

Naropa University  
Course Description Report  
Catalog: UG16 Sess/Year: SP/2017  
Catalog: UG16 Program: UNDG

**Department: ART/Visual Arts**

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**Course No: ART105 Art and Consciousness: Mixed Media and Self-Exploration**

Course Description: Students are challenged to listen to and trust their own inner experience as the basis for the creation of authentic artwork. Through material experimentation and investigation into realms of consciousness, we create art. Acrylic painting and mixed media are explored. Students discover that art relies upon its sources in the most profound levels of human consciousness for its ability to inspire and transform. Materials fee.

**Course No: ART180 Sculpture**

Course Description: This studio course explores the organizing principles of three-dimensional design as well as the nature of one's creative thoughts. Students learn to use a variety of materials and techniques including clay, plaster, metals, mold-making, and conceptual approaches. Investigations into the history of sculptural form raise questions pertinent to contemporary art. Materials fee.

**Course No: ART181 Traditional Chinese Brushstroke I**

Course Description: Brushstroke class focuses on learning how to cultivate the inner qi, or energy, through the practice of brush calligraphy. The history of Oriental calligraphy and culture is studied. We focus on the process of meditation with a brush. Emphasis is placed on regular, running style and grass style, Caoshu, with some exposure to seal script and brush painting, as well. Students learn how Asian paper and brushes are used, and how to place a chop or red seal on Chinese calligraphy and painting. We study how the Asian brush is designed and how it differs from Western brushes. Every student has artwork at the end of this course. Workshops begin with a light qigong standing meditation every week. Materials fee. Cross-listed as ART581.

**Course No: ART215 Watercolor**

Course Description: This course, open to beginners and experienced artists, is a series of exercises designed to lay the foundation for understanding this famously difficult medium. The methods presented distill the techniques practiced in the Western tradition of the past three centuries and provide the basis for a lifetime of anxious pleasure. This is a studio class with demonstrations by the instructor and a lot of painting and drawing by the students. Materials fee.

**Course No: ART281 Traditional Chinese Brushstroke II**

Course Description: Based on skills learned in Traditional Chinese Brushstroke I, students continue their exploration of the history, origin, and construction of the Chinese characters. Students delve further into the five calligraphy writing styles as a method to enhance their Chinese writing skills. To gain a better understanding of the aesthetic standard, Oriental philosophy, and Oriental painting, students examine ways Chinese poetic artistry - i.e. poetry, calligraphy, and painting - are interrelated in the Asian traditions. We look at modern Chinese and Japanese brush artwork and the interaction between the West and the East. Workshops begin with a light qigong standing meditation every week. Prerequisite: ART181. Materials fee. Cross-listed as ART582.

**Course No: ART311 Mixed Media**

Course Description: Students engage in the creation of art made out of mixing materials and media. Investigations include formal, technical, philosophical, and experiential aspects of art making. Sources of artistic imagery, from contemporary to traditional art, and the dynamics of aesthetic experience are examined. Students develop insights through the integration of witnessing many forms of art, critical intent, and personal creative experience. Emphasis is placed on making art, artistic evaluation, and the dynamics of group critique. Materials fee.

**Course No: ART325 Drawing II: Precision, Perception, and Form**

Course Description: Beginning with an emphasis on precise observational drawing, the class proceeds through an array of exercises designed to deepen each student's native way of drawing. The working basis for this is the One Hundred Drawings project, a semester-long exploration of an individually chosen theme. Open to anyone with previous drawing experience. Prerequisite: ART125 or permission of instructor. Materials fee.

**Course No: ART345 Painter's Laboratory**

Course Description: Like a science lab, the painter's laboratory is a place for practice, observation, and testing. This studio class is suitable for anyone wanting to explore and develop as a painter. The goal is to enhance seeing and to translate that highly personal skill into paint. We study and experiment with how to generate ideas, how to develop subject matter, how to build on and incorporate previous training and experience (including nonvisual), and how to engage the vastness of contemporary and historical arts as a mentor and ally. Lab skills include how to gather and use visual information for painting through collecting, drawing, and notation. This is a hands-on lab; the medium is acrylic paint. Materials fee.

**Course No: ART351 World Art II: Medieval and Modern Transformations**

Course Description: An introduction to the visual arts of cultures that flowered under the influence of Buddhism, Christianity, and Islam, as well as the art of Western Europe from the 13th century to the present. No prerequisite required for this class. Includes art making. Materials fee.

**Course No: ART381 Traditional Chinese Brushstroke III**

Course Description: Based on skills learned in Traditional Chinese Brushstroke II, students continue their exploration of the history, origin, and construction of the Chinese characters. Students delve further into the five calligraphy writing styles as a method to enhance their Chinese writing skills. To gain a better understanding of the aesthetic standard, Oriental philosophy, and Oriental painting, students examine ways Chinese poetic artistry, i.e. poetry, calligraphy and painting, are interrelated in the Asian traditions. We look at modern Chinese and Japanese brush artwork and the interaction between the West and the East. Workshops begin with a light qigong standing meditation. Materials fee. Prerequisite: ART281. Cross-listed as ART583.

