

## Maitri and Mudra Space Awareness

Exploring the nature of apparent division between oneself and others forms the basis of our investigation into how contemplative practice can enhance the art of leadership and become the foundation of enlightened service to others. Through Tibetan yogic practices that have been adapted for classroom use, students explore the basic nature of space and energies, which develops understanding and appreciation of a variety of learning styles. Within the protected classroom space, participants have the opportunity to be both subjects and objects of this investigation. In-class practice is accompanied by readings developing discipline and patience, and engendering a resilience that brings vibrancy to workplace settings. Prerequisites: Established meditation practice and permission of instructor.

Course Number: EDU404

Unit: 3.0

Program: GRAD/UNDG Elementary Edu