OM Healing |
| Saturday, 11 May | |
| 7:00pm | Intermediate class |
| Monday, 13 May | |
| 7:30pm | Lahiri Group |
| Tuesday, 14 May | |
| 7:00pm | Joy of Meditation class |
| Friday, 17 May | |
| 7:00pm | Open meditation |
| 8:10pm | OM Healing |
| Saturday, 18 May | |
| 7:00pm | Intermediate class |
| Sunday, 19 May | |
| 10:45am | Initial Course (Part 1) |
| Monday, 20 May | |
| 7:30pm | Lahiri Group |
| Tuesday, 21 May | |
| 7:00pm | Joy of Meditation class |
| Friday, 24 May | |
| 7:00pm | Open meditation |
| 8:10pm | OM Healing |
| Saturday, 25 May | |
| 7:00pm | Intermediate class |
| Monday, 27 May | |
| 7:30pm | Lahiri Group |
| Tuesday, 28 May | |

7:00pm Joy of Meditation class

Friday, 31 May

7:00pm Open meditation

8:10pm OM Healing
