

Ellen Sapper

Educational Consultant

September 2, 2022

Issue #94

The
Crazy Wisdom
Biweekly

shining a light in the dark

Published by *The Crazy Wisdom Community Journal.*

The Crazy Wisdom Biweekly



The fall issue is here! With features on Amy Garber, owner of Enlightened Soul Center, Walking Labyrinths, interviews with singer-songwriter David Magumba, author Alex Weinstein, mobile food businesses, and more! Look for it around town or have it mailed directly to you.

[Subscribe here.](#)

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Good Juju: Mojos, Rites & Practices for the Magical Soul



Using simple practices that don't interfere with any religions, Good Juju helps you lay a foundation for daily ritual work. You'll also learn how to craft mojos, create and work with altars, tune in to your intuition, and much more. Author Najah Lightfoot guides you in keeping your mind, body, and spirit strong as you discover your magical work and align with your higher power.

30% off at shopcrazywisdom.com



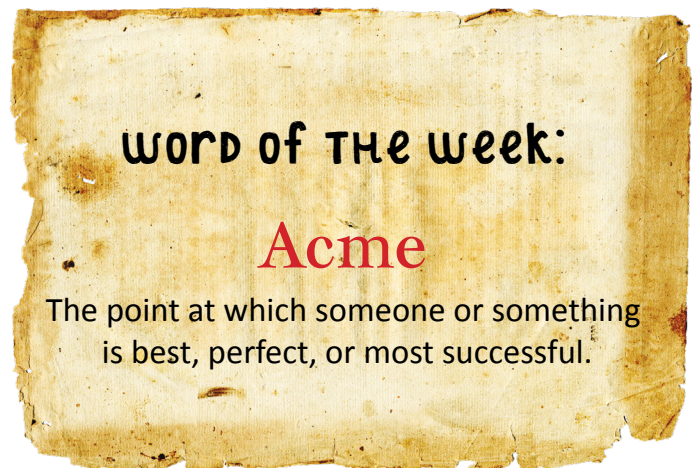
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Laura K. Cowan
Ellen Sapper
Carol Clarke-Tiseo
Jennifer Carson
Carol Karr
Bill Zirinsky



word of the week:

Acme

The point at which someone or something is best, perfect, or most successful.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

By Laura K. Cowan

From Our Current Issue

Country Fall Festivals

Now that *The Crazy Wisdom Community Journal* is covering a larger geographical area, I'm excited to explore kids' events with you that are waiting just outside of Ann Arbor. Perfect for this new phase of expansion of the *Journal* are the fall festivals around Washtenaw County. You can get outside with your kids, eat a caramel apple, and relax in nature for a day of family fun.

Here are some of my favorite kids' activities that will keep you and your kids healthy, active, and in the outdoors this fall in the countryside surrounding Ann Arbor.

The Frosty Apple

If you love apples and visiting the farm, The Frosty Apple is a different option northwest of Ann Arbor just north of Dexter. It's a family-owned apple orchard run by Julie Frost whose late husband Jack started the orchard years ago. They have a fully mature orchard now that Frost manages with her sister Janet, where they grow dozens of popular varieties of apples at super affordable prices. The orchard requires people to order online. You can also order pies for the holidays online or pick up extra delicious little treats, as long as they last on site, when you pick up pies and apples throughout the fall months.

You can't pick apples at The Frosty Apple, as they have full-size trees that require staff to reach the apples safely, but you get great quality apples (you should see what they consider seconds—they are flawless!). Make applesauce with the kids, bake pies, or keep a fridge full of apples to last the whole season.

We bought several pies last year for the holidays, and it eliminated the pressure of baking before parties. The pies are

so delicious that they've become a family favorite. Do not miss. Note that this orchard allows apples to be picked up as each variety comes into harvest season, and that timing can vary. See the website for up-to-date instructions on how that works.

Contact the Frosty Apple at (734)707-9019 or visit them online at frostyappleorchard.com.

Webster Fall Festival

Just down the road from The Frosty Apple is the highlight of the year in Webster Township. Just northwest of Ann Arbor is the Webster Fall Festival. The festival runs at the end of September just as people are getting into the swing of all fall things. It includes many historic displays and events related to the township's historical residents. Think of it as a cross between a small-town fall festival and Greenfield Village. Festival PR rep Virginia Davis told us that everyone was relieved the festival was returning after a two-year hiatus due to the pandemic.

The festival takes place on the grounds of the Webster Township Hall on Webster Road that connects Ann Arbor's northwest outer burb neighborhoods with Whitmore Lake and Hamburg to the north. The historic Webster United Church of Christ sits just across the road—the longest continuously running church in the state of Michigan—and features historic architecture and a family feel.

"The festival is co-sponsored by the Webster Township Historical Society and the Webster United Church of Christ," Davis explained. "The 2020 festival was going to be the 39th annual festival, but since that and 2021 was cancelled, this year's festival on September 24, will be the 39th."

Davis said that the festival offers "wholesome, old-fashioned country fun for the whole family. We have always focused on children's activities such as the traditional farm-animal petting zoo (usually chickens, bunnies, llamas, goats, and cows), hayrides, barrel train rides, hands-on rope making, corn shelling, games, and craft projects."

This year, the local Girl Scouts are going to help with the children's activities. They will be dressed in period costumes that they will make themselves.

"We plan to offer hands-on demonstrations of traditional chores such as washing clothes in a wash bucket and then hanging on a line to dry, stringing sliced apples to dry, stringing green beans or 'Leather Britches' to dry, and possibly butter churning," Davis said.



The Podunk one-room schoolhouse will have an in-costume school marm teach a few classes during the day. The resident blacksmith will give demonstrations throughout the day in the township's historic working blacksmith shop. Kids can work with the blacksmith to make simple projects.



If that's not enough, penny candy will be on sale in the Kleinschmidt General Store, and they are hoping to have the cake and cookie walk again this year.

"Older children may be interested in the collection of antique tractors, cars and farm machinery on display, and demonstrations of tatting and wool spinning," Davis said.

One of the most unique features of the Webster Fall Festival is the old-fashioned base ball (two words was the original way to spell this, Davis says) game between the Chelsea Monitor Base Ball Club and the Union Base Ball Club of Dexter. Webster Fall Festival goes all out to feature some of the most unique and fun historic country fair activities in a festival that brings together residents from the area for a day of outdoor activities. *Learn more about the Webster Fall Festival at websterfallfestival.org or email websterfallfestival1@gmail.com.*



Wiard's Orchard

Wiard's Orchard is an old favorite of many Ann Arbor townies, because it has everything you could want from a fall festival: apple picking, classic fall treats in their country store, plus a haunted house, hayrides, and more.

Wiard's has changed many things for the sake of safety during the pandemic, so be sure to check their website for hours and rules of operation before your visit. During Covid, they created outdoor sanitizing stations, emphasized social distancing, and closed events they couldn't keep clean, like the corncrib.

The country fair has remained open, and the giant slides. Wiard's even hired a sanitation team to keep outdoor exhibits extra

clean these last two years. Masks were worn anywhere people couldn't easily distance by six feet.

Wiard's has a moonwalk and a full haunted house plus haunted hayrides that run through the woods on a tractor-pulled wagon. They also run corn mazes. Wiard's host corporate picnics as well, so if you want to host a large party, you can get all the favorite activities and some special add-ons like mini golf, kids' games, and bubbles for your extravaganza.

Wiard's created no less than 45 stations for hand sanitizers and hard surface sanitizers this last year. The country fair is different during the week than on the weekends. Wiard's event planner Rose Timbers says the best way to plan ahead is check out the Wiard's website to see what's happening at the "Country Fair Wed-Fri or Sat-Sun."

Any day you visit you can plan on the petting farm being open, plus the corn maze, and some outdoor events. Believe it or not, there's more!

Visit *Wiard's Orchard* online at wiards.com or give them a call at (734)390-9211.

Milan Fall Festivals

Just down the street from Saline is Milan, also on the south side of Ann Arbor. Milan has an event called Scarecrows on Main for kids during their fall harvest festival, where kids can create their own scarecrows which are then used to decorate the downtown streets. The harvest festival includes free hayrides, donuts, music, and food.



Separately, there is a Milan Fall Craft Show that's a big favorite among families and collectors. It's now held at the Milan High School cafeteria in Milan. This event is not specifically aimed at kids, but it is a fun family event to bring a kid to if they love arts and crafts. The Fall Craft Show features handmade, homemade, and homegrown items for sale. Fall decor is available for sale, and there is a coffee bar and sandwiches.

