



DEEP SPRING CENTER



January – May 2012: 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 relatively 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.org under *Classes/Workshops, Drop-in Programs or Retreats*.

* 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.

Cosmic Healing – Section I – AM + PM

Barbara Brodsky, Anna Marie Henrich, and Aaron

Level 2 – Prerequisites: *Continuing class from Fall 2011. Those who have experience with Vipassana meditation and Aaron's teachings may apply to join this continuing class by contacting the teachers. This class is a required foundation for a second, deeper class coming in Fall 2012.*

\$96 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.

In her book, *Cosmic Healing*, Barbara Brodsky, candidly and with great heart shares her life story in a way that brings alive the variety of spiritual practices that have enabled her to let go of blockages and distortions in experiencing her spiritual essence and to open to deep levels of awareness, love, and wisdom. These practices include Vipassana and Pure Awareness Meditation, Working with Inner Guidance, and Supporting Changes in our physical and spiritual bodies, including release of karma, through work with body energy, chakras, the elements, sound and devotional Open Heart practices. Full description online. For information and questions, contact Anna Marie Henrich at SpiritualInquiry@yahoo.com.

Wednesday 12 sessions

9:30 am – noon **Mon. AM**
1/9, 2/6
3/5, 4/2
4/23, 5/21

7:00 pm – 9:30 pm **Wed. PM**
1/25, 2/22
3/21, 4/18
5/9, 6/6

Cosmic Healing – Section II – PM only

Barbara Brodsky, Anna Marie Henrich, and Aaron

Level 2 – Prerequisites: *Continuing class from Fall 2011.*

See complete description above for Section I.

Wednesday 12 sessions

7:00 pm – 9:30 pm
1/11, 1/25
2/8, 2/22
3/7, 3/21
4/4, 4/18
4/25, 5/9
5/23, 6/6

Cultivating a Daily Practice

Lisa Zucker

Level 2 – Continuing

\$64 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.

Cultivating a daily practice both on the cushion and off it; showing up for our lives with presence and kindness. We will be exploring the Noble Eightfold Path—the vehicle to end suffering. Full description online. For more information or questions, contact Lisa Zucker at 734.355.9282.

Thursday 8 sessions

7:00 pm – 9:00 pm
2/23, 3/8
3/22, 4/5
4/19, 5/3
5/17, 5/31

The Hungry Ghost Cafe
David Lawson
Level 2/3 – Continuing – Advanced
 \$96 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.
 Fall 2011 began a 3-year series of gatherings. As acknowledged hungry ghosts, we will practice learning how to answer our spiritual questions in the lowest of ways, without trying to transcend our experience. Over the course of the 3 years, we will work on feeding ourselves and others with that which is most nourishing and in learning how to recognize the various realms that we project onto our natural awareness. Full description online. For information and questions, contact David Lawson at 734.662.8317.

Thursday **12 sessions**
 7:00 pm – 1/12, 1/19
 9:00 pm 2/2, 2/16
 3/1, 3/15
 3/29, 4/12
 4/26, 5/10
 5/24, 6/7

Six Months to Live
Mary Grannan and Dorothy Ann Coyne
All levels – Beginning – Continuing – Advanced
 \$88 (building fee) with an opportunity to offer *dana* for the teacher. Pre-registration required.
 Discover how to befriend your fears of death and live with greater joy and presence in your life. Explore a variety of approaches to examine your fears of death. Includes powerful practices that provide insight and healing. Specially designed field visits are planned. For more information or questions, contact Mary Grannan at 734.453.8915 or Dorothy Ann Coyne at 734.355.1543.

Saturday **11 sessions**
 10:00 am – 1/21, 2/11
 noon 3/3, 3/17
 4/7, 4/21
 5/5, 5/12
 6/2, 6/9
 6/16

Introduction to Meditation Workshop
DSC Teachers (see below)
Level 1 – Beginning (no experience necessary) or reviewing basic instructions.
 \$24 (building fee) for each meeting with an opportunity to offer *dana* for the teacher.
 Pre-registration requested, but walk-ins welcome.
 An introduction to insight meditation; no experience necessary. Wear comfortable clothing; cushions and chairs provided. For information and questions, contact the teachers listed.

Saturday **As scheduled**
 9:00 am – 4/14
 noon
 1:00 pm – 2/11
 4:00 pm 5/12

February 11 – Erica Dutton, 734.417.4385 and Bilha Birman-Rivlin
April 14 – Terry Gliedt and TBA
May 12 – Jim Bier and TBA

Beginning Meditation
Mary Grannan
Level 1 – Beginning
 \$48 (building fee) with an opportunity to offer *dana* for the teacher.
 Meditation is a valuable tool for days of hectic activity and disturbing news. It can help calm the mind and lead to new ways of experiencing life. Full description online. For more information or questions, contact Mary Grannan at 734.353.8915.

