

Insight Meditation

Insight Meditation (vipassana) is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. This frees our mind from conditioned patterns of self-centeredness, negativity and confusion, and opens our heart to deeper wisdom and compassion. This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Each moment is practice for our growth toward wholeness and harmony. The meditations derive from Buddhist traditions but no special religious beliefs are necessary to their practice.

What Is a Meditation Retreat?

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. The retreat will be held in silence. Small group instruction and private interviews with the meditation teachers will be offered, and evening talks will be given.

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.

If finances are a concern, please let us know. Scholarships are available. Registration fees cover room and board. Teachings are offered on a *dana* basis.

Deep Spring Center
for Meditation and Spiritual Inquiry
6655 Jackson Rd., #565
Ann Arbor, MI 48103



Spring Vipassana Basics Retreat *'Meditation Matters in Uncertain Times'* **Finding the Still Space Within**

A Meditation Retreat
Residential and Commuter Options
in Ann Arbor, Michigan
March 10 – 12, 2017

with Dorothyann Coyne
and Dan Muir

*Designed for
First-Time Retreatants, Beginners
and Continuing Students
Wanting to Work with
the Basics*

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for Meditation and Spiritual Inquiry
6655 Jackson Rd., #565
Ann Arbor, MI 48103
Phone: 734-477-5848
Web site: www.deepspring.org

THE TEACHERS

Dorothyann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and a senior teacher of meditation for Deep Spring Center. Dottie and her husband Bernie have been offering their home, "Sunnyside," in Brooklyn, Michigan for workshops and retreats since the 1980s.

Dan Muir found his spiritual home at Deep Spring Center shortly after moving back to Michigan in 1999. He has been teaching since 2006, trying to convey the peace, joy, and deep wisdom he has found through honest intention, an effort at clean living, and daily meditation. When he isn't teaching the Dharma, Dan is a nurse anesthetist who shares a farm near Lansing with horses and alpaca.

Insight Meditation & Mindfulness

This retreat is suitable for both beginning and continuing students; instruction will be offered at each level. There will be opportunity to meet one-on-one with the teachers.

LOCATION AND SCHEDULE

The retreat will be held at the Rudolf Steiner House at 1923 Geddes Avenue in Ann Arbor. The retreat begins on Friday evening, March 10, with dinner and ends Sunday, March 12 after lunch. All meals are vegetarian.

COST AND REGISTRATION

\$300 for residential private room, \$250 for residential shared room (bed linens and towels provided) and \$215 for commuters. Registration deadline and full payment is due March 3, 2017.

We encourage meditators to commit to the residential retreat experience, which provides conditions for easing into a more sustained silence and stillness of body-mind-heart and opening to a greater depth of practice. Those commuting should plan to attend all sessions (Friday evening through Sunday).

Your payment/deposit is refundable minus a \$25 cancellation-processing fee until Feb. 15; after that it is refundable only if someone is on the waiting list to take your place. Scholarships are available; inquire if you need financial assistance.

Registration available online or fill out the registration form and mail with your payment. If you have special needs, e.g. dietary/physical, let us know. Registrants will receive confirmation and other information approximately 10 days before the retreat.

QUESTIONS?

For registration and general questions, contact retreat@deepspring.org.

REGISTRATION FORM

To register for the retreat, **please register online, www.deepspring.org**, or complete the form and mail with the full fee or a deposit of 50% (*check or money order payable to Deep Spring Center*). **Mail to:**

**Deep Spring Center
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Insight Meditation & Mindfulness Retreat: March 10–12, 2017

Name: _____

Address: _____

City/St./Zip: _____

Phone: _____

E-mail: _____

Early Bird Discount until Fri., Feb. 10, 2017

- | | |
|---------------------------------------|--------|
| <input type="checkbox"/> Private Room | 275.00 |
| <input type="checkbox"/> Shared Room | 225.00 |
| <input type="checkbox"/> Commuter | 190.00 |

After Feb. 10....

- | | |
|---------------------------------------|--------|
| <input type="checkbox"/> Private Room | 300.00 |
| <input type="checkbox"/> Shared Room | 250.00 |
| <input type="checkbox"/> Commuter | 215.00 |

Retreat Scholarship Fund Donation _____

Total
Amount
enclosed _____

- Use the above email for confirmation/information.
- I have special needs/allergies (please specify)

Meditation Experience (check all that apply):

- No meditation experience
- No Vipassana (insight meditation) experience
- First-time retreatant
- Up to one year of Vipassana experience
- More than one year of Vipassana experience