

# MINDFULNESS

## MINDFULNESS COURSES

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### MIND 15 Introduction to Mindfulness

#### 3 units

This course is an introduction to mindfulness. Students will learn basic mindfulness meditation practices, both sitting and moving; ways to deepen positive emotions like gratitude, kindness, and joy; and methods for integrating more awareness and creativity into ordinary activities. Students will also examine the emerging science about the beneficial effects of mindfulness practice for mental and physical health. Some of these benefits include stress reduction, improved attention, reduced emotional reactivity and greater mind-body awareness. Students will also learn about some contemplative eastern religious practices that inform the secular mindfulness movement. 54 hours lecture. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass