Inner Work

This course introduces mindfulness training through sitting and walking meditation as a ground for developing wakefulness and trust in ourselves and the phenomenal world, as well as nature-based ecopsychological practices that explore the relationship between nature, psyche, and spirit. Emphasis is on bringing the non-duality of wilderness mind back home and applying it to our daily activities and relationships. Experiencing mind without analysis, reinforcement, or rejection clears the way to relate directly with others and develop skills for a new kind of leadership. The course includes an introductory two-day retreat. Course fee. Required for MA Resilient Leadership students (both tracks).

Course Number: ENV600
Unit: 3.0
Program: Environmental Studies