



DEEP SPRING CENTER



September – December 2010: Classes and Programs

The foundation of our meditation program is Insight Meditation (Vipassana). It is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, focused awareness. It allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of negativity, self-centeredness, and confusion; it opens our heart to deeper wisdom and compassion. This process of opening, compassionately and non-judgmentally to ourselves, moves from the sitting period to the whole of our lives. We balance insight practice with lovingkindness and a deepening awareness of our true nature, which is eternal and present *now*. Although the practices are derived from Buddhist teachings, no special religious beliefs are necessary. We also work with other forms of meditation that nurture non-dual awareness and open the heart.

Many classes/programs have a building fee, which goes directly to support the rental and operation of the facility. ***No one will be denied participation for financial reasons.*** All Deep Spring teachers offer their time on a *dana* basis, joyfully sharing the teachings. Your free-will offerings to the teachers are welcomed.

Level 1: For those new, or fairly new, to insight (Vipassana) practice.

Level 2: Focusing on meditators who have some level of insight practice experience and may have attended a retreat or two.

Level 3: Designed for students who have a significant commitment to their meditation and find that insight practice has become an integral part of life.

For complete class-level descriptions, visit www.deepspring.com under **Classes, Programs and Workshops**.

* Classes at DSC *

Complete descriptions and online registration for Deep Spring classes and programs are available at www.deepspring.org. Registration can also be done online. Please include class/building fee, contact information—name, address, phone, email—and the class/program name to DSC. Registration handled by another organization/individual will be so noted in the description.

Mindfulness of the Dhammas

Ann Barden

Level 2 – Continuing

Offered as *dana* to both the teacher and Deep Spring Center. Pre-registration required.

Class held at: **Newport West Clubhouse** – 2200 Spruceway Lane, Ann Arbor, MI 48103

In the Satipatthana Sutta, the Buddha introduced the four frames of reference, the Four Foundations within which we practice mindfulness. This class is appropriate for those who have at least beginning meditation instruction and may be encountering these teachings for the first time. Also appropriate for intermediate students who wish to review the teaching. For information and questions, contact Ann Barden at 734.994.1026.

Wednesday 5 sessions

7:30 pm – 9/8, 15, 22
9:00 pm 9/29, 10/6

Introduction to Meditation Workshop

DSC Teachers (see below)

Level 1 – Beginning level (no experience necessary) or reviewing basic instructions

\$20 (building fee) for each session with an opportunity to offer *dana* for the teacher.

Pre-registration requested, but walk-ins welcome.

Wear comfortable clothes; cushions and chairs provided. For more information about content, contact the teachers listed.

Saturday 1 session

9:00 am – 10/16
12:00 noon

1:00 pm – 11/13
4:00 pm

October 16 – Mary Grannan, 734.453.8915, and partner

November 13 – Julie Wolcott and Lisa Zucker, 734.662.7793

December 4 – TBA

1:00 pm – 12/4
4:00 pm

Thursday Continuing Meditation Practice/Study Group:

Insight Practice Progression and Sutta Study

David Lawson

Level 3 – Continuing – Long-Term Class

\$56 (building fee) with an opportunity to offer *dana* to the teacher. Pre-registration required.

We will continue our in-depth study of the four mindful abidings recommended in meditation practice by the Buddha for the development of the “direct path to realization.” This is the eighth series in a long-term practice/study group that will run at least through the middle of 2011. For information and questions, contact David Lawson at 734.662.8317.

Thursday 8 sessions

7:00 pm – 9/9, 23,
9:00 pm 10/7, 21,
11/4, 18,
FULL 12/2, 16

Deepening Practice and Dharma Insight**Barbara Brodsky and Frank Levey***Level 2/3 – Continuing – Open to anyone beyond level 1 who has, or aspires to, a daily practice.*\$56 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.

The class will sit together each class, and then go around to each member to hear what has been happening in practice during the preceding two weeks. Questions will be addressed. Class members will have a “Dharma Buddy” with whom they will talk between class meetings. Teachers will likely suggest some reading based on the directions the discussions are taking. The hope is to develop a mini-sangha for discussing and deepening practice. For information and questions, contact Barbara Brodsky at bbrodsky@deepspring.org or Frank Levey at franklevey@hotmail.com.

Wednesday**8 sessions**6:30 pm –
9:00 pm9/8, 22
10/6, 20
11/3, 17
12/1, 15*** Classes Registered Outside of DSC *****Beginning Insight Meditation****Lisa Zucker and Julie Wolcott***Level 1 – Beginning*

\$49 (\$59 outside AA school district). Held at Stone School Media Center.

