

MTP8212 : Contemplative Practices in Heart, Mind, and Community

Reflect on the value and application of a range of contemplative practices within personal and professional life. Engage in self-selected contemplative practices as well as designated practices in the areas of embodied, nature centered, and mindfully focused contemplation. Delve into Eastern and Western approaches. Envision/create a plan for the integration of contemplative practice within a personally relevant setting in society. Reflect on research evidence related to the benefits of various contemplative practices.

Credits 3