If you can wait to shop until November, there is also a Pop on Main Street event that combines Small Business Saturday (the Friday after Thanksgiving) that encourages people to shop local with popup events, food, and special deals at local retailers.

Learn more about Scarecrows on Main online at milanmich.org/departments/main_street/festivals_and_events.php, and the Fall Craft Show at festivalnet.com/8586. For other events happening in Milan visit milanevents.org call (734)301-9719.

Read about all of the fall events we featured online!

Crazy Wisdom Biweekly Ezine – Assistant Editor/Graphic Designer Wanted

A great opportunity to be a key player on the Crazy Wisdom publishing team.



We are looking for someone with a broad skill set to fill the role. If you are creative team player with interest and experience in writing, editing, INDD and PS, Word, know how to prioritize work, are detailed oriented, work well independently, have experience using social media, and are interested in conscious living subjects, art, and local happenings, you may be just who we are looking for!

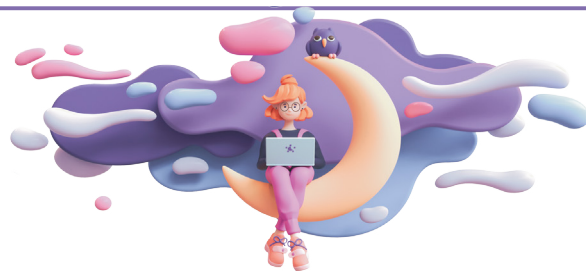
Tasks for this person would include:

- Compiling a 20-page Biweekly Ezine (editorial and layout)
- Brainstorming article ideas & contacting writers
- Editing articles
- Inputting calendar listings to online calendar and into Ezine
- Creating page designs for the Biweekly
- Doing Social Media postings
- Compiling and editing the Crazy Wisdom Journal's print calendar

You must have your own computer and access to high-speed internet. Job is on average 10 hours a week, with possible room to grow. Pay rate is \$20-\$24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, a sample or two of editorial layouts you have completed, and a writing sample to jennifer@crazywisdom.net.

The Crazy Wisdom Biweekly Ezine, founded during the pandemic, seeks to represent the voices in our community in a timely and entertaining way. It currently reaches 5,000 readers per issue.

Find issues of the CW Biweekly here: crazywisdomjournal.com/crazy-wisdom-biweekly.



Writers Wanted

Fun ways to be visible in the community, and connected.

Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations and businesses offering cool, fun, meaningful and sometimes therapeutic activities, programs, events and classes for kids. Great opportunity for a writer who is also a parent.

Healers of Ann Arbor Columnist

Each issue this columnist profiles an established and skilled holistic practitioner or bodymind therapist. The columnist sometimes does the profile as an interview, and at other times it's a narrative. We are looking for a local/regional writer with an appreciation for non-traditional healing modalities, and a curiosity to meet and learn about a variety of the region's most interesting practitioners.

We are always looking for good articles about the holistic scene... reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

Modest but respectable pay. If you might be interested, please write to crazywisdomjournal@crazywisdom.net.

FRIENDLY COMMUNITY CELEBRATION!

Homegrown Harvest Festival

AT NATURE & NURTURE FARM



- Tomato tasting
- Potluck
- Kids' Activities
- Guided Farm Tours
- Live Music
- Bonfire
- Seed Giveaway



AND MORE!

8/20 at 5pm - 12am (till the bonfire goes out)

7100 Marshall Road, Dexter, MI, 48130

Confluence and Kindness

By Ellen Sapper

Darya Lin was my student in English class in 1984. She was a quiet, bright young woman with deep eyes peering shyly out from behind dark bangs and a quiet smile. I remember her carrying her running shoes to class, and looking at them as if in appreciation, in preparation for track practice. That is the image that sticks with me. We honored each other in a teacher—student sort of way; I don't recall having contact with her after she was in my class except to watch her walk across the stage at her high school graduation three years later.

Still, it was the kind of shock that sent a chill down my spine when one of her classmates informed me that she had perished on 9-11 in the twin towers. Sometime later, I was sent a link to a University of Michigan Today article about her that said she stayed behind to help a pregnant client. There were a number of different accounts published about what happened. One stated that she made it to safety, only to return to help a pregnant client. Another said she gave up her elevator space to allow a pregnant client to get on, but then the tower was hit. I've always stayed with the first thing that I was told—her returning to help a pregnant client—because that is something she would do. And every time I think of it or tell her story, I get the same chill.

It was at some point after learning of Darya's fate, that my friend, Pam, told me that her cousin, Jennifer Dorsey-Howley, who lived in New York, also perished in the Twin Towers on 9-11. She was pregnant. I learned this in the days before we could search things easily, or before information was readily available. I said to Pam, I wonder if my student tried to save your cousin. Not that it

After 9-11, I would tell my students about Darya. We would be discussing *Romeo and Juliet*, where young people die, or *Dandelion Wine*, where a beloved grandma talks about the meaning of life from her deathbed, and I'd remind my students that it is important not to take life for granted. I had them write about the most important revelation they'd had in the past few years. Making meaning from experience, connecting the dots so that life events make sense, is a way to understand their world and self-understanding.

Many years later, I had become a school counselor. It was 9-11 and I was looking back at posts about Darya and saw that there was space to write a line of tribute. I jotted a line about Darya admiring her running shoes. Maybe a week later, I was out of work one day at an appointment. When I returned, there was a note scrawled to call a person whose name I did not recognize taped to my office door. My colleague told me that an older woman, who seemed lost, came into the school during the day, frantically eager to see me. She was on the verge of tears, distraught that I was not there. I was concerned about why she was so upset. After searching her name, I saw she was Darya's mother. It was now maybe seven or more years since the tragedy of 9-11.

Before calling her, I renewed my memory of Darya with an internet search. I reread the articles I had found years earlier. I saw now that there were a few more accounts of what may have occurred that sad day when Darya put her life in peril to help someone else. Darya had only been visiting New York from Chicago on a business. What a horrific confluence of events. Another chill ran down my spine.

I remembered my friend’s cousin, Jennifer Dorsey-Howley, and wondered to myself again, could she have been the pregnant client? Now the internet was full of information of every kind. I looked up “pregnant women who died on 9-11 at the World Trade Center.” There were many, almost twenty. Then I looked up where Darya worked and which tower she was in: the South Tower. Next, I searched pregnant women who perished in the South Tower. There were fewer names, and Jennifer was one of them. Finally, I learned that Darya was consulting for the company for which Jennifer worked.

I took a deep breath and dialed the phone number scribbled on the paper taped to my office door. Nahid Mashayekhi, Darya’s mother answered. She had seen my post about her daughter and wanted to thank me in person. She wanted to know what I remembered of her daughter. With sadness and urgency, she told me of the heartbreak of losing Darya, and what a loving only child she had been. In losing Darya, she lost everything. Each year she travels to New York for the memorial. Pam and her family also travel to New York, and after the memorial with the names was placed, my friend brought back a rubbing of Darya’s marker for me. These two losses became intertwined in the disaster of that day.

I asked Nahid if she knew who the pregnant client was whom Darya tried to save. I offered the name of Jennifer Dorsey-Howley. She said she would call Darya’s co-workers in Chicago

to find out. A day later, she called me back. Yes, indeed, it was Jennifer Dorsey-Howley who Darya had been consulting with, and who she aimed to save that day. This chill gave me goosebumps.

Had Darya’s mom ever contacted that family? No, she didn’t even know of them until that day. I called Pam. “Do you think your cousin’s family know that someone tried to save her?” She didn’t know. “Will you call and ask them?” Pam said she would and found out that they did not know anything about someone trying to save their daughter. However, they knew Jennifer was in charge of the conference for which Darya was the consultant, though they did not know Darya’s name. They were grateful to learn that someone cared so much as to put her own life in danger to try to save their daughter and unborn child. Two families, one from Iran and the other from Nebraska, became connected by this act of kindness through an unthinkable tragedy.

Ellen Sapper is an Educational Consultant. She taught English to high schoolers and was a guidance counselor in Ann Arbor for 39 years.



Fall Programs

Meditation Classes and Practice

Waking up: Living Awake
September 13 – December 6
Barbara Brodsky, Aaron and John Orr

**Path to the Awakened Heart:
The Yoga Sutras of Patanjali**
September 15 – December 15
Robert Jacobs



Events with Spirit

**Appying Vipassana in Daily Life
And Seeing It’s
Progression Along The Path**
September 5 – December 5
Celeste Zygmont

**Cultivating Compassion and Wisdom:
An Introduction to
Deep Spring Center Teachings**
September 14 – November 30
Nancy Beckman, Iris Wolfson, Nina Bohlen

Remembering Wholeness
Occurs monthly
Barbara Brodsky

Evenings With Aaron
Occurs Monthly
Barbara Brodsky

Weekly Silent Meditation
Sunday and Tuesday

All events are held via Zoom
Aaron, Yeshua and The Mother are channeled spirits.
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center

DeepSpring.org | info@deepspring.org | 734.477.5848

Deep Spring Center is a 501(c)(3) non-profit. See website for details.

