

Breeze of Simplicity: Meditation Weekend

This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. Beginning or experienced students are welcome and are guided through the presentations. The weekend includes lectures, discussion, meditation, and/or other spiritual practices. Cross-listed as REL504W.

Course Number: REL158W

Unit: 1.0

Program: GRAD/UNDG Religs Studies