

## Contemplative Dance Practice

Sourced in the practices of sitting and walking mindfulness meditation, contemplative dance finds the dance every body knows. We sit, move, write- investigating the mind-body landscape. Alone and together we learn the spontaneous delights within stillness, and in any moment. Through deep play, we ignite the many layers of knowing and explore the boundaries between our art, meditation, and ordinary life. Some previous experience in meditation/dance is helpful. This class is open to sophomores and above. Cross-listed as PAR321.

Course Number: PAR521

Unit: 3.0

Program: UNDG Performing Arts