

## Shambhala Meditation Practicum

The Shambhala tradition, taught by Chogyam Trungpa Rinpoche, is a secular path of spiritual training. Students learn sitting meditation and study the principles of Shambhala Warriorship, which involves developing personal courage and social responsibility. The class combines meditation, writing, and a variety of exercises to give direct experience of mindfulness and our own senses. The connection between the arts and meditation is also explored and would be of interest to anyone exploring their own creative process. A slogan of the class is "Notice what you notice" (a phrase Allen Ginsberg coined). Cross-listed as TRA500.

Course Number: TRA100

Unit: 3.0

Program: GRAD/UNDG Trad Estrn Art