

Wisdom Traditions of Nepal/India

Students learn about the wisdom traditions and spiritual practices of Nepal, North India, and South India while living in intentional communities focusing on Hatha Yoga, Buddhist meditation, and Karma Yoga (selfless service). Students explore practices that provide opportunities for intrapersonal and interpersonal learning as part of their own personal journeys, discovering their own biases and spiritual beliefs, as well as exploring the value of integrating Western and Eastern philosophies. Nine (or more) weeks of travel and study in Nepal and India is bracketed by two nine-day residential seminars in the United States, giving students time to prepare for their travels, and to reflect on and integrate their experiences upon returning.

Course Number: LCOR125

Unit: 6.0

Program: Naropa Core Curriculum