Theravada Vipassana: Weekend

When mindfulness meditation is practiced, the exquisite ordinariness of the movement of breath, of the sensation of the body sitting on the earth, and of the busyness of the mind and emotions is discovered. This intensive weekend introduces insight meditation, “vipassana,” from the Theravada Buddhist tradition of Southeast Asia. This course includes mindfulness practice in sitting, walking, and daily life through short talks, guided meditations, and the practice of “noble silence.” Cross-listed as REL157W.

Course Number: REL501W
Unit: 1.0
Program: Religious Studies