**Course No: ART406 Photography II**

Course Description: The primary goal of this course is to deepen and expand one's knowledge of photography as a medium of artistic expression. The student needs to have completed at least one introductory course in photography and be ready to undertake more independent explorations of particular conceptual and artistic interests. Both theoretical and practical, this course is as much about thinking as about making images. At this level, the student should have strong individual aspirations with regard to printing images. Technical skills are expanded so that one's printing ability is in sync with aesthetic aspirations. Students are encouraged

to go beyond the single photo to more expanded notions of photography, such as series-related work, alternative processes, and installation work. Prerequisite: ART116 or ART360, or permission of the instructor. Materials fee.

**Course No: ART440 Warrior Artist: Risk and Revelation in Studio Art**

Course Description: The artist is trained as a scholar to cultivate confidence and dignity. Students engage in the skills of speaking about art, and its concerns, with regard to inner and outer influences. Research and articulation of influences provide students a greater clarity of how their art form relates from themselves to the world. Warrior exams prompt students to talk about their art on the spot and uncover wisdom. Fundamental questions are explored to provide a larger view of the effect art creates for the viewer. Ongoing art studio practice informs the dialogue and encourages progressive art consciousness. In this class, students join their advanced studio art practice with the disciplines of speaking and writing about art. Visual Arts majors graduating seniors only; others by permission of the instructor. Materials fee.

**Course No: ART455 Making Conscious Media**

Course Description: Exploration of creative cinema through short production and post-production projects. The course focuses on tactics and strategies of independent cinema production, leading to the completion of a final project in either documentary, experimental, or narrative genres. Content emphasis will be on material that is socially provocative, artistically bold, or infused with content that reflects a consciously-grounded exploration of the human condition. Materials fee.

**Course No: ART480 Portfolio and Gallery Presentation**

Course Description: This spring course prepares students for the presentation of their senior projects in the Naropa Gallery. The course covers practical elements of designing and assembling a portfolio, marketing, copyrights, presentation of artwork, and installation of exhibitions. BA Visual Arts seniors only; others by permission of instructor. Materials fee.

**Course No: ART490 Special Topics in Visual Arts**

Course Description: The Special Topics seminar investigates the applications of theories and methods of visual arts specific to historical, critical, and theoretical contexts. Specific topics are announced the semester this course is offered. The seminar is open to advanced undergraduate and graduate students. Materials fee. Cross-listed as ART690.

**Spring 2017: Special Topics in Visual Arts - New Forms in Ceramics (section B)**

This course presents an introduction to the art of ceramics within an overview that examines the relationship between ceramics culture with a focus on anthropological, mythical, and divination practices art historically in clay. It will provide information regarding the properties and preparation of clay methods for forming and firing clay. Aspects of form, design and decoration will also be presented.

**Course No: ART495 Community Building and Self-Reflection in Visual Arts**

Course Description: This course marks time as a moment in the passage through the Visual Arts program and in each student's artistic life. Experiential exercises evoke awareness of self and community. Reflecting on evolution, this course is a threshold between what has been learned, the student's present seat of empowerment, and goals for the future. Open to Visual Arts majors only; others by permission of the instructor. Materials fee.

**Department: ATH/Art Therapy**

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**Course No: ATH330 Art Therapy Theory and Applications**

Course Description: This course offers a general survey of the literature, theories, and practices of art therapy with various client populations. Students will investigate the general literature concerning the practice of art therapy and role of the art therapist when working with various populations (mental health, expressive therapies, community-based). A personal commitment to the exploration of one's own creative process is highly stressed.

**Course No: ATH430 Art Therapy Studio Methods**

Course Description: This course is designed to offer students an opportunity to engage in hands-on art experiences that often have direct relationship to art therapy methods, technique, and techniques. There is also an opportunity to explore your own creative/visualizing process throughout the course, as a way to solidify your connection with your identity as an artist. Materials fee.

**Department: ECE/Early Childhood Education**

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**Course No: EDU150 Foundations of Education**

Course Description: In this course, we survey theories and practices in American education in the U.S. based on analyses of current practices and future projections. The course includes an introduction to the history of education; educational philosophies; effective teaching, schools and curricula; and social, political, and economic forces that shape contemporary schooling. Coursework includes readings, lectures, dialog, simulations, guest speakers, semester-long tutoring at an educational facility, written analyses of fieldwork data, peer teaching in class, and experiential teaching and learning in an outdoor classroom.

**Course No: EDU210 Nature and Education**

Course Description: This course contributes to broadening and deepening student understanding of the relationship between nature and education. The scope, scale, trends, and implications of nature and education in classroom practices, pedagogy, and curriculum are theoretically and experientially examined and practiced.