FINDING OUR WAY HOME
EMBODIED GROUP LEARNING
WITH HORSES

WORK THAT RECONNECTS &
EQUINE GUIDED LEARNING

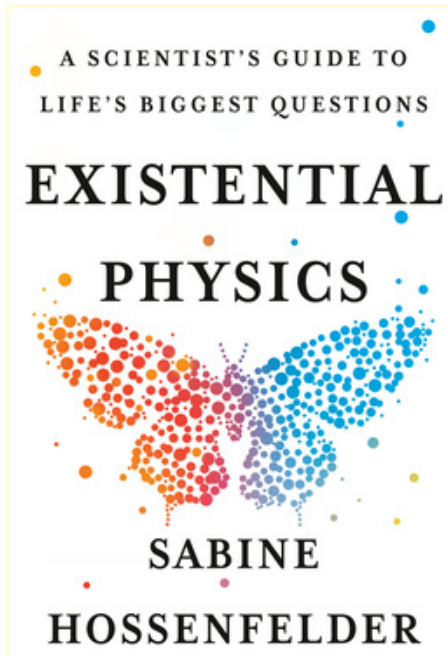
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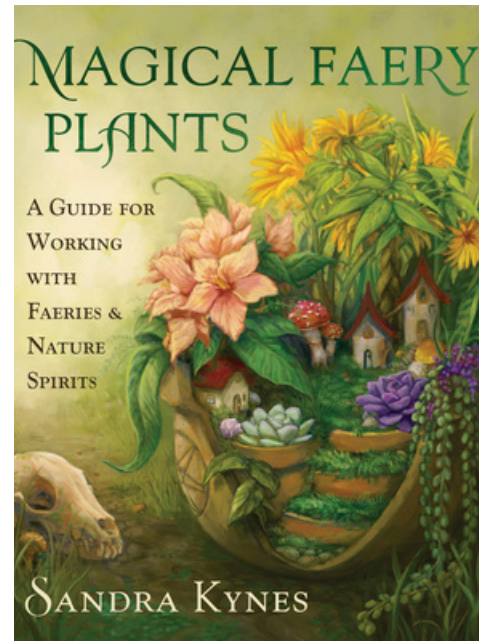
Crazy Wisdom Book Picks of the Week



Not only can we not currently explain the origin of the universe, it is questionable we will ever be able to explain it. The notion that there are universes within particles, or that particles are conscious, is ascientific, as is the hypothesis that our universe is a computer simulation. On the other hand, the idea that the universe itself is conscious is difficult to rule out entirely.

According to Sabine Hossenfelder, it is not a coincidence that quantum entanglement and vacuum energy have become the go-to explanations of alternative healers, or that people believe their deceased grandmother is still alive because of quantum mechanics. Science and religion have the same roots, and they still tackle some of the same questions: Where do we come from? Where do we go to? How much can we know? The area of science that is closest to answering these questions is physics. Over the last century, physicists have learned a lot about which spiritual ideas are still compatible with the laws of nature. Not always, though, have they stayed on the scientific side of the debate. Hossenfelder offers a no-nonsense yet entertaining take on some of the toughest riddles in existence, and will give the reader a solid grasp on what we know—and what we don't know.

[Purchase your copy of *Existential Physics* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



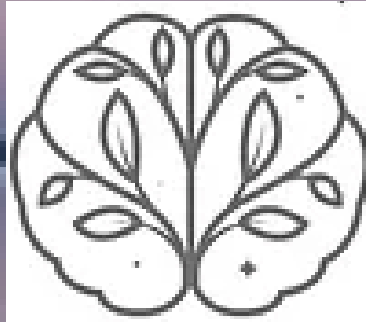
Build Relationships with Faeries and Connect with Nature on a Deep, Soul Level

The natural world is integral to our spiritual and magical lives and the lives of faeries and nature spirits. With this book, you'll discover how plants bridge the worlds and help us work with these extraordinary beings. Drawing from folklore, history, and personal experience, Sandra Kynes teaches you all about faery magic and the unique ways that plants enhance your connection to the fae.

This comprehensive guide presents over one hundred profiles of common and obscure plants associated with faeries and nature spirits. Grow bracken fern to attract faeries to your property. Hold a small bundle of vervain to help you communicate with nature spirits. Set out a bowl of blackberries as a token of friendship. With hands-on activities and exercises, this book shows you how to journey to faeryland, conduct dreamwork, and heal both yourself and the planet.

[Purchase your copy of *Magical Faery Plants* at shopcrazywisdom.com.](http://shopcrazywisdom.com)

Uncover, Empower, and Rejoice in the Qualities of Being Human



In this series of six weekly two-hour sessions, we will explore the five human Qualities of: gender, power, love, voice, and intelligence. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement.

Cost – \$650. Contact Marcia at mhaarer@comcast.net

Co-leaders: Christi Bemister, PsyD, LP & Marcia Haarer, LMSW

Online via Zoom. September 9, 16, 23 (skip September 30th), October 7, 14 & 21, 12:30-2:30 PM Eastern

A participant writes:

Going through the varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. What became apparent for me is this: these Qualities are an undeniable truth for each human being. No one can rob them from us. Even though inequalities and injustices may obscure the Qualities, they are there, ever present, and pure.

—Deborah Bayer, creative writing teacher

We invite you to take a “deep dive” to experience the five human Qualities, while being in the support of beloved community.

The pandemic gave us the blessing to discover that we can connect and attune online with one another as deeply as we do in person. Without being in the same physical setting with one another, sometimes we “let go” even more deeply to the Unified field of Consciousness. When we do this as a group, we feel the depth of our connection within Consciousness. We open to our true identity.

Please, come dive with us.

—Christi & Marcia

ROSE QUARTZ

IT'S ALL ABOUT THE LOVE!



By Carol Clarke-Tiseo

Rose Quartz is a type of quartz that derives its name from its rose pink color. It is known as the love stone. The message it emits is the peaceful vibration of unconditional love, joy, warmth, and healing. It is perfect for anyone, since everyone needs an abundance of love in their life! It allows one to freely give and accept love to and from all beings, people, animals, the Earth, and especially to oneself. Rose Quartz is a necessity for every crystal healing toolkit and great to give as a gift.

J.D. Dana is credited with being the first to describe Rose Quartz in 1837, named for its color. A silicon dioxide crystal, Rose Quartz is a very common variety of the Quartz family and is usually found in the cores of granite pegmatites. Most Rose Quartz is found in massive pieces, and the crystalized form is actually rare. Translucent or transparent is how a lot of pieces can appear, however, most pieces of Rose Quartz are fairly opaque. All colors and types contain excellent healing qualities. The stone's color is accredited to the trace amounts of titanium, iron, or manganese contained within. Some has microscopic fiber inclusions of rutile and this creates a star effect. There is a variety called Strawberry Rose Quartz; many of these are deeper colored stones, some with a beautiful, light orange-pink color.

In the area of ancient Mesopotamia, Rose Quartz beads dating back to 7000 BCE have been found. Legend states that the stone was used for facial masks found in the tombs of ancient Egypt. In 800–600 BCE, Rose Quartz was made into jewelry crafted by the Assyrians. In 600 BCE, Rose Quartz may have been used as a love token, and is still an important charm for creating harmony in relationships. The Romans, Greeks, and Egyptians all believed in the healing properties of this beautiful stone. The ancient civilizations believed it held the power of allowing one's inner beauty to shine outward from within and create a clear facial complexion free of wrinkles and signs of aging. It has been used in talismans and amulets for centuries. During the Middle Ages, Rose Quartz was a popular ingredient in love potions. It is a stone honored in traditional Asian cultures, and is still one of the major carving stones used in China.

The soft pink emanations of Rose Quartz ultimately radiate deep, pure love. This unconditional love energy forms a new foundation where inner peace and contentment become a personal reality.

As all quartz crystals are profound amplifiers of energy, Rose Quartz may help to kindle happiness, love, and sensuality. This stone has a powerful energy that resonates strongly within the heart chakra. It is able to resonate out its pure love energy into its surroundings and provide aid to all those nearby. It is a powerful attracting stone as the energy that it emanates attracts others through their heart chakras. It can be quite effective in attracting new love, more abundant romance, a renewed sense of intimacy in your own current relationship, or in forging a closer bond with family or friends. It supports universal connection within community and carries a high spiritual attunement to the Divine. It can be a very important aid in healing personal relationships.

