



DEEP SPRING CENTER



Spring/Summer 2011: 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.

To mail in, 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.

Transformational Breath Class for Meditators

Thursday 4 sessions

Lisa Zucker and Frank Levey

All Levels

\$28 (building fee) with an opportunity to offer *dana* to the teacher. Pre-registration required.

7:00 pm – 6/9, 16

This series for experienced meditators will include facilitated breath sessions of 40 minutes or more, along with full integration and periods of silent meditation in each class. Transformational Breath is a self-healing modality. For information and questions, contact Lisa Zucker at 734.662.7793 or Frank Levey at franklevey@hotmail.com.

9:00 pm 6/23, 30

Introduction to Meditation Workshop

Saturday 1 session

DSC Teachers (see below)

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

1:00 pm – 5/7, 6/11

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

4:00 pm 7/9, 8/13

Pre-registration requested, but walk-ins welcome.

Wear comfortable clothes; cushions and chairs provided.

For information and questions, contact Ann Barden, 734.994.1026

Thursday Continuing Meditation Practice/Study Group:

Thursday 5 sessions

Insight Practice Progression and Sutta Study

David Lawson

Level 2/3 – Continuing – Long-Term Class

7:00 pm – 4/14, 28

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

9:00 pm 5/12, 26

We will continue our in-depth study of the four mindful abidings recommended in meditation

FULL

practice by the Buddha for the development of the “direct path to realization.” For information and questions, contact David Lawson at 734.662.8317.

6/2

Deepening Practice and Dharma Insight

Wednesday 5 sessions

Barbara Brodsky and Frank Levey

Level 2/3 – Continuing – Open to anyone beyond level 1 who has, or aspires to, a daily practice.

6:30 pm – 4/6, 4/20

\$35 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.

9:00 pm 5/4, 18

The class will sit together with each member sharing what has happened during the preceding two

6/1

weeks. Questions will be addressed. For information and questions, contact Barbara Brodsky at

bbrodsky@deepspring.org or Frank Levey at franklevey@hotmail.com.

Six Months to Live: Befriending Our Fears of Death**Mary Grannan and David Lawson****All Levels**\$63 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.

This is a six-month long workshop based loosely on the work of Stephen Levine, and has been shown to be very effective in releasing such long-held fears. There will also be specially-designed field visits. For more information or questions, contact Mary Grannan at 734.453.8915 or David Lawson at 734.662.8317.

Saturday 9 sessions

10:00 am – 4/9, 30
 Noon 5/7, 14, 21
 6/4, 11, 18, 25

FULL**The Four Noble Truths****Ann Barden****Level 2/3 – Continuing***Dana* for teacher and Deep Spring center. Held at Newport West Clubhouse.

Pre-registration required.

This class is for those experienced in meditation. While we will be meditating as part of this class, there will be instruction for beginners as part of the class. For more information or questions contact Ann Barden at 734.994.1026 or bardena@comcast.net.

Wednesday 5 sessions

6:30 pm – 5/11, 18, 25
 9:00 pm 6/1, 8

*** Classes Registered Outside of DSC ***

Beginning Insight Meditation**Mary Grannan****Level 1 – Beginning**

\$59 Held at Deep Spring Center.

Meditation is a valuable tool to have in these days of hectic activity and disturbing news. It can help you learn to calm your mind and lead you to new ways of experiencing your life.

For information and questions contact 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.

Tuesday 6 sessions

9:30 am – 4/19, 26
 11:00 am 5/3, 10
 5/17, 24

Beginning Insight Meditation**Erica Dutton****Level 1 – Beginning**

\$59 Held at Deep Spring Center.

Insight meditation is a simple, direct practice of moment-to-moment awareness of body and mind. Instruction will be provided without a religious context and with special attention to support practices that can be done at home and work. For information and questions contact Erica Dutton at 734-417-4385.

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

Saturday 6 sessions

1:00 pm – 4/23, 30
 3:00 pm 5/14, 21,
 6/14

Beginning Insight (Vipassana) Meditation**Frank Levey and Lisa Zucker****Level 1 – Beginning**

\$59 Held at Deep Spring Center.

Insight Meditation is an ancient and profound practice of moment-to-moment awareness of mind/body processes. Proper application of these practices has the potential to reduce stress and improve the quality of your life. For information and questions contact Frank Levey at franklevey@hotmail.com or 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.

