

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for June
Date: 25 May 2019 at 10:11am
To: Dhyana Centre 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 1st June***
- ***Multi-faith devotional satsang on Saturday 8th June @ 7pm***
- ***Part 2 'Joy of Meditation' course Sunday 16th June @ 11am***
- ***OM Healing brought forward to Thursday 20th June @ 7pm***
- ***No DC sessions of any type on Friday 21st and Saturday 22nd June***

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

Another Part 2 will be held on **Sunday 16th June** 11am - 4pm. Open to anyone who has previously been through 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 21st July** which is also now open for booking.

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 31st May** and every Friday next month **except 21st June (see below)**.

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.

PLEASE NOTE that the OM Healing session due for Friday 21st June will take place instead on Thursday 20th June and for this session only, the format will change: the chanting will take place first at 7pm, to be followed immediately by an optional period of silent meditation for 35 minutes, all finishing by 9pm.

3. Intermediate class (weekly on Saturdays, 7pm)

The intermediate class will take place tonight **Saturday 25th May** and on **15th** and **29th June**, but not on 1st, 8th and 22nd of the month (see below).

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.

PLEASE NOTE that the sessions planned for Saturdays 1st and 22nd June have been cancelled due to our usual venue not being available. The session on 8th June will take place but as a devotional service, not the usual meditation class (see Item 4 below).

4. Devotional service and buffet: Saturday 8th June

We shall be holding one of our occasional multi-faith devotional services at 50 Gloucester Place on **Saturday 8th June** (7pm - 9pm).

These devotional sessions are intended as a bhakti yoga *pot pourri* and involve multi-faith prayers and chants, devotional singing (bhajans), *arati*, spiritual reading, meditation etc. Participants are invited to bring devotional items for a communal shrine, as also vegetarian food 'offerings' which will be consumed in a finger buffet after the service.

This event is open to all including guests and there is no need to book places but punctuality is essential.

The service sheet can be viewed [here](#) and will also be emailed to DC members and associates shortly before the event [the complete 9 page prayer & bhajan guide used by the DC in its devotional services is permanently available as a [PDF download](#).]

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

Saturday, 25 May	
7:00pm	Intermediate class
Monday, 27 May	
7:30pm	[Lahiri Group cancelled]
Tuesday, 28 May	
7:00pm	Joy of Meditation class
Friday, 31 May	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 1 June	
7:00pm	[DC session cancelled]
Monday, 3 June	
7:30pm	Lahiri Group
Tuesday, 4 June	
7:00pm	Joy of Meditation class
Friday, 7 June	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 8 June	
7:00pm	Devotional service
Monday, 10 June	
7:30pm	Lahiri Group
Tuesday, 11 June	
7:00pm	Joy of Meditation class
Friday, 14 June	
7:00pm	Open meditation
8:10pm	OM Healing
Saturday, 15 June	
7:00pm	Intermediate class
Sunday, 16 June	
10:45am	Initial Course (Part 2)
Monday, 17 June	
7:30pm	Lahiri Group
Tuesday, 18 June	
7:00pm	Joy of Meditation class
Thursday, 20 June	
7:00pm	OM Healing & Meditation
Friday, 21 June	
7:00pm	[DC session cancelled]

Saturday, 22 June

7:00pm [\[DC session cancelled\]](#)

Monday, 24 June

7:30pm [Lahiri Group](#)

Tuesday, 25 June

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

Friday, 28 June

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 29 June

7:00pm [Intermediate class](#)
