Embodied Wisdom

A deepening of contemplative teaching and learning through the practices of meditation, loving-kindness, and Maitri Space Awareness. Methods that develop facility with emotions, expression, and relationships, in the exploration of personal, experiential, and traditional knowledge of the five elemental energies of Tibetan Buddhism are utilized. Students lay the foundation for tailoring their teaching methods and styles to their own and their students’ authentic expressions. The practices of aesthetics, presence, and contemplative movement further deepen facility with these energies. Prerequisite: Completion of Summer Session I. Students who are not matriculated in the MA program must receive permission of the instructor to register. Course fee.

Course Number: EDU705
Unit: 4.0
Program: Contemplative Education