It provides emotional healing by soothing etheric wounds the heart chakra may have suffered, deeply immersing the inner chambers of the heart. It dissolves sorrow and worry by removing fear and resentment. There are some people who rarely experience joy in life because they never received unconditional love from others or currently they hold an overtly negative or destructive self-image. Rose Quartz is the master healer for these issues, erasing and reprogramming the heart to be open and accepting of infinite love from the universe.

Read the rest of the
article online!

Biweekly

The Crazy Wisdom Calendar



A COURSE IN MIRACLES

A Course in Miracles Study Group with Randall Counts • Every Thursday • September 1 - December 27 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact Interfaithspirit.org.

A Course in Miracles Study Group with Rev. David Bell • Every Monday • September 5 - December 26 • 6:45 - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. Contact interfaithspirit.org.

ADDICTION AND RECOVERY

Recovery Dharma with Various Leaders • Sundays • 12 - 1:30 p.m. • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

ART AND CRAFT

September Natural Building and Sustainable Skills Internship with Deanne Bednar • September 1 – 29 • 10 a.m. to 5 p.m. • This month includes a mix of natural building, classroom presentations, hands-on learning, plus a variety of resilient living skills, community outreach, gardening and grounds. Enjoy connecting with nature, local renewable materials, and others on the path. Live on the Strawbale Studio land, surrounded by nature and enchanting natural buildings. ½ pay Worktrader \$475 / Full Internships \$950. \$25 discount 1 month in advance. Contact 248-496-4088, ecoartdb@gmail.com, or visit strawbalestudio.org/events.

BODYWORK AND BODYMIND THERA-

It's time to feel good!! With Robin Bosilovick • September 2 and November 4 • 11 a.m. – 2 p.m. October 7 and December 2 • 4 – 7 p.m. • Everyone receives a foot analysis, massage, Negative Ion demonstrations, all natural pain relief samples, and a 30 minute foot detox! \$25. Contact Robin at 517-395-5258.

Reflexology (reflexolo-chi™) Workshop with Gloria Zimet September 6, 13, and 20, OR November 2, 9, and 16 • 6:10 - 9:30 p.m. • Learn three soothing and therapeutic foot massage sequences that melt away tension and anxiety. Discover whether pursuing reflexolo-chi™ is the right path for

you. Learn the massage sequence that corresponds with the respiratory system, the nervous system, and immune system – an empowering and effective protocol to ensure optimum health and accelerate the body's ability to recover from infectious diseases such as Covid, the common cold, and flu viruses. Cost: \$250. Contact Gloria Zimet, 734-726-0072, gloria@reflexolo-chi.com, or visit reflexolo-chi.com.

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg's Clair-Ascension Kabbalistic Balance • Fridays • September 9, 16, 23, OR October 7, 14, 21, OR November 4, 11, 18, OR December 2, 9, 16 • 10:30 a.m. – 2:30 p.m. • Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of three dates above) + materials fee. Contact Karen Greenberg 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

BOOK DISCUSSION GROUPS

7 Notes Book Club with Rob Meyer-Kukan • First Thursday of the month • 7 - 8:30 p.m. • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - *The Miracle of Mindfulness* by Thich Nhat, October - *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss, November - *Clarity and Connection* by Yung Pueblo, December - *The Complete Game of Life and How To Play It* by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors • Second Monday • September - December • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free / Donations welcome. For this month's book selection and participation information, contact programs@jewelheart.org or call Jewel Heart at 734-994-3387.

BOOK EVENTS

Kerrytown BookFest with Various Authors • September 18 • 10 a.m. – 5 p.m. • A celebration of the greater Ann Arbor area's rich book history and vibrant literary community! Join us for author talks, a market with vendors offering books and products for book lovers, hands-on activities, children's story time, English country dancing, a writers' meet-up, and more. Held in the Morris J. Lawrence Building at Washtenaw Community College. Free. For more information visit ktbookfest.org/2022-bookfest.

BREATHWORK

Morning Meditation and Breathwork with Shellie Powers • September through December, See Schedule on Website • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. See schedule on website. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. Contact Shellie Powers, 734-926-8423 or 517-962-5378, or visit powers365.com.

Transformational Breath® with Julie Wolcott and Marcia Bailey • Saturdays, September 10, 24, and October 22 • 11 a.m. – 1 p.m. • Come breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awareness, physical and emotional healing, clarity, and joy. \$30 each session for a reviewer, \$40 for those new to the Transformational Breath. Contact Julie Wolcott, 734-355-1671 or Marcia Bailey 734-395-4799, info@breatheannarbor.com, or visit BreatheAnnArbor.com or TransformationalBreath.com.

Transformational Breath® with Julie Wolcott and Marcia Bailey • September 16, 27, 30, October 12, November 4, 10, 14. • 7-9 p.m. • Seven weekday evening workshops in Dexter, Michigan. Come Breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awareness, physical and emotional healing, clarity, and joy. \$30 each session for a reviewer, \$40 for those new to the Transformational Breath. Contact Julie Wolcott, 734-355-1671 or Marcia Bailey 734-395-4799, info@breatheannarbor.com, or visit BreatheAnnArbor.com or TransformationalBreath.com.

BUDDHISM

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly on Sundays from September 4 to December 25 • 11:00 a.m. to 12:00 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free / Donations welcome. To register visit jewelheart.org/free-weekly-virtual-programs. For more information contact 734-994-3387, or programs@jewelheart.org.

Uniting Concentration and Wisdom (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, September 10 • 9 a.m. - 1 p.m. • The last two of the Six Perfections are needed in order to break the chains of self-grasping once and for all. Meditating on subtle impermanence and discovering the object of negation are essential steps to finding the wisdom that realizes the true

nature of all phenomena. \$25 Jewel Heart members / \$30 non-members. Pay what you can - no one turned away. To register visit jewelheart.org. For more information contact 734-994-3387 or programs@jewelheart.org.

Nagarjuna's Precious Garland of Advice to a King - Part 3 with Demo Rinpoche • Thursdays in September • 7 - 8 p.m. • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion and the wisdom of emptiness. Note: This program is a continuation of Demo Rinpoche's earlier Nagarjuna's Precious Garland teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can - no one turned away. To register contact Jewel Heart at 734-994-3387, or programs@jewelheart.org, or visit jewelheart.org/.

Practical Buddhism: The Tibetan Approach, by Gelek Rinpoche and Gelek Rinpoche • Most Tuesdays from September 6 to December 20 • 7 - 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. Free / Donations welcome. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387 or programs@jewelheart.org.

Preparing for Vajrayana with H. E. Prof. Samdhong Rinpoche • Saturday, September 17 • 9 a.m. - 12 p.m. • This program presents two teachings recorded by H. E. Samdhong Rinpoche for Jewel Heart in 2022. In "Introduction to Vajrayana," Rinpoche draws out the distinction between non-tantric and tantric practices, giving a brief introduction to Vajrayana as a unique method to reach full enlightenment very quickly and without great hardship. In "Six Session Guru Yoga," Rinpoche gives a concise, yet complete explanation and oral transmission of the Full Six Session Guru Yoga, which is an essential practice for anyone initiated into Highest Yoga tantra. It is a compact method to combine the practice of Guru Devotion with affirming the pledges taken during tantric initiation, thereby providing the foundation for a successful Vajrayana practice. This program is free and open to all levels. Free / Donations welcome. To register visit jewelheart.org. For more information contact Jewel Heart at 734-994-3387, or programs@jewelheart.org.

Sunday Meditation and Sharing with Still Mountain teachers • Every Sunday • 10 - 11:30 a.m. • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit stillmountainmeditation.org for more information.

CEREMONIES, CELEBRATIONS, AND RITUALS

Anniversary Celebration and Peace Pole Rededication at Verapose Yoga House • September 24 • 9 a.m. - 12:30 p.m. • Celebrating our anniversary with our Peace Pole Rededication,

free classes (yoga, qigong), history of Gongs/Gong tasting, refreshments, and giveaways. Free. For more information contact Courtney Fitzpatrick at 734-726-0086, or courtney@veraposeyoga.com, or visit veraposeyoga.com.

