



DEEP SPRING CENTER



January – May 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.

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| <p>Transformational Breath Class for Meditators Lisa Zucker and Frank Levey <i>Level 2/3 – Continuing</i> \$28 (building fee) with an opportunity to offer <i>dana</i> to the teacher. Pre-registration required. 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.</p> | <p>Thursday 4 sessions</p> <p>7:00 pm – 1/13, 1/27 9:00 pm 2/10, 2/24</p> |
| <p>Introduction to Meditation Workshop DSC Teachers (see below) <i>Level 1 – Beginning level (no experience necessary) or reviewing basic instructions</i> \$20 (building fee) for each session with an opportunity to offer <i>dana</i> for the teacher. Pre-registration requested, but walk-ins welcome. Wear comfortable clothes; cushions and chairs provided. For information and questions, contact the teachers listed. January 22 – Erica Dutton, 734.417.4385 March 5 – Time and teacher to be announced May 7 – Ann Barden, 734.994.1026</p> | <p>Saturday 1 session</p> <p>1:00 pm – 1/22 4:00 pm</p> <p>TBA 3/5</p> <p>1:00 pm – 4:00 pm 5/7</p> |
| <p>Thursday Continuing Meditation Practice/Study Group: Insight Practice Progression and Sutta Study David Lawson <i>Level 2/3 – Continuing – Long-Term Class</i> \$77 (building fee) with an opportunity to offer <i>dana</i> 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.” For information and questions, contact David Lawson at 734.662.8317.</p> | <p>Thursday 11 sessions</p> <p>7:00 pm – 1/20; 2/3, 17 9:00 pm 3/3, 17, 31 4/14, 28; FULL 5/12, 26; 6/2</p> |
| <p>Deepening Practice and Dharma Insight Barbara Brodsky and Frank Levey <i>Level 2/3 – Continuing – Open to anyone beyond level 1 who has, or aspires to, a daily practice.</i> \$70 (building fee) with an opportunity to offer <i>dana</i> for the teacher. Pre-registration required. The class will sit together with each member sharing what has happened during the preceding two weeks. Questions will be addressed. For information and questions, contact Barbara Brodsky at bbrodsky@deepspring.org or Frank Levey at franklevey@hotmail.com.</p> | <p>Wednesday 10 sessions</p> <p>6:30 pm – 1/26; 2/9, 23 9:00 pm 3/9, 23 4/6, 20 5/4, 18; 6/1</p> |

Being Spirit – The Spiritual Inquiry Teachings of Aaron**Anna Marie Henrich***All Levels*\$42 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.

You are on a journey to uncover the radiant Spirit that you are. Come find out who you really are, why we are here, and what you came to do during this time of Planetary Transition. Learn practice tools that help you walk the path, including Awareness, Sound Toning, and working with Crystals and Guides. The course is based primarily on the teachings of Aaron, the wise, loving and compassionate Being of Light channeled by Barbara Brodsky. For information and questions contact Anna Marie Henrich at spiritualinquiry@yahoo.com.

**Thursday –
Saturday****6 sessions**7:00 pm –
9:00 pmThursday
3/10, 24
4/7, 21; 5/51:00 pm –
5:00 pmSaturday
4/2

✳ Classes Registered Outside of DSC ✳

Introduction to Insight Meditation and Mindfulness Practices**Jim Whiteside and Lou Weir***Level 1 – Beginning*

\$49 (\$59 outside AA school district). Held at Slauson

Insight meditation and mindfulness are simple and direct practices for moment-to-moment awareness of mind/body processes. For information and questions contact Jim Whiteside at 734.995.0639 or Lou Weir at 734.663.1675.

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

Tuesday**5 sessions**7:00 pm –
9:00 pm1/18, 25
2/1, 8, 15**Beginning Insight Meditation****Mary Grannan***Level 1 – Beginning*

\$59 (\$69 outside AA school district). Held at Deep Spring Center.

You can learn to calm your mind. The focus of this class will be to develop this skill.

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 –
11:00 am1/25
2/1, 8
2/15, 22
3/1**Continuing Insight Meditation****Peg Tappe***Level 2 – Continuing*

\$59 (\$69 outside AA school district). Held at Deep Spring Center.

