

Practice and Community I

The practice of being in community is one of the most profound teachings of the LEAPYEAR program. An essential adjunct to living in conscious community is the study of contemplative or inner-directed practices that help the individual become more at home within themselves and with others. Students learn to define and live within clear agreements, learn the skills of clear communication and conflict resolution, and engage in daily contemplative practice while on retreat and while traveling together in unfamiliar countries through unfamiliar terrain—both inner and outer. Students learn practices that support growing self-awareness and self-acceptance, which are cornerstones of conscious community.>

Course Number: LCOR110

Unit: 3.0

Program: Naropa Core Curriculum