Autumn Equinox Celebration with Alicia Clark-Teper •

September 23 • 7 – 9 p.m. • The changing of the seasons to autumn brings a time to reflect and gear up for the dwindling daylight. The Equinox is equal day and equal night, let's rebalance our internal compass and get ready for autumn. We will talk about the season change, what it brings energetically, as well release what is no longer serving us from the year so far. Join me in rebalancing your equilibrium. \$35. For more information contact Alicia Clark-Teper at clarkteper@yahoo.com, 734-945-5396, or visit sacredlotusexperience.com.

Autumn Harvest Gathering and Celebration with Courtney Fitzpatrick and Victoria Schon • September 24 • 6:30 - 8:30 p.m.

• The autumn harvest season is an opportunity to gain perspective and the season to reap what you have sown. Join us for some gentle movement (yoga), celebration, sacred sound, and a cacao ceremony as we relish in our accomplishments of the passing summer season. Bring a yoga mat, blanket, water bottle, journal, and optional pillow, bolster, and eye mask. \$50.00. Contact Verapose Yoga House at 734-726-0086, courtney@veraposeyoga.com, or visit veraposeyoga.com.

CHANNELING

Remembering Wholeness, Darshan with The Mother with Barbara Brodsky and The Mother • September 18, October 16, November 13, December 11 • 2 – 5 p.m.

• A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear all my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Evenings with Aaron presented by Barbara Brodsky and Aaron

• September 21, October 19, November 16, December 14 • 7 – 9 p.m. • Evenings with Aaron meets once a month. All are welcome. Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Deep Spring Center focuses on how we can live with more wisdom and compassion. Our primary work includes meditation and spiritual inquiry. \$10-\$120 suggested for donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

CHILDREN AND YOUNG ADULTS

Kabbalah for Kids (5th grade and up) with Karen Greenberg, P.T., • Sundays, September 11, October 2, November 6, December 4 and continues to meet monthly • 1 - 3 p.m.

Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy \$50/session for 2-hour class. For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

DEATH AND DYING

Ann Arbor Death Cafe 10 Year Anniversary Party with

Meryllyne Rush and Friends • September 17 • 2 - 5 p.m. • Ann Arbor Death Cafe is celebrating our 10-year anniversary with a party at a home in Dexter. All friends of Death Cafe, significant others, and anyone interested in connecting with like-minded people are welcome. It will be an outdoor potluck. Free but RSVP requested. For more information contact DianaRuth1226@gmail.com or go to the Death Cafe Ann Arbor Facebook page for more info.

ENERGY AND HEALING

Universal Sphere® Certification Practitioner Training with

Shellie Powers • September 13 – 14 • 12 - 4 p.m. • October 1 • 10 a.m. – 7 p.m. • November 14 – 15 • 4 - 8 p.m. • December 6 – 8 • 6 – 9 p.m. • All are welcome. This is an easy to learn energy modality that allows you to immediately connect to the Unified Field, aka the Quantum Field. From there you can work on increasing your frequency/vibration and start attracting higher vibrational solutions into your reality. The Universal Sphere® can stand alone, or be used with other modalities, so whether you are brand new to energy work, or a seasoned professional, this training is for you. \$397. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Qigong Basics with Master Wasentha Young • Thursday,

September 15 - December 15 • 11:15 a.m. – 12:15 p.m. • This class will cover basic physical and mental energetic techniques for self-care. For example: energy cleansing and centering, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all you develop a toolbox of strategies for self-care! (In-person only - limited to 10 people). \$180. Contact Peaceful Dragon School at info@peacefuldragonschool or call 734-741-0695.

EXERCISE AND FITNESS

Beauty Loves Movement with Katie Westgate • September

8 or 22, October 20 or 27, November 3 or 17, or December 1 or 8 • 6 - 7:30 p.m. • In this fun and unique class you will learn techniques for vibrant, healthy skin through self-massage, Gua Sha and other tools, breath work, facial exercise, meditation and the why's of the importance of these techniques. Bring a yoga mat and yoga attire. Masks will not be worn throughout class.

Biweekly

The Crazy Wisdom Calendar



Please come with makeup free clean face. *Tools will be available for purchase or you may bring your own! Q+A to follow class. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$35. For more information visit kwestskinbodyspirit.com or call 734-436-8991.

FESTIVALS AND FAIRS

Sunday in the Park at Ann Arbor Burn's Park: Active Against ALS • September 18 • 2 - 4:30 p.m. • Family event with games, crafts, food, raffle, a silent auction, and more fun! Free. For more information visit activeagainstals.org/sunday-in-the-park.

HEALTH AND WELLNESS

Compassionate Communication Online Women's Gathering: Navigating our future with Fierce Grace and a Warm Heart with Lisa Gottlieb • September 15 • 7 p.m. 4 week online Nonviolent Communication Women's Program: Please join Lisa Gottlieb MSW, Certified Trainer with the Center for Nonviolent Communication in an inclusive, caring and accepting community for support, learning and growth as we navigate life in 2022. This class is open to all women, and is appropriate for all levels of NVC practice and skills. Link below for more info and registration <https://www.cnvc.org/training/nvc-online-womens-gathering-navigating-our-future-fierce-grace-and-warm-heart-0>.

Sacred Money Archetypes with Heather Schram • September 17 • 10 a.m. • Are you ready to get rid of unconscious money blocks and start fresh on a path of creating freedom, independence and a healthy relationship with money? Did you know that you CAN get rid of unconscious money blocks and press reset on a fresh money story, starting today? Here's how: Within you is a unique "money code" called your Sacred Money Archetypes®. Once you discover what YOUR money archetypes are, it will feel as if all the puzzle pieces of your life easily fall into place. We will work on activities to start your journey to changing your relationship with money - how exciting is that?! For more information visit <https://evenstarschalice.com/institute>.

INTUITIVE AND PSYCHIC DEVELOPMENT

Focused Mind Meditation with John Friedlander • September 4, October 2, November 6, December 4 • 9 a.m. – 12 p.m. • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and

spiritual openness. \$15. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • September 6, October 4, November 1, December 6 • 7 - 8 p.m. • For women only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano at mvaviviano@gmail.com, call 734-476-1513, or visit psychicpsychology.org.

LOVE AND RELATIONSHIPS

Kabbalah for Couples with Karen Greenberg, P.T. • Sundays, September 11, October 2, November 6, December 4 and continues to meet monthly • 3 - 5 p.m. • Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. Two-hour sessions once a month for about a year, is not couples therapy—it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 per session. For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg, P.T., • Sunday, September 18 • 1 - 6 p.m. • Has it been lonely being in lockdown during the pandemic? Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades), learning how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears and "not deserving" issues, and to trust the Divine Order and Timing! \$150. For more information contact Karen Greenberg at 734-417-9511, krngrnbg@gmail.com, or visit clair-ascension.com.

MEDITATION

The Powers Of... Living with Balance and Ease • September 6 and September 13 • 6 - 7:30 p.m. • 9/6: Meditation, Mindfulness and Breathwork . 9/13 Grounding, Boundaries and Cords. 90-minutes each via Zoom Cost: \$25 per session, or \$40 advance registration for both. For details see website: <http://powers365.com>.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays • September through

December • 9:30 - 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free / Donations welcome. For more information visit jewelheart.org, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

Zazen and Noon Service with Marta Dabis • September 4, 18, 25, October 2, 16, 23, 30, November 20, 27, December 18 • 11:00 a.m. to 12:30 p.m. • Zazen – zen meditation – followed by fellowship over lunch. Please arrive early. Orientation and introduction to meditation forms available by request. Free, but donations appreciated. Everyone welcome. Contact Marta at (248) 202-3105, jizzojzen@gmail.com or visit jissojzen.org.

Applying Vipassana in Daily Life and Seeing Its Progression Along the Path with Celeste Zygmont • September 5, October 3, November 7, December 5 • 7:30 - 9:30 p.m. • This class is designed for those who are dedicated to deepening their experience of the Dharma and moving further along the path. The class content will contain practices and explanations, informed by Celeste's nearly 30 years of Vipassana study and practice under Barbara Brodsky and Aaron. In this class, we will use our increasing focus and spaciousness to deepen our ability in the moment to know our experience. Suggested donation: \$60-\$200. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Introductory Zen Meditation Course • September 8, October 13, and November 17 • 6:30 - 8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/ \$120 student. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Healing and Compassion Meditations with Hartmut Sagolla • Mondays Weekly, September 5 to December 26 • 12 - 1 p.m. • Hartmut Sagolla leads a 30-40 minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Free / Donations welcome. For more information and to register, visit jewelheart.org/free-weekly-virtual-programs, call Jewel Heart at 734-994-3387, or email programs@jewelheart.org.