Insight Meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. Designed for students new to insight meditation and anyone who would like to review the basics. For more information about class content please contact Lisa Zucker at 734.662.7793.

For registration, see www.aareced.com or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.

Wednesday**5 sessions**7:00 pm –
8:30 pm9/29, 10/6
10/13, 20
10/27**Beginning Insight Meditation****Mary Grannan and Peg Tappe***Level 1 – Beginning*

\$49 (\$59 outside AA school district). Held at Deep Spring Center.

You can learn to calm your mind, the focus of this class. Perhaps, as this new skill develops, things will seem different. New insights can change your life. For more information about class content, contact Mary Grannan at 734.453.8915 or Peg Tappe at 734.662.3419.

For registration, see www.aareced.com or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.

Thursday**5 sessions**9:30 am –
11:00 am9/23, 30
10/7, 14
10/21**Beginning Insight Meditation****Lisa Zucker and Julie Wolcott***Level 1 – Beginning*

\$49 (\$59 outside AA school district). Held at Stone School Media Center.

Insight Meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes as a path to freedom. Designed for those new to insight meditation and anyone who would like to review the basics. For more information about class content, please contact Lisa Zucker at 734.662.7793.

For registration, see www.aareced.com or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.

Wednesday**5 sessions**7:00 pm –
8:30 pm11/3, 10
11/17
12/1, 12/8*No class
11/24***Beginning Insight Meditation****Mary Grannan and Peg Tappe***Level 1 – Beginning*

\$49 (\$59 outside AA school district). Held at Deep Spring Center.

The focus of the class is on learning to calm the mind. As this new skill develops, things will likely seem different. The new insights can change one’s life. For more information about class content, contact Mary Grannan at 734.453.8915 or Peg Tappe at 734.662.3419.

For registration, see www.aareced.com or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.

Thursday**5 sessions**9:30 am –
11:00 am11/4, 11
11/18,
12/2, 12/9*No class
11/25*

<p>It's All In Your Mind, Or Is It? Mindfulness On and Off the Cushion Erica Dutton and Mary Grannan <i>Level 2 – Continuing</i> \$59 (\$69 outside AA school district). Held at Deep Spring Center. Focusing on deepening mindfulness practice by being aware of the body, mind, feelings, and the world around us. Open to meditation students who are familiar with Vipassana meditation and ready to develop a regular meditation practice. For more information about class content, contact Erica Dutton at 734.677.3056 or Mary Grannan at 734.453.8915. For registration, see www.aareced.com or contact Adult Enrichment, Community Rec & Ed, at 734.994.2300, ext. 53203.</p>	<p>Saturday</p> <p>11/6, 13 11/20, 12/4 12/11, 18</p> <p><i>No class 11/27</i></p>	<p>6 sessions</p>
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* Drop-in Programs *

<p>Tuesday Morning Group Meditation <i>All levels of meditators are welcome!</i> Offered as <i>dana</i>; donations to DSC appreciated. Sitting meditation to start the day. Please enter and depart in silence. (No instruction provided.) For more information, contact Bilha at 734.369.3256 or ybrivlin@comcast.net.</p>	<p>Tuesday</p> <p>6:30 am – 7:15 am</p>	<p>Weekly</p>
<p>Healing Circle <i>All are welcome! No experience necessary</i> Offered as <i>dana</i>. We will circle together and then offer or receive the loving touch of health and wholeness. Join us whenever you can. For information contact DSC at 734.477.5848.</p>	<p>Tuesday</p> <p>12 noon – 1:00 pm</p>	<p>Weekly</p>
<p>Yoga Postures with Optional Lunch <i>All are welcome! No experience necessary</i> Offered as <i>dana</i>. Class is taught by DSC experienced yogis: sitting meditation, yoga postures and relaxation. If possible, please bring a mat and/or blanket to class. For more information, contact Diane Kimball at 734.327.9416. <i>Note: Optional lunch after class: bring your own and we'll spread a blanket and have a picnic.</i></p>	<p>Wednesday</p> <p>10:30 am – 12 noon</p>	<p>Weekly</p>
<p>Wednesday Lunch <i>All are welcome!</i> Join us for sharing and enjoying the friendship of our sangha community. We gather every Wednesday for a picnic lunch: bring a bag lunch or buy nearby. If interested (not required), a yoga class precedes the lunch. (See above.)</p>	<p>Wednesday</p> <p>12 noon – 1:00 pm</p>	<p>Weekly</p>
<p>Evenings with Aaron Barbara Brodsky and Aaron <i>All are welcome! No experience or registration necessary</i> Offered as <i>dana</i>. Open session with Aaron and Barbara. Aaron gives a talk, followed by a short social break; he will then answer questions. <i>December is Christmas stories.</i></p>	<p>Wednesday</p> <p>7:30 pm – 9:30 pm</p>	<p>9/15, 10/27 11/10, 12/8</p>
<p>Sunday Morning Group Meditation <i>All are welcome!</i> Offered as <i>dana</i>; donations to DSC appreciated. Sitting meditation from 10:00 – 11:00 a.m. followed by a half hour of mindful sharing.</p>	<p>Sunday</p> <p>10:00 am – 11:30 am</p>	<p>Weekly</p>

