

Zen Buddhism

In this course, the Zen Buddhist tradition is studied through its meditation practices and through lectures and discussion on the writings and teachings of the Zen masters. The course includes instruction in zazen, periods of sitting zazen, instructions on applying mindfulness to one's daily life, as well as studying classic texts and teachings of the tradition. The course includes opportunities for a weekend retreat at one of the Zen centers in the Boulder vicinity. Co-requisite or prerequisite: COR113 or COR130. Cross-listed as REL540.

Course Number: REL345

Unit: 3.0

Program: GRAD/UNDG Religs Studies