

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for May
Date: 25 April 2021 at 9:36 am
To: Dhyana Centre info@dhyanacentre.org



Dear DC visitors and 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](#) and there is also a complete listing at the bottom of this email.

New or noteworthy...

- ***Centre activity is continuing online; every Tuesday, Friday and Sunday***
- ***No resumption at 50 Gloucester Place until at least June.***

1. COVID-19: update

I have been in discussion with the Theosophical Society about options to resume live activities at 50 Gloucester Place. However, despite the relaxation of Stage 3 due on 17th May, I regret that the Trustees of the charity are not prepared to consider any resumption until mid-June at the earliest. This is disappointing but we shall have to be patient...

2. Dhyana Yoga courses

All courses at 50 Gloucester Place have been cancelled and no plans will be made to re-start the course programme until mid-June at the earliest.

3. 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.

4. Online practice sessions via Zoom (Tuesday and Friday @ 7pm, Sundays @ 10.30am, see [here](#) for details)

Online sessions are now taking place every Tuesday and Friday evening 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 1 hour or slightly longer. The Open Forum consists of a yogic reading with discussion/Q & A and one 20 minute meditation, while all other sessions are focused solely on silent meditation and consist of either two 20 minute periods of practice or one 45 minute meditation (these differing durations now alternate across the whole weekly programme).

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>

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

Sunday, 25 April

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

Tuesday, 27 April

7:00pm [Extended practice on Zoom](#)

Friday, 30 April

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

Sunday, 2 May

10:30am [Extended practice on Zoom](#)

Tuesday, 4 May

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

Friday, 7 May

7:00pm [Extended practice on Zoom](#)

Sunday, 9 May

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

Tuesday, 11 May

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

Friday, 14 May

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

Sunday, 16 May

10:30am [Extended practice on Zoom](#)

Tuesday, 18 May

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

Friday, 21 May

7:00pm [Extended practice on Zoom](#)

Sunday, 23 May

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

Tuesday, 25 May

7:00pm [Extended practice on Zoom](#)

Friday, 28 May

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

Sunday, 30 May

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