* Day-Long Programs *

<p>Meditation: Day of Practice Carol Blotter <i>All levels</i> \$30 per day paid to Michigan Friends Center; no one denied participation for financial reasons. An opportunity to offer <i>dana</i> to the teacher. Held at Michigan Friends Center in Chelsea. Includes brief meditation instructions, sitting and walking meditation, a dharma talk and, if requested, private interviews with a teacher. Please bring your own lunch. All proceeds above expenses benefit Michigan Friends Center and Deep Spring Center, two non-profit organizations. For more information or to register, contact Carol at 734.475.0942 or cb.meditate@gmail.com</p>	<p>Saturdays or Sundays as scheduled</p> <p>9:00 am – 4:30 pm</p> <p>Check-in starts 8:30 am</p>	<p>Sun., 9/12 Sun., 10/10 Sun., 11/21 Sat., 12/18</p>
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Dana (pronounced “dah-na”) is a Pali word meaning “gift” or “giving” and is closely related to the virtue of generosity. Dana is a purely volitional act of giving in which we develop our ability to let go, convey our compassion and caring, demonstrate our commitment, and acknowledge our interdependence and connectedness.

Meditation Retreats

A meditation retreat is a wonderful opportunity to experience our own inner being while sharing in the support of others. Mindfulness throughout the day will be a focus, with alternating periods of sitting and walking practice. Retreats will be held in **silence**, with instructions, evening talks, optional group meetings and private interviews with the teachers. This kind of retreat may not be appropriate for all people. If you have concerns about your emotional stability under the pressures of a deeply introspective meditation experience, please discuss your concerns with a Deep Spring teacher prior to registering. Teachings are offered on a *dana* basis. If finances are a concern, please let us know.

✳ Deep Spring Center Retreats ✳

Register for DSC retreats online at www.deepspring.org or mail the full fee or a deposit of 50% (check payable to Deep Spring Center) to Mary Gliedt, 495 Village Oaks Ct., Ann Arbor, MI 48103. Identify the retreat (name and dates) and include your name, mailing address, phone number and email address with your registration. Your payment/deposit is refundable up to one month prior to the retreat, after which it is refundable only if someone is on the waitlist who can take your place. A \$25 cancellation fee will be assessed. *Note:* Registration requirements and refund policies that differ from the above will be so stated in the retreat description. For more information, contact Mary or Terry Gliedt at 734.369.2628 or retreat@hps.com.

DSC Fall Vipassana Retreat

Practicing Vipassana and Dependent Origination

Barbara Brodsky, John Orr and Aaron

Open to all meditators who have completed a beginner's series of classes and are ready for the next level of instruction, and beyond.

\$140 paid in full by October 1, \$165 after October 1, includes lodging and meals. (Retreatants share responsibilities for providing meals; arrangements will be made in advance, 2-3 people per meal.) Estimated out-of-pocket expense is \$20 for meals.

In practice, we note that objects arise and pass away, are impermanent and empty of a separate self. What does this really mean? How does a deeper understanding of these truths give us more freedom in our lives? The Buddha's teaching of Dependent Origination helps us to see both the arising of suffering and freedom from it. During this weekend retreat, we will break down this important teaching in such a way that participants will be able to understand and see this chain of events with more clarity. This seeing illuminates our experience so that we can make skillful choices in our lives based on clear seeing of the present moment. The weekend will focus on practice and silence, with morning and afternoon instruction periods and discussion.

Aaron's book *No Chain At All* is recommended reading in preparation for the weekend, to familiarize participants with the terms we will be using.

Howell **Oct. 22–24**
Conference and
Nature Center
near
Brighton, MI

✳ Non-DSC Retreats with Barbara ✳

To register or for more information, see contacts listed below.

Durham Area Vipassana Retreat

Barbara Brodsky, John Orr and Aaron

Residential retreat. For more information contact John Orr, 919.286.4754/bodhi@duke.edu

Durham, NC **Nov. 12–14**

Seattle Area Vipassana Retreat

Barbara Brodsky and Aaron

Nonresidential retreat. For more information contact Doron Weisbarth, 206.524.8488/Doron@weisbarth.com

Seattle, WA **Nov. 19–20**