

## Buddhist Meditation Intensive

In this twenty-eight-day intensive group meditation, students practice shamatha-vipashayana in Tibetan, Zen, or Insight Meditation traditions under the guidance of trained meditation instructors. The choice of retreat is approved by Religious Studies faculty and school director beforehand. This training can provide experiential, direct insight into the nature of mind and the Buddhist teachings. The meditation intensive is a noncredit requirement for the MA in Religious Studies: Indo-Tibetan Buddhism (with or without Language) and the Master of Divinity programs. Students should complete the meditation intensive during the winter break of their first year or the summer following their first year.

Course Number: REL650

Unit: 0.0

Program: GRAD/UNDG Religs Studies