

Mindfulness Instructor Training II

Second in a three-course series training students to offer instruction in shamatha mindfulness meditation, this course presents the development of maitri, in the sense of unconditional friendliness toward oneself, as the ground of practice. Students develop skills in ongoing meditation mentorship, emphasizing guidance in working with conflicting emotions. Practical demonstrations, mock interviews with faculty, peer feedback, lectures and discussions, and guided meditation sessions are included. Prerequisite: REL609W.

Course Number: REL709W

Unit: 1.0

Program: GRAD/UNDG Religs Studies