

## Meditation Practicum I: Cultivating Awareness

This course is designed to support students in continuing the practice of mindfulness-awareness meditation begun in CNST621E. Specific topics include applications of mindful-awareness to creativity, healing, and social action. Students meet in small groups for sitting and walking meditation sessions and discussion. Individual meditation instruction is provided. Prerequisite: CNST621E.

Course Number: CNST720E

Unit: 1.0

Program: GRAD Transpersonal Coun