

Nature, the Sacred, and Contemplation

An exploration of the individual, cultural, and contemplative dimensions of the human/nature relationship. It provides the contemplative tools of mindfulness meditation, sensory awareness exercises, and other nature-based awareness practices in order for students to examine and refine their own experiences of nature and the sacred. A three-day residential retreat with a solo contemplative nature walk is a required part of the course. Course fee. Prerequisite: ENV245. Required for ENV majors.

Course Number: ENV350

Unit: 3.0

Program: UNDG Envrnmtl Studies