Introduction to Mindfulness with Donna J. Champine, MD, MA • September 6, 13, 20, and 27 • 7 – 8 p.m. • Join Donna J. Champine, MD, MA for this four-week course, one hour each week. Attendance at all four weeks is not required, but helpful for both the participants and the instructor. Fee by donation. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Peace Generator at Interfaith Center for Spiritual Growth • September 16, October 21, November 18, December 16 • 7-9:00 p.m. • Meditate, sing, dance, juggle—whatever you like to generate peace and harmony on for the planet. Free, but donations gratefully accepted. Visit Interfaithspirit.org for more information.

Overnight Introductory Meditation Course with Temple Clergy • September 16 - 17, or December 2 - 3 • 7 p.m. Friday evening and overnight at the Temple until noon on Saturday • Designed for those unable to take the Thursday evening course because of schedule or distance. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost including accommodation and breakfast. \$160/ \$120 students. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Daylong Meditation Retreat with Carol Blotter • September 10, December 3 • 9 a.m. – 4 p.m. • Join us in nature and in a wonderful center for sitting and walking practice and a talk. Donation. For more information contact Carol Blotte at 734-475-0942, cb.meditate@gmail.com, or visit ChelseaMeditation.com.

Day of Mindfulness Meditation with Esther Kennedy, OP • September 10, October 15, November 12th, December 12th • 10 a.m. - 2:30 p.m. • Join our mindfulness community as we deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. \$35.00, with lunch Included. Contact Weber Retreat and Conference Center at 517-266-4000, or webercenter@adriandominicans.org.

Meditation Getaway with Rob Meyer-Kukan • September 11 • 8 a.m. - 6 p.m. • You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Our day will include a walking meditation, chanting, journaling, breath work, sound, and more. Ample time for sharing and reflection will be provided. \$150.00 (includes lunch). For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Get your event listed in the
CW Biweekly
calendar for **FREE**.

Send your listing in
two weeks in
advance!

[Submit your listing
here.](#)



Awakening Unconditional Love; Grounding Love into the Earth with Barbara Brodsky, Aaron, and John Orr • September 13, September 27, October 11, October 25, November 8, November 22, December 6 • 6 - 9 p.m. • Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakens, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake, and present), and the relative level where we move through awakening as a gradual process. Suggested donation \$105-\$350. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Cultivating Compassion and Wisdom: An Introduction to Deep Spring Center Teachings with Nancy Beckman, Iris Wolfson, and Nina Bohlen • September 14, September 28, October 12, October 26, November 9, November 30 • 7 - 9 p.m. • Deep Spring Center teaches meditation and supportive practices to help people realize that they are awake, that their essence is love, and how to live from awakened consciousness. For new students it will focus on meditation and the dharma, combined with a focus on spiritual inquiry. Instruction in beginning Vipassana and Pure Awareness meditation from the Buddhist tradition, but with no religious beliefs. This introduction prepares students to participate in more advanced classes and programs. Suggested donation: \$90-\$300. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • September 15, September 29, October 6, October 20, November 3, November 17, December 1, December 15 • 7 - 8:30 p.m. • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation \$120 - \$400. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

Free Introduction to Mindfulness-Based Stress Reduction with Libby Robinson, Ph.D., MSW • September 17 • Eight-week class from September 24 to November 19 • 2 - 4:30 p.m. Retreat on November 5 • 12 - 4 p.m. • MBSR, developed by Jon Kabat-Zinn, has been extensively researched and found helpful with stress, pain, depression, anxiety, and chronic unhappiness. It started the current wave of mindfulness-based strategies for coping with many human problems. The class focuses on practicing mindfulness – compassionate awareness of the present moment – in and out of class. Meeting weekly for 2.5 hours for eight weeks, this virtual class includes guided meditations and informal practices, discussions, daily home practice, and a half-day retreat. \$300 (negotiable); SW CE credits available. For more information visit libbyrobinsonmindfulness.com.

Deep Relaxation: Sound Bath Meditation with Rob Meyer-Kukan • September 23 • 7 - 8:30 p.m. • Join sound therapist and healer, Rob Meyer-Kukan for this time of sound bath meditation. The sound bath will include a meditation by Thich Nhat Hanh entitled "Deep Relaxation." Thay's words will be intermingled with intentional tones of singing bowls that are intended to

deepen the practice. A sound bath, featuring gongs, singing bowls, chimes, and more will conclude the event. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow). A limited number of yoga blankets will be available. Current Covid safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. \$40.00. For more information contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Fall Reset: Yoga, Meditation, and Health with Ema Stefanova • September 24 – 25 • Yoga is a science of consciousness, personality, and creativity. Experience how it works and how it can help you stay healthy this fall. This two-day seminar will help train your willpower to transform your life. Excellent for every *body*. Weather permitting, we will hold this two-day seminar in the park. \$199. For more information visit yogaandmeditation.com.

Morning Meditation and Breathwork with Shellie Powers • September through December • See schedule on website. • All are welcome. Clarity, peace, wellbeing, and balance. Restore your wellbeing, reach goals, improve relationships, and/or develop awareness, mindfulness, and confidence as you start your day, when you experience various morning meditations and breathwork. Single visit and packages available. Bring your own mat or pillow, and water. Options range from \$20 to \$200. For more information contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

Master Meditation with Ema Stefanova • Tuesdays, September through December • 6:50 p.m. • Understand what types of meditation work best for you, and experience practicing a variety of techniques from the classical yoga and tantra traditions. Each student will get help in developing a successful home practice to suit their individual needs/goals; excellent text and audio are available for further study. For more information visit yogaandmeditation.com.

Sunday Public Meditation Service with Temple Clergy • Sunday • 10 - 11:30 a.m. and 4 - 5:30 p.m. • Join us in person or by live stream for group meditation practice and a dharma talk. Live stream at <https://bit.ly/a2zenyoutube>. By donation. For more information contact Zen Buddhist Temple at 734-761-6520, or annarborzentemple@gmail.com.

Weekly Silent Meditation Practice with Celeste Zygmunt • Weekly Sunday • 11 a.m. – 12 p.m. and Tuesday: 9 - 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions. Donation. For more information contact 734-477-5848, om@deepspring.org, or visit deepspring.org.

One-Day Meditation and Yoga Retreat in Chinese with Master Zhong Hai (Winnie) • 1st Sunday of each month • 10 a.m. to 6 p.m. • Half-day participants are welcomed. This unique one-day meditation retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register,

visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

One-Day Meditation and Yoga Retreat in English with Master Zhong Hai (Winnie) or Kamakshi (Betty) Eller • 2nd and 4th Sunday of each month • 10 a.m. – 6 p.m. • Half-day participants are welcomed. This unique one-Day Meditation Retreat is taught in Chinese and features 30 minutes of Huayen inner-body heating exercises, classical Hatha Yoga, and/or Yoga Breathing techniques, along with walking and standing meditation, followed by 60 minutes of sitting meditation. Traditional Chinese Tea Ceremony served mid-day. Suggested Donation \$45 - \$100. To check dates and register, visit TripleCraneRetreat.org. For questions email Office@TripleCraneRetreat.org.

MOVEMENT AND DANCE

First Friday Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman and Drake Moses Meadow • First Fridays, September - December • 7 – 9 p.m. • Circle dances and meditations with sacred words from the world's religions presented on Zoom or in person, when safe to do so. Free online. \$5 in person. For more information contact Judy Lee Nur-un-nisa Trautman at jltrautman@sbcglobal.net, or 419-475-6535, or visit sites.google.com/view/a2-toledodup/home.

Brain, Body, Balance - A 30-minute Introduction for All Ages with Tammy Renner • Thursday, September 1 • 1:30 p.m. • Tuesday, September 6 • 6:30 p.m. • Wednesday, September 7th - 1:30 p.m or 6:45 p.m. • Thursday, September 8 • 1:30 p.m. • Brain Body Balance may bring you calm; increase brain power, reading, writing, and math skills; better balance; and/or personal empowerment. Many who are exercise intolerant find they are able to participate in Brain Body Balance. Tammy created Brain Body Balance to allow you to gain simple, gentle, and easy skills that will hopefully make as big of a difference in your life, as they have hers. Free Introduction, ongoing class has a sliding scale fee. For more information contact Tammy Renner at 734-330-6479 or visit tammyrenner.wixsite.com/tammyrenner/about-5.

