Mindfulness Meditation

Course category: (Q) Health & Wellness

Instructor: **Mickey Fenzel**

The course is primarily experiential in nature, in that approximately half (30-40 minutes) of the class time is spent in the practice of meditation, most of which is guided by the instructor. The experiential meditations require physical stillness and quiet and students are expected to maintain this stillness during the meditations to the extent that they are physically able. Proper zoom etiquette is expected which requires physical stillness on camera and muting one's microphone during the practice segments. Readings are shown on the zoom screen and classroom screen (for the most part) and procedures for participating in discussion will be made clear.

The course structure and expectations are designed to ensure that all students receive the fullest benefit possible from the class. As students develop a facility with the most basic techniques of following the breath, further refinements of mindfulness meditation are introduced throughout the semester, including walking meditation, mindful eating and other behaviors, loving-kindness meditation, the five remembrances, and the precepts. The recommended text for the course will be announced ahead of the start of the semester.