Contemplative Teaching and Learning

An exploration of contemplative concepts, skills, and practices introduced in the summer module. As preparation for the journey of mindful teaching, the Tibetan Buddhist meditative traditions (drawn from Naropa University's heritage) form the basis, or ground, of the course. Practices and perspectives of master teachers and current educators of various contemplative traditions are examined and put to the test. Audio lectures, observation techniques, meditation, and experiential exercises complement written lectures, readings, and discussions. Mindfulness-awareness development is experienced both personally and as a component of community learning. Students who are not matriculated in the MA program must receive permission of the instructor to register.

Course Number: EDU635E
Unit: 3.0
Program: Contemplative Education