

From: **Dhyana Centre** [info@dhyanacentre.org](mailto:info@dhyanacentre.org)  
Subject: Dhyana Centre programme for January  
Date: 26 December 2020 at 9:33 am  
To: Dhyana Centre [info@dhyanacentre.org](mailto:info@dhyanacentre.org)



Dear visitors & enquirers,

Please find below the events programme for the coming month; the whole schedule can best be seen online in the Centre's [activities calendar](#). There is also a complete listing at the bottom of this email.

**COVID-19 update:** while London remains in either Tiers 3 or 4, there will be no sessions at 50 Gloucester Place and all activity will be confined to Zoom. This includes introductory courses as well as meditation sessions.

***New or noteworthy...***

- ***Sessions at 50 Gloucester Place remain suspended until further notice.***
- ***Evening Zoom sessions: will continue every Tuesday, and alternate Thursdays and Saturdays @ 7pm***
- ***Morning Zoom sessions: will take place tomorrow and every Sunday @ 10.30am***
- ***Sessions are continuing over the New Year holiday period***

1. Dhyana Yoga courses

The courses proposed for January and February have both been cancelled and no plans will be made to re-start the course programme until the Covid situation has stabilised.

2. Meditation sessions at the TS

These remain suspended. All sessions that would otherwise have taken place at the TS are now being held on Zoom at the same time (7pm).

3. Online sessions via Zoom (evenings @ 7pm, Sundays @ 10.30am, see [here](#) for details)

These sessions are taking place every Tuesday evening, alternate Thursday and Saturday evenings, and every Sunday morning. There is an up to date list of all these sessions on the [calendar webpage](#) or they can be seen on the Centre's [activities calendar](#).

Sessions last about 1 hour. The only difference in the format is that the Thursday session is an Open Forum consisting of a yogic reading with discussion and one 20 minute meditation, while Tuesdays, Saturdays and Sundays are focused solely on silent meditation and consist of two 20 minute periods of practice. All these sessions are open to members, associates and current students, no booking is required, just use the link:

<https://us02web.zoom.us/j/5264467923>

4. Diploma in Theosophy

Each year, the Theosophical Society offers a diploma course (online with tutor support) to teach the basics of the Ageless Wisdom. This course has proved extremely popular over the years and many DC members have completed it; details can be seen at [theosophicalsociety.org.uk/diploma](https://theosophicalsociety.org.uk/diploma) and applications are now being invited for the 2021 course starting in March.

The cost is £30 for TS members and £90 for non-members (and since TS membership is only £20, you would be daft not to join the TS if you intend to apply for the course....please see [here](#) and/or email me if you are interested in membership).

Best wishes for the New Year and stay well...

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

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**Sunday, 27 December**

10:30am [Dhyana on Zoom](#)

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**Tuesday, 29 December**

7:00pm [Dhyana on Zoom](#)

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**Saturday, 2 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Sunday, 3 January 2021**

10:30am [Dhyana on Zoom](#)

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**Tuesday, 5 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Thursday, 7 January 2021**

7:00pm [Open forum on Zoom](#)

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**Sunday, 10 January 2021**

10:30am [Dhyana on Zoom](#)

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**Tuesday, 12 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Saturday, 16 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Sunday, 17 January 2021**

10:30am [Dhyana on Zoom](#)

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**Tuesday, 19 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Thursday, 21 January 2021**

7:00pm [Open forum on Zoom](#)

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**Sunday, 24 January 2021**

10:30am [Dhyana on Zoom](#)

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**Tuesday, 26 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Saturday, 30 January 2021**

7:00pm [Dhyana on Zoom](#)

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**Sunday, 31 January 2021**

10:30am [Dhyana on Zoom](#)

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