

The Whole Human Being

An exploration of the journey into adulthood in the context of learning what it means to live a life of balance and purpose. Students experientially explore the body-mind continuum and integrate contemplative practices with study of the development and evolution of the human being. Course work includes daily workshops on integrity, communication, health, emotional literacy, somatic awareness, and the place of creativity in an embodied life. Students learn a variety of communication tools as they work to improve their own fluency in effective communication, emotional literacy, creativity, and intuition. A four-day rite of passage is the capstone of the course.

Course Number: LCOR140

Unit: 6.0

Program: Naropa Core Curriculum