

From: Dhyana Centre info@dhyanacentre.org
Subject: Dhyana Centre programme for August
Date: 25 July 2022 at 9:21 am
To: Dhyana Centre info@dhyanacentre.org



Dear Centre 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...

- ***Next introductory course at 50 Gloucester Place will start on Sunday 18th September***
- ***The weekly schedule on Zoom will continue throughout the summer holiday period***

1. Meditation courses

Dhyana Yoga course 3/22 will take place at 50 Gloucester Place on **Sundays 18th September, 2nd & 16th October**, details can be seen at www.dhyanacentre.org/calendar/#courses, now open for booking.

It is hoped that two full courses will take place at 50 Gloucester Place during the autumn; the dates of the second have not yet been set but should be in late October and November.

2. Meditation & OM Healing sessions at the TS

OM Healing remains suspended because it is assessed as a potential Covid super-spreader, and will not resume unless/until there has been a major improvement in the Covid situation in London. In-person meditations at 50 Gloucester Place have also ceased for the time being in favour of the more popular online classes and this will continue for the foreseeable future (the only sessions due to take place at the TS are introductory courses).

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

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 normally 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 the following...

a) 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.

b) due to the fact that details of these sessions are published on the internet, I have had several attempted gate-crashers 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 downside 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...

c) finally, can I emphasise that these sessions are all classes ie. teaching sessions not simply 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

Tuesday, 26 July
7:00pm Dhyana on Zoom
Friday, 29 July
7:00pm Open forum on Zoom
Sunday, 31 July
10:00am Extended practice on Zoom
Tuesday, 2 August
7:00pm Dhyana on Zoom
Friday, 5 August
7:00pm Extended practice on Zoom
Sunday, 7 August
10:00am Dhyana on Zoom
Tuesday, 9 August
7:00pm Dhyana on Zoom
Friday, 12 August
7:00pm Open forum on Zoom
Sunday, 14 August
10:00am Extended practice on Zoom
Tuesday, 16 August
7:00pm Dhyana on Zoom
Friday, 19 August
7:00pm Extended practice on Zoom
Sunday, 21 August
10:00am Dhyana on Zoom
Tuesday, 23 August
7:00pm Dhyana on Zoom
Friday, 26 August
7:00pm Open forum on Zoom
Sunday, 28 August
10:00am Extended practice on Zoom
Tuesday, 30 August
7:00pm Dhyana on Zoom