Religious Studies Minor

Choose 3 credits from the following

- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)

Choose 9 credits from the following

- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL158W The Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL170 Meditation Practicum II: Igniting Compassion (3)
- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL229 Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3)
- REL240 Foundations of Buddhism (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL250 Spirituality and Creative Expression (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL271 Christian Prayer and Mystical Practices (3)
- REL312 Spiritual Models of Social Action (3)
- REL314 Contemplative Islam (3)
- REL321 Kabbalah and Consciousness (3)
- REL323 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
- REL325 Contemplative Christianity (3)
- REL328W BA Religious Studies Retreat (0.5)
- REL330 Contemplative Hinduism (3)
- REL334 Hindu Yoga-Tantra (3)
- REL338 Sufism (3)
- REL345 Zen Buddhism (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL348 Flight of the Swans: Dharma Comes West (3)
- REL349 Tibetan Buddhism: Inside the Mystique (3)
- REL351 Theories of Alternate Spiritualities and New Religious Movements (3)
- REL355 Sanskrit in the Sacred Traditions of India (3)
- REL376 Inner Oral Tradition of the Torah (3)
- REL390W–495W Shambhala Training Levels I–XII (1)
  - REL390W Shambhala Training Level I: The Art of Being Human (1)
  - REL391W Shambhala Training Level II: Birth of the Warrior (1)
  - REL392W Shambhala Training Level III: Warrior in the World (1)
  - REL393W Shambhala Training Level IV: Awakened Heart (1)
  - REL394W Shambhala Training Level V: Open Sky (1)
  - REL395W Shambhala Training Level VI: Great Eastern Sun (1)
  - REL490W Shambhala Training Level VII: Windhorse (1)
  - REL491W Shambhala Training Level VIII: Drala (1)
  - REL492W Shambhala Training Level IX: Meek/Perky (1)
  - REL493W Shambhala Training Level X: Perky (1)
  - REL494W Shambhala Training Level XI: Outrageous & Inscrutable (1)
  - REL495W Shambhala Training Level XII: Golden Key (1)

Total Credits 12

Note: For students interested in taking courses on Buddhism, it is recommended that they be taken in the following order: (1) REL150 and/or REL240, (2) REL346, (3) REL348 and/or REL349. The additional meditation courses, including REL345: Zen Buddhism, can be taken at any time.