

## Christian Prayer and Mystical Practices

This course introduces Christian practices of prayer, with particular focus on contemplative and mystical spiritual practices within Christian traditions. The course explores lectio divina, Centering Prayer, Christian meditation, hesychast Jesus prayer, embodied labyrinth walking, praying with icons, liturgical prayers, and chanting. The course places these practices in broader historical and theological contexts of diverse Christian communities. The course includes instruction and active student participation in these practices. Cross-listed as REL571.

Course Number: REL271

Unit: 3.0

Program: GRAD/UNDG Religs Studies