Thursday 6 sessions

7:00 pm – 7/7, 14
 9:00 pm 7/21, 28
 8/4, 11

* Drop-in Programs *

Tuesday Morning Group Meditation

All levels of meditators are welcome!

Offered as *dana*; 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.

Tuesday **Weekly**

6:30 am –
7:15 am

Healing Circle

All are welcome! No experience necessary.

Offered as *dana*. 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.

Tuesday **Weekly**

12 noon –
1:00 pm

Yoga Postures with Optional Lunch

All are welcome! No experience necessary.

Offered as *dana*. 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 or Dorothy Ann Coyne at 734.930.0192.

Note: Optional lunch after class: bring your own or buy nearby and we'll spread a blanket and have a picnic.

Wednesday **Weekly**

10:30 am –
12 noon

12 noon –
1:00 pm

Lunch

Evenings with Aaron

Barbara Brodsky and Aaron

All are welcome! No experience or registration necessary.

Offered as *dana*. Open session with Aaron and Barbara. Aaron gives a talk, followed by a short social break; he will then answer questions.

Wednesday

7:30 pm –
9:30 pm

5/25

Friday Morning Group Meditation

All levels of meditators are welcome!

Offered as *dana*; donations to DSC appreciated. Sitting meditation to start the day. Please enter and depart in silence. (No instruction provided.)
For more information, contact Sandy at 734.834.6078 or anorton@emich.edu.

Friday **Weekly**

6:30 am –
7:15 am

Sunday Morning Group Meditation

All are welcome!

Offered as *dana*; donations to DSC appreciated. Sitting meditation from 10:00 – 11:00 a.m. followed by a half hour of mindful sharing.

Sunday **Weekly**

10:00 am –
11:30 am

* Day-Long Programs *

Meditation: Day of Practice

Carol Blotter

All levels

\$30 per day paid to Michigan Friends Center; no one denied participation for financial reasons. An opportunity to offer *dana* to the teacher. Held at Michigan Friends Center in Chelsea. Includes brief meditation instructions, sitting and walking meditation, a dharma talk and, if requested, a private interview 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.meditation@gmail.com

**Saturdays or Sundays
as scheduled**

9:00 am –
4:30 pm

Sun., 5/1

Sun., 6/12

Check-in starts
8:30 am

Sun., 7/24

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.

No-Frills Vipassana Retreat at Howell Nature Center

Continuing level

\$145 includes lodging only. A low-cost, silent retreat in a lovely retreat center and setting. Retreatants share responsibilities for providing meals; arrangements will be made in advance. Estimated out-of-pocket expense for meals is \$20. Since **there will be no teacher**, retreatants are required to have a stable practice and to have attended at least three teacher-led residential retreats, or receive permission from a DSC teacher. For more information contact DSC at 734.477.5848.

**Howell,
MI**

April 15–17

DSC Summer 2011 Retreat

Wisdom and the Open Heart

Barbara Brodsky, John Orr, Peg Tappe and Aaron

All levels

\$425 for 6 days and \$225 for 2 nights (3 days); includes meals and lodging. A \$25 discount if registration with full payment is received by May 21. Tenting is an option. The retreat will be held in noble silence, with instructions for beginning and advanced meditators. Evening talks, optional group meetings and private interviews with teachers. Mindfulness throughout the day will be the intention, with alternating periods of sitting and walking practice.

**Emrich Center
Brighton, MI**

**June 18–24
or
June 18–20
(2 nights)**

* Non-DSC Retreats with Barbara *

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

Non-Residential Retreat – Seattle, WA

Barbara Brodsky and Aaron

For more information and registration contact: Doron, 206.524.8488 or doron@Weisbarth.com.

Seattle, WA

**April
16–17**

Emerald Isle

Barbara Brodsky, John Orr and Aaron

For more information contact: John Orr at john@newhopesangha.com or Barbara Brodsky at bbrodsky@deepspring.org.

Durham, NC

**April
23–30**

Stone House – Durham, NC

Barbara Brodsky, John Orr and Aaron

Commuter or residential. Open to all levels. For more information contact: john@newhopesangha.com, [mailto: nhsx@newhopesangha.com](mailto:nhsx@newhopesangha.com), newhopesangha.com

Durham, NC

**June
3–5**