MUSIC, SOUND, AND VOICE

Play the Piano with Joy, Read Music with Ease, Taught by Tammy Renner • September 1 • 6:15 - 7 p.m.; September 6 • - 2:45 - 3:30 p.m.; September 7 • 2:45 - 3:30 p.m.; September 8 • 6:15 - 7 p.m. • The Snowman's Dream Piano Method emphasizes learning the location of the five most used C's on the piano and their placement on the music staves. All other notes are read and played in relation to the C's. Thus, the emphasis is on learning the patterns of how notes relate to each other, instead of memorizing note-names. Tammy Teaches group and private piano lessons with the Snowman's Dream. Free introduction session. For more information contact Tammy Renner at 734-330-6479 or visit <https://tammyrenner.wixsite.com/tammyrenner/music-lessons>.

Singing for Comfort at Interfaith Center for Spiritual Growth • Second Thursdays, September through December • 7 - 8:30 p.m. • Raising our voices in song for comfort and peace. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org

PATH (Scott McWhinney and band) via Zoom with Interfaith Center for Spiritual Growth • September 10 • 7 – 9 p.m. • Songwriter and guitarist Chris Hedly joins Tim Prosser on mandolin and Scott McWhinney on harmonicas for sweet vocal harmonies, handcrafted rhythms and upbeat musical fun. \$10. For more information visit Interfaithspirit.org.

Sound and Art with Rob Meyer-Kukan • September 17 • 7 - 8:30 p.m. • Come and join Whitepine Studios and Seven Notes Natural Health for our fourth collaboration, as we listen to the melodic sounds of the singing bowls while painting a beautiful coneflower composition in watercolor. These perennials are valued for their medicinal properties and widely used as herbal remedies. They are often associated with strength and healing. \$35. For more information contact Rob Meyer-Kukan at 248-962-5475 or rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

NUTRITION AND FOOD MEDICINE

Cacao Journey with Alicia Clark-Teper • Every third Monday, September through December • 7 – 9 p.m. • A Cacao Journey held by Alicia. The plant medicine of Cacao connects us with our hearts, our ancestors and Momma Gaia. We talk about the upcoming energies of the month, give thanks to our ancestors, connect to our hearts and flow with the bliss molecule Anandamide which is naturally found in Cacao. With every cup of ceremonial Cacao we replenish our cup with bliss, joy and compassion. \$35. Contact Alicia Clark-Teper at 734-945-5396, or clarkteper@yahoo.com, or visit sacredlotusexperience.com.

PERSONAL GROWTH

How to Pray without Talking to God • September 6 • 7 p.m. This 8-week class is based on the book, "How to Pray without Talking to God: Moment by Moment, Choice by Choice," by Rev. Linda Martella-Whitsett. Discussions will take place on Zoom, from 7:00-8:30pm Tuesday evenings, 9/6 - 10/25. All are welcome! There is no fee for the class; love offerings to Unity of Ann Arbor would be gratefully accepted. To join, please contact class facilitator, Rev. Marty Newman, at marty.newman45@gmail.com.

Uncovering, Empowering, and Rejoicing in the Experience of Being Human • September 9 • 3 p.m. • In this series of six weekly two-hour sessions, we will explore the five human Qualities of gender, power, love, voice and understanding. Each session will follow a sequence of attuning, journaling, talking, chanting, and movement. Going through these varied steps while exploring a Quality, something uncontrived emerges. With each Quality, a knowing becomes apparent. Even though inequalities and injustices may obscure the Qualities, we can find them within, ever present and pure. For more information contact Marcia Haarer, LMSW at mhaarer@comcast.net or visit <http://drchristibemister.com/>.

Temple Stay, Visitor's Program and Residential Opportunities with Temple Priests • Ongoing • Tailored to individual needs, the visitor's program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One

can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. \$60 per night, \$250 per week, or \$650 per month. Contact Zen Buddhist Temple at 734-761-6520 or visit annarborzentemple@gmail.com.

The Powers Of... Mini-Workshop Series with Shellie Powers

• **Every Tuesday night starting in September • 6 - 7:30 p.m.** • This mini-workshop series will vary week to week but is always all about the powers of... you! A few topics may be just one sitting, while others may be consecutive weeks. The schedule of topics will be posted in advance on the website, and include manifesting, chakras, and positivity, to name a few. Bring yourself and a friend or two. Register early, as seating is limited. All welcome. \$25/week. Contact Shellie Powers at 734-926-8423 or 517-962-5378, or visit powers365.com.

REIKI

Shoden Level I Reiki Certification with Courtney Fitzpatrick • September 10 • 1 – 6 p.m. and September 11 • 9 a.m. – 4 p.m.

• Courtney Fitzpatrick, owner of Verapose Yoga and Meditation House and longtime Reiki Practitioner/Master will be leading the life-changing Shoden Reiki Level I certification. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. This workshop will be held over the course of one weekend, with an option to continue practicing and gathering as a community. Space is limited. \$235. For more information contact Courtney at 734-726-0086 or courtney@veraposeyoga.com, or visit veraposeyoga.com.

RETREATS

Fellowship with Yogacharya: Road to the Future with Song of the Morning Community • September 2 - 4 • During this special retreat, we celebrate the birthday of Yogacharya, Enjoy a weekend full of fellowship with spiritually minded souls, including delicious vegetarian meals, nature immersions, shared Yogacharya stories and visions for the future. Last but not least the retreat will hold our annual Golden Lotus Film Festival! You are invited to submit short spiritually themed video's which will be voted on and the winner will be given the artistically designed Oliver Award for Film Excellence! Complimentary with variable pricing for accommodations. For more information contact 989-983-4107, or office@songofthemorning.org, or visit songofthemorning.org.

SW Lake Michigan Three-Day Holistic Yoga and Meditation Retreat with Ema Stefanova • September 9 - 11; October 14 - 16; November 4 – 6. • Our small group retreats are for total beginners, and pros who would like to experience classical yoga and meditation as a way of life, healing, and growth, and develop and refine their practice in an environment dedicated to peace. The Vivekananda Retreat Center has provided home for our retreats since 1991. It is located on 110 acres of beautiful non-farming land minutes away from Lake Michigan beaches. Lodging (some private and double occupancy rooms with shared bathrooms), vegetarian meals, expertly guided group classes are included in the cost. Register early to save. RYT200 and RYT500 teachers earn CE hours with the Yoga Alliance. The retreats also count toward RYT200 and RYT300 Teacher Training Certification

through the Ann Arbor Yoga and Meditation School. \$479. Contact Ema at 734-665-7801, or EmaStefanova@cs.com, or visit YogaAndMeditation.com.

Silent Half-Day Sittings with Marta Dabis • September 11, October 9, November 13, December 11 • 8:15 a.m. to 1 p.m. • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Can come for any portion of the program. FREE. For more information contact Marta at 248-202-3102, jissojizen@gmail.com, or visit jissojizen.org.

Self-Realization Fellowship Regional Retreat with Self-Realization Fellowship Sisters Preeti and Ranjana • September 30 - October 2 • We are honored to welcome Sisters Preeti and Ranjana to Song of the Morning this fall when they will spend time with our community and offer a Self-Realization Fellowship Regional Retreat. The retreat will be open to all SRF lessons students and SRF Kriyabans. We hope you will join us! \$108 plus accommodations. Contact Song of the Morning Yoga Retreat at 989-983-4107, office@songofthemorning.org, or visit songofthemorning.org.

SHAMANISM

Healing Curses and Spells with Connie Eiland • September 17 – 18 • 10 a.m.- 5:30 p.m. • This class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize when curses are in place and how to remove them in a safe manner. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. \$180 until September 3, then \$220. For more information contact Connie Eiland at 248-809-3230, clshebear7@gmail.com, or visit shewolfshaman.com.

Introduction to Journeying with Connie Lee Eiland • October 2 • 10 a.m.- 4:30 p.m. • This six-hour class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 9/17/22 then \$80. For more information contact Connie Eiland at 248-809-3230, clshebear7@gmail.com, or visit shewolfshaman.com.

Journeying Circle with Judy Liu Ramsey • First and third Thursdays of each month • 7 - 8:30 p.m. • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on Zoom. You must register prior to attending. \$25 per session or \$40 per month. For more information email info@judynamsey.net or visit <https://JudyRamsey.net>.

SPIRITUAL DEVELOPMENT

Monthly Midrash Study with Karen Greenberg, P.T. • September 4, October 9, November 13, December 11 • 1 – 4 p.m. • The written version of the Old Testament (Torah) tells

a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one three-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com or visit clair-ascension.com.

Interfaith Sunday Service at Interfaith Center for Spiritual Growth • September 4 - December 25 • 10:45 a.m. - 12:15 p.m.

• Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Youthful Spirits class at Interfaith Center for Spiritual Growth

• **Sundays • September 4 - December 25 • 1 - 2 p.m.** • Spiritual classes for young people. Free, but donations gratefully accepted. For more information visit Interfaithspirit.org.

