Become part of the cutting-edge movement that is transforming business, education, healthcare, and social services.

Take the Spring 2016 inaugural class of:

PE 490/590
MINDFULNESS & COMPASSION

For seniors and graduate students who wish to enrich their lives and the lives of others by becoming more mindful, compassionate, and ethical change agents.

Class Time: Thursdays 4:30 – 7:10 pm

The 3-credit class will explore the history and applications of meditation and contemplative practices. Students will learn how meditation affects the brain, can change behavior, strengthen confidence, and cultivate compassion. We will examine groundbreaking neuroscience research on the health and social benefits of mindfulness practices.

“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”
Thich Nhat Hanh