

## 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., Unit 565  
Ann Arbor, MI 48103



## Spring Vipassana Basics Retreat

### ‘Living with an Open Heart’

A Meditation Retreat  
Commuter and Residential  
Ann Arbor, Michigan

**March 9 – 11, 2018**

with Barbara Brodsky,  
Dorothyann Coyne  
and Nina Magshoodi

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

Deep Spring Center  
for Meditation and Spiritual Inquiry  
Mailing: 6655 Jackson Rd., Unit 565  
Ann Arbor, MI 48103  
734.477.5848 | [info@deepspring.org](mailto:info@deepspring.org)  
**DeepSpring.org**

## THE TEACHERS

**Barbara Brodsky, Founder and Guiding Teacher** has been practicing meditation since 1960. She has dual roots in the Buddhist and Quaker traditions and her teachings reflect this balance. She travels throughout the world teaching insight or vipassana meditation.

**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.

**Nina Maghsoodi** came to Deep Spring Center in 2012 to clarify and deepen her meditation practice and nurture her spiritual path. She is also on a path to become a physician exploring how medicine and meditation can come together to support greater well-being and freedom.

## 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 9, with dinner and ends Sunday, March 11 after lunch. All meals are vegetarian.

## COST AND REGISTRATION

\$300 for residential private room, \$275 for residential shared room (bed linens and towels provided) and \$245 for commuters. Registration deadline and full payment is due February 26, 2018.

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).

**Cancellation policy:** Please see [deepspring.org](http://deepspring.org).

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](mailto:retreat@deepspring.org).

## REGISTRATION FORM

To register for the retreat, **please register online, [www.deepspring.org](http://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:**

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## Spring Vipassana Basics Retreat: March 9 – 11, 2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

- |                          |              |        |
|--------------------------|--------------|--------|
| <input type="checkbox"/> | Private Room | 300.00 |
| <input type="checkbox"/> | Shared Room  | 275.00 |
| <input type="checkbox"/> | Commuter     | 245.00 |

Retreat Scholarship Fund Donation: \_\_\_\_\_

Total: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

- Use the above email for confirmation  
 I have special needs/allergies

Please specify special needs:

Mediation 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