

## Meditation Practicum I: Freeing the Mind

Students are introduced to sitting meditation practice drawn from the Tibetan Buddhist tradition of shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions, and the cultivation of maitri (loving-kindness). The course includes weekly discussion groups, individual meetings with a meditation instructor, daily meditation practice, midterm, and final oral exams.

Course Number: REL160

Unit: 3.0

Program: GRAD/UNDG Religs Studies