

Maitri II

A two-week residential intensive focusing on the practice of intensive sitting and walking meditation. Maitri Space Awareness is directed toward becoming increasingly at home with oneself and with others. Students are introduced to the Five Buddha Families of Tibetan Buddhist teachings as a way of understanding how the seeds of clarity are often hidden within the manifestations of confusion and suffering. This residential class requires full participation in all aspects of the program. Additional fee for room and board.

Course Number: CNSC665

Unit: 1.0

Program: GRAD Contemplative Psych