

## Local Resources for Learning & Cultivating Mindfulness

### Drop-in sessions:

Free, open to beginners & experienced meditators, 20-25 minute guided meditations. Hour-long sessions usually include two meditations or one with readings and discussion (Saline Open Meditation). See [www.aacfm.com](http://www.aacfm.com) for more details. AAOM offers one-day retreats twice/year.

***Being in Tune***, Tuesdays, 12-12:30, at the Ark

***Cancer Support Community***, Tuesdays, 12-1, 2010 Hogback Rd #3, Ann Arbor, MI 48105.

***Saline Open Meditation (SOM)***, Tuesdays, 11-12, Old St. Joe's, 400 Russell Street.

***Ann Arbor Open Meditation (AAOM)***: Thursdays, 7:30-8:30, Lotus Center, 2711 Carpenter Rd.

***Ypsilanti Open Meditation (YOM)***: Fridays, 11-12, Downtown Public Library on Michigan Ave.

**Refuge Recovery**: See flyer. Weekly drop-in meetings in Ann Arbor, Ypsilanti, and Detroit. Specifically intended to support meditation practice of people in recovery. Based on the work of Noah Levine, recovering addict and author of *Refuge Recovery*, meetings include meditation, sharing, and readings.

### Classes, workshops, retreats:

***Ann Arbor Center for Mindfulness***: A group of teachers and psychotherapists who teach mindfulness in classes or individually. The website lists mindfulness classes, individual therapists who use mindfulness, one-day retreats, and other events. Libby Robinson will be teaching Mindfulness-Based Stress Reduction (MBSR) in late March. See: <http://www.aacfm.com>

### ***Buddhist groups that teach or foster mindfulness:***

The focus of the two groups marked with \* is on mindfulness or insight meditation (Vipassana).

**Note**: Drop-in sessions tend to be silent (not guided) and 45 minutes long.

\*Insight Meditation Ann Arbor: <http://insightmeditationannarbor.org/meditation-classes.html>

\*Still Mountain: <http://www.stillmountainmeditation.org/>

Zen Temple: <http://www.zenbuddhisttemple.org/>

Jewel Heart: <http://www.jewelheart.org/>

Michigan Buddhist website: <http://www.michiganbuddhist.com/ann-arbor/>

## Some Favorite Mindfulness Teachers

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.” Jon Kabat-Zinn

**On the web & in books, look for talks and guided meditations by:**

**John Kabat-Zinn:** developed Mindfulness-Based Stress Reduction (MBSR), drawing on Buddhist vipassana meditation practices, yoga, and visualizations.

*Mindfulness for Beginners: Reclaiming the Present Moment--and Your Life.* Short useful introduction for those new to mindfulness. With a CD.

*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life.* Wonderful, short chapters, to the point, something to read and re-read.

**Sharon Salzberg:** books, retreats, and talks on loving kindness; co-founder of Insight Meditation Society, Mass.

*Loving Kindness: The Revolutionary Art of Happiness.*

*Real Happiness: The Power of Meditation.* With CD.

**Jack Kornfield:** founder of Spirit Rock meditation center, CA.

*Meditation for Beginners,* with CD.

*A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life.* Wonderful book, making the connection between this practice and the development of compassion, as we integrate them into our lives. Much more about living in the world mindfully vs. how to meditate.

*A Lamp in the Darkness: Illuminating the Path through Difficult Times.* Lovely, supportive. With CD.

Focusing on depression specifically,

**Mark Williams, John Teasdale, and Zindel Segal.** *The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness.* Written for people coping with depression or chronic unhappiness, with CD.

John Teasdale, Mark Williams, and Zindel Segal. *The Mindful Way Workbook: An 8-week Program to Free Yourself from Depression and Emotional Distress.*

[TEDx talk by Dan Siegel](#), author of [\*Brainstorm: The Power and Purpose of the Teenage Brain\*](#)

### **Apps:**

Insight Timer (with or without guided meditations)

For teens: Stop, Breathe & Think; Smiling Mind; Take a Break

# REFUGE RECOVERY ANN ARBOR/YPSILANTI



**What Is Refuge Recovery?** It's a peer-led program that takes a non-theistic approach to recovery from all types of addiction and the suffering caused by addiction. The groups gather in the spirit of investigating a Buddhist approach to recovery, focusing on the Four Noble Truths and Eightfold Path. Meetings include readings, meditation practice and group sharing, with an emphasis on providing a community of support for its members. These meetings are based on the book, "Refuge Recovery" by Noah Levine.

**Who is Refuge Recovery for?** People in recovery, be it for months or decades, have found these meetings useful in developing a meditation practice, and as a 'missing piece' to their spiritual program. People who are theistic, agnostic or atheist benefit from these meetings. You needn't be a Buddhist to attend. It is for people with an interest in using the practices of mindfulness, compassion, forgiveness and generosity to heal the pain and suffering that addiction has caused in our lives and the lives of our loved ones. This group is meant to be a support for recovery. It is not a substitute for your dedicated practice.

## MEETINGS

**YPSILANTI – MONDAY EVENINGS:** 7:30 PM at Friends of Little House, 802 North River Street, Ypsilanti, Michigan 48198.

**ANN ARBOR - WEDNESDAY EVENINGS:** 7:30 PM at the Friends meeting house (in the main chapel room,) 1420 Hill Street, Ann Arbor Michigan 48104

### MORE INFORMATION:

For more information on Refuge Recovery, visit [www.refugerecovery.org](http://www.refugerecovery.org).

For information on the Detroit Groups, visit the Refuge Recovery Detroit Facebook Page.

For information on the Ann Arbor meeting, visit the Refuge Recovery Ann Arbor Facebook Page.

For more information on the Ypsilanti meeting, email [refugerecoverya2@gmail.com](mailto:refugerecoverya2@gmail.com).