Sufi Chanting Meditation and Discussion with Imam Kamau Ayubbi • Every Tuesday, September 6 - December 27 • 6:30 - 8 p.m. • An exploration of Sufism. \$5-\$10 per class. For more information visit Interfaithspirit.org.

Cultivating a Personal Relationship with God with Karen Greenberg, P.T. • Sundays September 11 and 18 • 6:30 - 9:30 p.m. • Create a sacred space in which to compose and ask questions of your Higher Power. Decipher if you are receiving "Yes," "No," or "Essay" answers in your head, body, or spirit. Ask how you can serve (working through resistance to trusting and surrendering to God); express gratitude, awe, and allow yourself to be comforted and healed by God). Compose prayers, feeling close to God, as though God were a close friend: He/She is! \$90. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com, or visit clair-ascension.com.

Akashic Records Practitioner Certification with Shellie Powers • September 16 - 17, September 20 - 22, October 4 - 6, October 11 -13, November 29 - 30, December 1, December 3 - 4 • Practitioner Certification: Experience the Akashic Records through the Pathway Prayer Process to access the heart of the Akasha©. Encounter the energy and wisdom and develop your skills for successful navigation of the Records. Learn about the Akashic Records, the method of access, and the tremendous personal possibilities for you. Find out how to use the Akashic Records for yourself and others. Enjoy a more conscious relationship with your own Soul and honor its wisdom. \$360. Contact Shellie Powers at 734-926-8423 or 517-962-5378 or visit powers365.com.

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday • 5 - 6:15 p.m. • Saturday • 9:30 - 10:45 a.m.

• Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free.

For more information contact Joe Walters at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Tai Chi for Beginners with Master Wasentha Young • Mondays, September 12 - December 15 • 10 - 11:15 a.m. and Thursdays 6 - 7:15 p.m. • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness, as well as increases balance. Register for one class and you can attend both sessions - whatever your schedule allows - at no extra cost! Hybrid class - taught in-person (limit 10) and on Zoom (your choice). \$195. Contact Peaceful Dragon School at info@peacefuldragonschool.com or 734-741-0695; or visit peacefuldragonschool.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Monday through Friday, Various times • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside, and Zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit TaiChiLove.com.

TAROT AND DIVINATION

Immersive Tarot Group Workshop with Nina McDermott • September 14, 21, October 12, 26, and November 9 • 6:30 - 8:30 p.m. • This immersive class will expand your intuition using tarot and oracle cards. Come spend two hours playing, learning, and sharing. We will deepen our intuition through ritual and guided meditation before delving into the magic of the cards. All levels of experience are welcome. Bring your own cards or explore using decks provided. Register by 5:00 p.m. day of on website. Class size is limited to seven. \$65. For more information visit kwestskinbodyspirit.com or contact 734-436-8991.

TEA EVENTS

Tea Gong- Tea Ceremony and Qigong Energy Practices with David Stouffer • September 24 • 7 - 9:00 p.m. • Tea has many healing compounds that enhance well-being. Enjoy a special selection of teas and learn Qi Gong postures that can help increase your health. The techniques taught in this class are known to improve circulation, prevent bone loss, and enhance physical, mental, and emotional aspects of health. \$55. For more information contact David at 858-344-9417 or ancientwaysofhealth@gmail.com or visit ancientwaysofhealth.com.

WRITING AND POETRY

Begin to Write the Hero's Journey through the Body, Eight-Week Online Writing Workshop with Julie A Mariouw • September 7, 14, 21, 28; October 5, 12, 19, 26 • 7 - 9:30 p.m. • In this workshop we will learn about the Hero's Journey template, use metaphor, polarity, the senses, and movement to release creative material from the body, establish our story in the ordinary world, and uncover our archetypes. \$280. For more information visit wellspringwritingworkshops.com/events.

Continue to Write the Hero's Journey Workshop through the Body with Julie A Mariouw • September 8, 15, 22, 29 Oct 6, 13, 20, 27 • 7- 9:30 p.m. • In this workshop we will continue to

write with the Hero's Journey template, use metaphor, polarity, the senses and movement to release creative material from the body, work with our story in the ordinary world and continue to uncover our archetypes. \$280. For more information visit wellspringwritingworkshops.com/events.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • September 25, October 23, November 27, December 18 •

1:15 - 2:45 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Free. Donations are appreciated. Contact Marta Dabis at jissojizen@gmail.com or 248-202-3102 or visit jissojizen.org.

Crazy Wisdom Poetry Circle Workshop Facilitated by Ed Morin, David Jibson, and Lissa Perrin • September 14 • 7 p.m. Second Wednesdays, 7-9 p.m. • Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, Lissa Perrin • Second and Fourth Wednesdays of each month • 7 - 9 p.m. • All sessions are virtual and accessible through Zoom. See website for book listings and schedule. Free. Contact Edward Morin at 734- 668-7523 or eacmorso@sbcglobal.net, email cwpoetrycircle@gmail.com, or visit cwpoetrycircle.blog.

YOGA

Beginner Yoga with Celia Fellin • September 12 • 5 p.m. Ever wanted to try yoga but unsure about how to do it? Or maybe you've done it before and you'd like to brush up on the "how to"? Yoga is a great way to get the body moving in a gentle way. You don't need to be flexible or strong to join the class. We'll go through some of the common poses with detailed instructions. This will be a great introduction to the practice of yoga. You'll gain the confidence to practice on your own or maybe join a group class. For more information contact celia at celia.yogacentric@gmail.com.

Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • Ongoing • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

RYT200 and Advanced RYT300 Teacher Certification with Ema Stefanova • September 12 or Flex Start and Finish Dates • Our programs are a cut above what commercial yoga studios offer. For more information visit YogaAndMeditation.com.

Seven Week Fall session of Iyengar Yoga classes with Karen Ufer, David Ufer, Marlene McGrath, Alicia Rowe • September 12 - October 29 • Various Times • Iyengar Yoga classes in a studio setting with teachers who have decades of practice and teaching. All props provided, all experience levels welcome, free parking. Vaccinations required. Classes are \$20 for a drop in and \$18 if you sign up for the session. For more information visit yogafocusannarbor.com.

Deep Centering Holistic Yoga Class with Ema Stefanova • September 13 – November 22 • 5:30 p.m. • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization, and meditation. For more information visit YogaAndMeditation.com.

RYT-200 Teacher Training Program at Verapose Yoga House • September 17 – 18, October 8 – 9, October 22 - 23, November 12 - 13, December 3 - 4 • 9 a.m. - 5:30 p.m. • Verapose Yoga is a Registered Yoga Teacher Training School with the Yoga Alliance. Join us for our 200 Hour YTT, which is both online and in-person, to empower your connection to your Self, and to learn how to guide others in enjoying the benefits of yoga. An unlimited yoga membership is included with the tuition and expires either one year after you begin or upon completion of the program. \$3400. Contact Courtney Fitzpatrick at 734-726-0086, courtney@veraposeyoga.com, or visit veraposeyoga.com.

Iyengar Yoga with David Rosenberg • Weekly • Mondays at 6 p.m., Thursdays at 7 p.m., Saturdays at 10 a.m. • Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. Free. For more information contact 734-994-2300, or recedstaff@a2schools.org, or visit aarecedonline.com.

Compassionate Yoga - Remote classes with Mary Seibert • Wednesdays 4:15 - 5:30 p.m. • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slow paced. Emphasis is on mindfulness, breath, postures, strength, and balance. Sliding scale. Contact Mary at 734-323-2520, or compassionateyoga@outlook.com, or visit compassionateyoga.info.

Yoga Class with David Black • September 6 through October 18 • 6:30 - 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is recommended. Cost is \$60 for all six sessions or drop-in is \$12 per session. Contact Zen Buddhist Temple at 734-761-6520 or annarborzentemple@gmail.com.

Open Level Yoga with Michele Bond • September - December • Sundays, 4 - 5:30 p.m. • Tuesdays, 6 - 7:30 p.m. • Saturdays 10 - 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for fall semester, \$20 drop in with instructor's permission. Contact 734 358-8546, or michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Where can you pick up a copy of The Crazy Wisdom Community Journal?

Yes, Crazy Wisdom Bookstore is closing, but you can still find the Journal in many places around Ann Arbor and in surrounding areas. Here's a sample of places around town where you can pick up a copy of the current issue:

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw CC Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Corner Cup Cafe
White Lotus Farm & Tsogyelgar
Triple Crane Monastery

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit

Camping – because therapy is expensive.