Tuesday **6 sessions**
 10:00 am – 1/10, 1/17
 noon 1/24, 1/31
 2/7, 2/14

✳ Classes Registered Outside of DSC ✳

Beginning Insight (Vipassana) Meditation
Erica Dutton
Level 1 – Beginning
 \$59 Location TBA
 Learn to be more present and mindful in your life. Class is designed for those new to insight meditation and those who would like to review the basics. May bring mat and cushion or blanket and pillows as desired. Full description online. For information about class content, 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.

Wednesday **6 sessions**
 7:00 pm – 1/25, 2/1
 9:00 pm 2/8, 2/15
 2/29, 3/7

* 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 circle together to join our energies to support on another and to request

support for others. We take turns sharing and receiving the healing energies of love through

touch and intentional presence. For information, contact DSC at 734.477.5848.

Tuesday **Weekly**

noon –
1:00 pm

Yoga Postures with Optional Lunch

All are welcome! No experience necessary.

Offered as *dana*. Class taught by DSC experienced yogis; sitting meditation, yoga postures and relaxation. If possible, 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 –
noon *Lunch*

noon –
1:00 pm

Evenings with Aaron

Barbara Brodsky and Aaron

All are welcome! No experience or registration necessary.

Offered as *dana*. A session with Aaron and Barbara. Aaron gives a talk followed by Q&A.

Aaron's talk will cover a variety of spiritual practices including Vipassana and Pure Awareness

Meditation, Working with Inner Guidance, and Supporting Changes in our physical/spiritual bodies

through work with body energy, the elements, sound and Open Heart.

Wednesday **As scheduled**

7:00 pm – 3/16
9:30 pm 4/13
 5/25

Sunday Morning Group Meditation

All are welcome!

Offered as *dana*; donations to DSC appreciated. Sitting meditation from 10:00 – 11:00 am 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* for 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

Sunday **As scheduled**

9:00 am – 1/29
4:30 pm 3/25
 6/3

*Check-in
begins
8:30 am*

Practice Intensive

Susan Weir and Lou Weir

Level 2/3 – Continuing. Note: practice instructions will not be given.

We've often pondered how to better bring the deep mindfulness of a retreat experience more fully

into our daily lives. A wonderful opportunity for a retreat without walls: a week-long practice

intensive to start off the new year. 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, sitting on your own in the evening. Full description online. For questions or more

information, contact Lou Weir at 734.657.1821 or louisweir@comcast.net

**Daily as
scheduled** **7 sessions**

Sun., 1/8 **January
8 – 14**
6:00 – 8:00
pm

Mon. – Fri.
1/9 – 1/13
6:30 – 7:30
am

Sat., 1/14
8:00 – 9:30
am

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, to convey our compassion and caring.

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 Terry 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 Terry Gliedt at 734.369.2628 or retreat@deepsprings.com.

Spring Vipassana Basics Retreat **Dorothy Ann Coyne and**

Ann Arbor, MI March 16–18

All levels – especially for first-time retreatants, beginners and anyone wanting the basics

\$190 for residential private room or \$165 for residential room (bed linens and towels provided);

\$140 for *commuters*. \$20 discount if registration is paid in full by February 17.

Held at the Rudolf Steiner House at 1923 Geddes Avenue. Full description online.

No-Frills Vipassana Retreat at Howell Nature Center

Howell, MI April 13–15

Level 2/3 – Continuing – Advanced

\$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. Full description online.

DSC Summer 2012 Retreat

Emrich June 16–22

Letting Go Into the Infinite

Center or

Barbara Brodsky, John Orr, and Aaron

Brighton, MI June 16–18

All levels

\$470 for 7 days (6 nights) and \$255 for 3 days (2 nights); includes meals and lodging.

A \$25 discount if registration with full payment is received by May 19. Tenting is an option.

The retreat will be held in noble silence, with instructions for beginning and advanced meditators.

Full description online.

✳ Non-DSC Retreats with Barbara ✳

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

Non-Residential Seattle Retreat – Seattle, WA

Seattle, WA March 2–4

Barbara Brodsky and Aaron

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

Afternoon Workshop at Interfaith Center

Ann Arbor, MI March 18

Barbara Brodsky, Rob Schwartz and Aaron

For more information and registration, contact David Bell at 734.327.0270 or

dave@interfaithspirit.org

Stone House – Durham, NC

Durham, NC April 13–15

Barbara Brodsky, John Orr and Aaron

Commuter or residential. Open to all levels. For more information contact John Orr at

john@newhopesangha.com; newhopesangha.com

Emerald Isle

Durham, NC April 28 –

Barbara Brodsky and Aaron

May 5

For more information, contact John Orr at john@newhopesangha.com or Barbara Brodsky at

bbrodsky@deepspring.org

Because we care about one another . . . Some people are sensitive to fragrances such as colognes and perfumes.

When coming to Deep Spring Center, please refrain from using fragrances.