

What we like about Insight Meditation Ann Arbor

- Practice
- Classes
- Group/feel happy here
- Talks on Sundays'
- Length of sitting
- Informality
- Welcoming (especially newcomers)
- Minimally dogmatic
- Meditating with others
- Have a facility w/ cushions
- Location
- A dedicated space
- Diversity of ages/gender
- No charge
- Open mindedness
- Longer multiple sittings supports deep practice and sangha
- Retreats
- Variety of offerings
- Informal get-togethers
- Aesthetically pleasing space
- Practice intensives
- Web site
- Light footprint
- No membership
- Library
- Volunteers have stepped up
- Growing and evolving
- Welcome to bring whole self
- Sharing protocols

Suggestions

- Varying evening sitting
- Room comfort issues
- Designated time for social interaction
- Food
- Daytime offerings/classes
- Child care
- Informal morning sitting/lunch
- Dharma talk topic suggestions
- Longer dharma talk formats

- Visiting teachers
- Varying Sunday formats
- No required ritual
- More diversity of minority and income status
- Different evening/daytime service
- 2 Sunday morning services
- 5pm Sunday service
- ½ hour social/walking in room
- many opportunities for service