

From: Dhyana Centre info@dhyanacentre.org
Subject: New Dhyana Centre venues & programme for September
Date: 25 August 2023 at 9:32 am
To: Dhyana Centre info@dhyanacentre.org



Dear DC visitors & enquirers,

We now have only two sessions remaining at 50 Gloucester Place:- the Mudras & Pranayama workshop this coming **Sunday 27th** and the meditation class on **Tuesday 29th**, after which the building will close permanently while it is being prepared for sale. However I am pleased to be able to inform you that Dhyana Centre in-person sessions will continue in central London from September without any disruption, as part of our normal thrice-weekly schedule.

New venues: over the last two months, I have researched and reviewed over thirty different new venues in inner London, all either established spiritual centres, holistic/healing clinics or church/community halls. My main aim has been to keep DC activities within the West End locality that we have been familiar with for more than three decades but the problem has been finding any one venue that can accommodate all three of the DC's functions ie. OM Healing chant (where we make a lot of noise), silent meditation (where we need uninterrupted quiet) and beginners' courses (a quiet location on a Sunday morning). To date, I have not found any one place that can handle all this satisfactorily, although I am keeping my eyes open for the future.

However, I have come up with a shortlist of excellent venues and we will be trialling three of them over the next four months, from which I hope some permanent arrangements will emerge. Having had our own home, so to speak, at 50 Gloucester Place it is going to feel very different hiring someone else's premises and conforming to other people's rules and regulations; some minor adjustments will be necessary (such as new set-up timings, limited storage availability, prohibitions on candles and incense). We will also need to be adaptable regarding days of the week; but since I know that some DC regulars find the current Tuesday evenings inconvenient, I am pleased now to be able to offer Fridays as well, both for meditation and for OM Healing.

I am confident that we will all quickly habituate to the new environments. Indeed I view all this change very positively, as a new door opening rather than just an old door closing. Please bear in mind that all these venues are part of a trial - both us of them and them of us - and I will be looking to make longer-term plans in the New Year depending on how we progress up till Christmas. You will all have the opportunity to provide feedback.

The three venues we will be trialling are as follows:-

1. [Rudolf Steiner House](#), 35 Park Road, Marylebone NW1 6XT (Tuesdays)

A well-known and established spiritual base five minutes walk north from Baker Street tube. We will be doing OM Healing here monthly 7pm - 9pm on Tuesdays with effect from 12th September.

2. [Essex Unitarian Church](#), 112 Palace Gardens Terrace, Notting Hill Gate W8 4RT (Fridays)

A long-established spiritual and community centre, three minutes walk from Notting Hill Gate tube. Meditation will be here on alternate Friday evenings 7pm - 9pm from 22nd September, and OM Healing monthly on Fridays alternating with the Tuesdays at Rudolf Steiner House.

3. [St. Mary's RC Primary School](#), 7 St. Joseph's Street, Battersea SW8 4EN (Sundays, provisional)

A modern and well-appointed school, a calm and peaceful space on weekends; excellent for public transport including Northern line tube. We have been offered use of the facilities for courses on Sunday mornings and, subject to confirmation by the school's Diocesan governors, I plan to run the first course there in October/November.

All these venues are well-placed for public transport as well as having car parking available locally in the evenings or Sundays. Please click on the above links or go to the [Venues page](#) of the DC website where more details and maps can be seen.

Open Forum tonight: in the Zoom session this evening @ 7pm (<https://us02web.zoom.us/j/526446792>), after the usual reading and 20 minute meditation, I shall be using the opportunity to expand upon all these new arrangements and am happy to discuss anything related to the new venues. Please come along if you want to listen in or participate, no booking is required.

Website revamped www.dhyanacentre.org: the DC website has also been updated and pruned and the new version went live last night. You should spot the distinctive new green header; if your version is still showing the old blue banner, you need to refresh your browser...

Please do bear in mind that with multiple venues and different days/dates, it will be easy to make mistakes so it is

imperative to check the schedule on the website to ensure you have the correct information before you make plans or travel. The most important page to bookmark is the weekly activities table on the Calendar page: <https://www.dhyanacentre.org/calendar/#weekly> which has details of all functions of any type for the next two weeks. This table is always accurate and up to date and you can rely upon it.

Now for the rest of the programme...

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 workshop: Sunday 27th August, still open for [booking](#).***
- ***Final session at 50 Gloucester Place: meditation Tuesday 29th August 7pm - 9pm***
- ***No DC session of any type on Sunday 10th September***
- ***OM Healing; Tuesday 12th (Rudolf Steiner House) and Friday 29th (Essex Church); NOT open to newcomers***
- ***Meditation class: Friday 22nd September (Essex Church)***

N.B. An email confirmation regarding the OM Healings will be sent out to all subscribers on Friday 8th September.

1. Meditation courses: Sundays

Dhyana Yoga course 4/23 will hopefully take place over three Sunday mornings in late October/November at St. Mary's, Battersea. Details will be published on the DC website when confirmed.

2. OM Healing: 7pm - 9pm Fridays or Tuesdays, twice monthly

OM Healing is continuing twice per month on either Fridays or Tuesdays 7pm - 9pm. The format has changed slightly from that at 50 Gloucester Place, in that we have less time for the whole session. Doors will open for set-up at 7pm and the briefing for newcomers will start at 7.15pm. The actual chant will follow this for 45 minutes and will finish with a period of 15 minutes meditation without any sort of break.

The next sessions planned are **Tuesday 12th September** @ Rudolf Steiner House, and **Friday 29th September** @ Essex Church.

OM Healing first timers: PLEASE NOTE that these two initial sessions, being trials at new venues, are open only to those who have previously attended OM Healing at 50 Gloucester Place as we will not have time for a newcomers' briefing. First-timers should wait for October when they will be welcome as usual.

3. In-person meditation classes: Fridays 7pm - 9pm, twice monthly

Trial sessions will take place at Essex Church fortnightly starting from **Friday 22nd September**. These classes consist of two periods of silent meditation: doors open for set-up at 7pm, a 25 minute period will start at 7.15pm followed by feedback and discussion; then after the break at 8pm, a 40 minute meditation. Both periods are open without booking to all Centre members and existing students (ie. not for newcomers). It is possible either to leave or arrive during the halfway break at 8pm.

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

PLEASE NOTE that there will be no session of any type on **Sunday 10th September**.

Online sessions are taking place every Tuesday and Friday evening and every Sunday morning unless there is a course or other in-person session. There is an up to date schedule on the [Calendar webpage](#) or the details can be seen on the Centre's [Google 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", talks with Sri Ramana Maharshi) 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, and are intended to complement the teaching that I provide in-person on the introductory courses. 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, 25 August

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

Sunday, 27 August

10:30am [Mudras & Pranayama @ TS](#)

Tuesday, 29 August

7:00pm [Meditation @ TS](#)

Friday, 1 September

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

Sunday, 3 September

10:00am [Extended practice on Zoom](#)

Tuesday, 5 September

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

Friday, 8 September

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

Sunday, 10 September

[No DC session]

Tuesday, 12 September

7:00pm [OM Healing: Steiner House](#)

Friday, 15 September

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

Sunday, 17 September

10:00am [Extended practice on Zoom](#)

Tuesday, 19 September

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

Friday, 22 September

7:00pm [Meditation: Essex Church](#)

Sunday, 24 September

10:00am [Extended practice on Zoom](#)

Tuesday, 26 September

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

Friday, 29 September

7:00pm [OM Healing: Essex Church](#)