Are you curious about what comes next? Would encouragement and support help you maintain a regular practice? For information and questions contact 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**6 sessions**9:15 am –
11:00 am1/27
2/3, 10
2/17, 24
3/3**Six Months to Live: Befriending Our Fears of Death****Mary Grannan and David Lawson***All Levels Welcome*

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

The class will explore a variety of approaches to looking directly at fear of death, including powerful practices that provide insight and healing. The class will include specially designed field visits. For information and questions contact Mary Grannan at 734.453.8915 or David Lawson at 734.662.8317.

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

Saturday**5 sessions**10:00 am –
12 noon1/22
2/12, 26
3/12, 26**Hot Buttons and 4-Letter Words – Anger and Meditation Workshop****Erica Dutton and Lisa Zucker***Level 2/3 – Continuing*

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

The class focuses on deepening mindfulness practice by being aware of the body, mind, feelings, and the world around us. For information and questions contact Erica Dutton at 734.417.4385 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.

**Saturday/
Sunday****2 sessions**9:00 am –
4:00 pmSaturday
2/191:00 pm –
4:00 pmSunday
2/20

* Drop-in Programs *

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| <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 Weekly 6:30 am – 7:15 am</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 Weekly 12 noon – 1:00 pm</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 or Dorothy Ann Coyne at 734.930.0192. <i>Note: Optional lunch after class: bring your own or buy nearby and we'll spread a blanket and have a picnic.</i></p> | <p>Wednesday Weekly 10:30 am – 12 noon 12 noon – <i>Lunch</i> 1:00 pm</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.</p> | <p>Wednesday 7:30 pm – 3/16, 4/13 9:30 pm 5/25</p> |
| <p>Friday 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 Sandy at 734.834.6078 or anorton@emich.edu.</p> | <p>Friday Weekly 6:30 am – 7:15 am</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 Weekly 10:00 am – 11:30 am</p> |

* Day-Long Programs *

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| <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, 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</p> | <p>Saturdays or Sundays as scheduled 9:00 am – Sat., 2/5 4:30 pm Sat., 3/26 Check-in starts Sun., 5/1 8:30 am Sun., 6/12</p> |
| <p>Practice Intensive Susan Weir and Lou Weir <i>Level 2/3 – Continuing. Note: practice instructions will not be given.</i> Offered as <i>dana</i>; donations to DSC are appreciated. Pre-registration required. This week will involve a commitment to start each morning with group practice, focus on mindfulness and other practices during the day, check in daily with a partner, and sit on your own in the evening. Each person will make a commitment to come and sit together every morning at Deep Spring Center from 6:30 am to 7:30 am Monday through Friday, and attend the orientation Sunday night and the closing Saturday morning. We're looking to cultivate a retreat-like atmosphere during the week, "retreating" without leaving our jobs or routines. For more information or questions contact Lou at 734.657.1821 or louisweir@comcast.net.</p> | <p>Daily as scheduled 7 sessions Sun., 1/2 6:00 – 8:00 pm January 2–8 Mon. – Fri. 1/3 – 1/7 6:30 – 7:30 am Sat., 1/8 7:00 – 9:00 am</p> |

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.

Spring Vipassana Basics Retreat

Mary Grannan, Erica Dutton and Lisa Zucker

All levels—especially for first-time retreatants, beginners and anyone wanting the basics
\$180 for residential private room or \$155 for residential shared room (bed linens and towels provided); \$130 for *commuters*. \$20 discount if registration is paid in full by February 18. Those commuting must attend all sessions (Friday evening through Sunday afternoon), except for the early morning sittings. Held at the Rudolf Steiner House at 1923 Geddes Avenue.

Ann Arbor, MI **March 18–20**

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 18–21
(2 nights)

✧ Non-DSC Retreats with Barbara ✧

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

Senior Student Personal Meditation Retreat

Barbara Brodsky

For more information contact Dorothy Ann 734.930.0192 or mickeyda@sbcglobal.net.

Brooklyn, MI **March 12–18**