

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for August
Date: 25 July 2021 at 9:34 am
To: Dhyana Centre info@dhyanacentre.org



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

New or noteworthy...

- ***Centre activity will continue online three times a week throughout August***
- ***No resumption at 50 Gloucester Place likely until at least mid-September.***

1. COVID-19: update

There has been no real change since last month, in that we are still not able to make any plans about resumption of activity at 50 Gloucester Place. Despite - or perhaps because of - the so-called 'freedom day' on 19th July, health predictions for the next couple of months are worse than they were before and we can only continue to wait and see how things develop. That said, I am still hoping to resume introductory courses in September even if they have to be small groups with full Covid precautions in place. However, the resumption of OM Healing is now looking much less likely unless/until there is a significant improvement in the overall health situation.

2. Dhyana Yoga courses

All live courses have been cancelled and no plans will be made to re-start the course programme until the TS Trustees allow access to 50 Gloucester Place, as per 1. above (hopefully in September).

The Atma Dhyana webinar last weekend was well-attended, but I have since had various emails from those who were unable to join the session for one reason or another. Please be assured that this important teaching module will be repeated regularly as an online session irrespective of the situation at 50 Gloucester Place (where it will also be given as module three of the Dhyana Yoga course).

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 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>

5. Mindfulness and Nature survey

Thank you to all those who took the time to contribute to Nikki Paterson's project for the Oxford University Centre for the Environment, which terminated last week. I know that many of you completed the online survey. If I get any feedback on the project in due course, I will pass it on.

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 July

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

Tuesday, 27 July

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

Friday, 30 July

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

Sunday, 1 August

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

Tuesday, 3 August

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

Friday, 6 August

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

Sunday, 8 August

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

Tuesday, 10 August

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

Friday, 13 August

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

Sunday, 15 August

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

Tuesday, 17 August

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

Friday, 20 August

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

Sunday, 22 August

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

Tuesday, 24 August

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

Friday, 27 August

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

Sunday, 29 August

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

Tuesday, 31 August

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