

## Interdisciplinary Studies BA Program Retreat

This weekend retreat at the Shambhala Mountain Center takes place at the beginning of each fall semester. Engaging in contemplative practices together connects students to Naropa's spiritual and cultural roots, instills a sense of community with faculty and peers, and restores energy and balance for the new academic year. This weekend intensive experience creates a space for dialog and reflection about students' evolving interdisciplinary studies program. Interdisciplinary Studies majors are required to attend at least one retreat during their program. Open to declared INTD majors with at least 30 credits.

Course Number: INTD325

Unit: 1.0

Program: UNDG Intrdisply Studies