

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for December
Date: 25 November 2021 at 10:43 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...

- ***Mudras & Pranayama webinar on Zoom: Sunday 5th December @ 10am - 12 noon***
- ***Dhyana practice in-person at 50 Gloucester Place: Friday 10th December @ 7pm - 9pm***
- ***Centre activity will otherwise continue online on Tuesdays, Fridays and Sundays.***
- ***Christmas: normal schedule on Zoom including Christmas Eve, Boxing Day and New Year's Eve.***
- ***New Year silent retreat: Sunday 2nd January 10am - 1pm on Zoom***
- ***Next course at 50 Gloucester Place starts Sunday 23rd January; now open for booking***

1. COVID-19: update

The Covid situation oscillates wildly, one moment looking hopeful, the next moment doom and gloom again, which makes it impossible to make any firm plans for the immediate future. However we have just completed a 3-week course at 50 Gloucester Place without any problems, demonstrating that as long as numbers are controlled ie. pre-booked, there is no reason not to continue planning in-person activities.

2. Meditation courses

Mudras & Pranayama workshop: will take place on Sunday 5th December 10am - 12 noon on Zoom and is open to anyone who has previously been through a DC introductory course, no booking required. Use the link <https://us02web.zoom.us/j/5264467923> : there is no passcode but the waiting room will apply so make sure your sign-in name is recognisable.

Please note that this workshop aims to introduce the practice of simple mudras and pranayama techniques as significant aids to meditation; in other words, this session builds on the meditation techniques already taught in the Dhyana Yoga course and is not a Hatha Yoga session *per se*. Not suitable for newcomers.

Dhyana Yoga course 1/22: provisionally planned for Sundays 23rd January, 6th and 20th February and is now open for booking, see [here](#). Open to all including returning students but numbers will be capped.

3. Meditation & OM Healing sessions at the TS

Dhyana practice: in lieu of the scheduled Open Forum on Zoom, there will be an experimental in-person session at 50 Gloucester Place on Friday 10th December 7pm - 9pm. This class will consist of a reading followed by two periods of silent meditation; aimed primarily at beginners but open to all existing members/subscribers. Numbers will be capped at 15 and all places must be pre-booked by email at bookings@dhyanacentre.org.

OM Healing remains suspended.

4. Online practice sessions via Zoom (Tuesday and Friday @ 7pm, Sundays @ 10am)

New Year dhyana retreat: Sunday 2nd January 10am - 1pm. An opportunity for longer periods of silent meditation as part of a drop-in retreat on Zoom. Come and go as you please or settle in for the duration, it's up to you. No booking required, open to all existing members/students.

Online sessions are taking place every Tuesday and Friday evening and every Sunday morning (unless there is a course or other session at 50 Gloucester Place). There is an up to date schedule on the [calendar webpage](#) or the details can be seen on the Centre's [activities calendar](#).

All these sessions are open to DC members, associates and current students, no booking is required, just use the link: <https://us02web.zoom.us/j/5264467923> (there is no passcode but the waiting room will apply).

Sessions last 1 hour or slightly longer. The Open Forum consists of a yogic reading (currently from "Conscious Immortality") 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.

PLEASE NOTE: if you miss the start time for a Zoom session, it is perfectly OK to join later, you will not disturb anybody, but just be aware that you will be joining in the middle of a silent meditation so stay muted and settle in as quickly as you can. Secondly, I have had a few gate-crashers in these sessions but they don't get into the actual meditation because I do not let them get further than the Zoom waiting room. If I don't know who the person seeking admittance is I will not let them access the session. But there's a down-side to this: it's up to you to ensure that your

Zoom profile displays a name that I recognise when you sign on. If that is not possible for any reason, you need to email me and tell me in advance otherwise you too will get stuck in the waiting room...

Finally, can I also take this opportunity to emphasise that these sessions are all classes ie. teaching sessions not just group meditations. As such, it is my normal didactic practice to select certain individuals afterwards to ask about their meditation and then use this interaction to bring out teaching points for the benefit of all those present. This is not an attempt to pry where it is not wanted: if you would rather not discuss anything, you should just say "Pass" and I will pass you by, in the same way that I do with in-person sessions at the TS. Alternatively, keep your video off and I will ignore you on the assumption that you just wish to listen but not participate.

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

Friday, 26 November
7:00pm Open forum on Zoom
Sunday, 28 November
10:00am Extended practice on Zoom
Tuesday, 30 November
7:00pm Dhyana on Zoom
Friday, 3 December
7:00pm Extended practice on Zoom
Sunday, 5 December
10:00am Mudras & Pranayama workshop (on Zoom)
Tuesday, 7 December
7:00pm Dhyana on Zoom
Friday, 10 December
7:00pm Dhyana practice (50 GP)
Sunday, 12 December
10:00am Extended practice on Zoom
Tuesday, 14 December
7:00pm Dhyana on Zoom
Friday, 17 December
7:00pm Extended practice on Zoom
Sunday, 19 December
10:00am Dhyana on Zoom
Tuesday, 21 December
7:00pm Dhyana on Zoom
Friday, 24 December
7:00pm Open forum on Zoom
Sunday, 26 December
10:00am Extended practice on Zoom
Tuesday, 28 December
7:00pm Dhyana on Zoom
Friday, 31 December
7:00pm Extended practice on Zoom