

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for September
Date: 25 August 2019 at 9:49am
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.

- **No intermediate class on Saturday 31st August**
- **Silent meditation retreat @ 50 Gloucester Place on Sunday 1st September**
- **Part 1 introductory 'Joy of Meditation' course on Sunday 22nd September @ 11am**

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

The next Part 1 will be held on **Sunday 22nd September** 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 next **Friday 30th August** 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)

There will be no session of any type next **Saturday, 31st August** in view of the retreat the following day. However, the intermediate class will take place every Saturday in September.

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 the 'Joy of Meditation' course.

4. Summer meditation retreat, Sunday 1st September

We shall be holding another of our silent meditation retreats at 50 Gloucester Place next **Sunday, 1st September** from 12 noon - 6pm for members, associates and current students (this session is not open to the general public). Details will be emailed out selectively in the next few days but can already be found [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, 26 August

7:30pm [\[LG cancelled\]](#)

Tuesday, 27 August

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

Friday, 30 August

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 31 August

7:00pm [\[No DC session\]](#)

Sunday, 1 September

12:00pm [Retreat @ TS](#)

Monday, 2 September

7:30pm [Lahiri Group](#)

Tuesday, 3 September

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

Friday, 6 September

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 7 September

7:00pm [Intermediate class](#)

Monday, 9 September

7:30pm [Lahiri Group](#)

Tuesday, 10 September

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

Friday, 13 September

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 14 September

7:00pm [Intermediate class](#)

Monday, 16 September

7:30pm [Lahiri Group](#)

Tuesday, 17 September

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

Friday, 20 September

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 21 September

7:00pm [Intermediate class](#)

Sunday, 22 September

10:45am [Initial Course \(Part 1\)](#)

Monday, 23 September

7:30pm [Lahiri Group](#)

Tuesday, 24 September

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

Friday, 27 September

7:00pm [Open meditation](#)

8:10pm [OM Healing](#)

Saturday, 28 September

7:00pm [Intermediate class](#)

Monday, 30 September

7:30pm [Lahiri Group](#)