

**Class Overview Template**

**General Class Information**

Instructor Name and Contact Information:

Bryan Phillips

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(434) 242-4633

Subject Area and Catalog Number:

NCTH 104

Year and Term:

Spring 2014

Class Title:

Buddhist Meditation: Philosophy & Practice

Level (Graduate or Undergraduate):

Adult

Credit Type:

NC

Class Description (Use the SIS 400 characters from catalog description)

Different forms of Buddhist meditation have been clinically validated as palliative alternatives for pain management, stress reduction, and even for alleviation of addictive behaviors. This course will introduce students to a series of forms of Buddhist meditation, and will correlate them so a personalized meditation practice can be deliberated and developed.

Required Text (Include ISBN, specific edition):

Dzongsar Jamyang Khyentse, *What Makes You Not a Buddhist* (Shambhala)

ISBN#: 978-1590305706

Lama Yeshe, *Introduction to Tantra (*Wisdom Books)

ISBN#: 978-0861711628

Learning Outcomes

This course will introduce students to a series of forms of Buddhist meditation, and will correlate them so a personalized meditation practice can be deliberated and developed.

Assessment Components

N/A

Delivery Mode Expectations (Classroom/Internet and Web-based classes, specify any live (synchronous) meetings, dates, times, and location of delivery):

Participants will engage contemporary meditation presentations in English, and the Instructor will present informational lectures elaborating on points and techniques for various stages of meditation. Time will be devoted to short periods of meditation practice, with discussion and question & answer sessions following.

Required Technical Resources and Technical Components:

N/A