This course will research topics such as: How contact with natural settings, animals, and other natural objects or phenomena influence the development, identity, and well-being of children; how nature experiences can positively impact children's social, emotional and behavioral functioning; and developmentally appropriate ways to address environmental interests or concerns with children. The coursework will draw attention to various forms of biology, botany, diversity, socioeconomic class and culture as they relate to the social construction of, and access to, nature. Course fee.

**Course No: EDU220 Theories, Strategies, and Assessment for CLD Students K-12**

Course Description: Combining contemplative pedagogy with explicit strategies for teaching all levels of Culturally and Linguistically Diverse (CLD) students, this course introduces students to how to be successful by using tested methods and strategies. This course emphasizes "sheltering strategies" and students practice teaching content area subject matter, and literacy skills using the SIOP (Sheltered Instruction Observation Protocol) model. This course addresses the most current CLD WIDA standards, different educational programs available for CLD students, the effectiveness of those programs, parental and community involvement, and introduces theories of SLA.

**Course No: EDU245 Multicultural Education and Contemplative Critical Pedagogy**

Course Description: This course helps students make sense of their world and make sense of themselves in relationship to their world. Since students are both subjects and objects of education, they are the learner, teacher, and the researcher. Through the study of critical pedagogy and multicultural education theory, this class explores the questions of what education can be, develops skills to uncover what education actually is, and deepens students' understanding of the contradictions that have shaped their own and other people's consciousness. This course deepens the student's appreciation of inquiry through literary review and discussion and increases their ability to recognize the ways in which power operates to create oppressive conditions for some groups and privilege for others. Through critical thinking, reading, and writing, students examine and challenge the more commonly held views of education, learning, and teaching.

**Course No: EDU310 Kindergarten Magic: ECE Curriculum Development**

Course Description: An opportunity for teachers of young children to focus on the artistry and essential skills of being a preschool or kindergarten teacher. Movement, story, song, crafts, puppetry, circle time, and painting are explored as part of the early childhood curriculum. Students create an environment for each other to work with those skills and discover their own creative impulse in relationship to sharing the magic, while learning to develop an early childhood curriculum.

**Course No: EDU330 Holistic Teaching Traditions: Introduction to ECE Profession**

Course Description: During this course, students encounter some of the most important contemporary holistic and contemplative approaches to teaching young children. Study focuses primarily on the contemplative traditions of Shambhala, Montessori, Waldorf, Reggio Emilia, and others. On-site observations are made in preschools that use these approaches. Students explore and compare these traditions to enhance their development as teachers. Through this process, students begin to incorporate personally meaningful aspects of these traditions into their own emerging and unique teaching styles. Sitting meditation requirement.

**Course No: EDU365 Administration: Human Relations for Early Childhood Professions**

Course Description: This course focuses on the human relations component of an early childhood professional's responsibilities, including director-staff relationships, staff development, leadership strategies, parent-professional partnerships, and community interaction.

**Course No: EDU420 Energy and Expression in the Classroom**

Course Description: The art of teaching through awareness of, and synchronization with, the energetic expressions of young children is cultivated. The aim is to develop teaching skills that nurture graceful and expressive movement and authentic social and emotional skills in children. Educational strategies that address the wide variety of issues within these areas, such as behavior, discipline, making transitions, developing an individual sense of body/mind, and creating a caring community are studied. Through observations, discussion, and experiential exercises, students learn to meet and guide the energetic needs of individuals and groups of young children.

**Course No: EDU450 Student Teaching: Early Childhood**

Course Description: This course is student teaching in an early childhood or elementary classroom K-3 with a supervising teacher. The goal is for each student to refine the practice of educating children using a contemplative and critical pedagogical approach meeting the CDE Quality Standards and Academic Standards for the licensure. This class is the culmination of all previous EDU course work. All students must complete one semester of full-time student-teaching in a culturally and linguistically diverse classroom. Students receive 6 supervisor visits and are evaluated and coached based on the CDE evaluation rubric and the 5 Qualities. Students receive two SIOP observations, evaluations, and coaching sessions with a SIOP trained supervisor.

**Course No: EDU452 Poverty Matters**

Course Description: Section A: ONLY FOR STUDENTS WHO ARE NOT GOING ON THE NICARAGUA TRIP. Section B: ONLY FOR STUDENTS WHO ARE GOING ON THE NICARAGUA TRIP. An exploration of the beliefs and myths surrounding poverty and its effects on people, the environment, and the communities of practice. Opportunities are provided for students to gain a deep understanding of diversity by developing relationships with the people of Jalapa, Nicaragua, and participating in a two-week residential program, or by working locally with diverse populations who are economically challenged. It is not necessary to have Spanish as a second language for the work in Nicaragua. Prerequisite: EDU245.

**Department: ENV/Environmental Studies**

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**Course No: ENV236 Green Building**

Course Description: An introduction to green construction practices and design, as well as a wide range of green technologies that contribute to sustainable living, the course includes practical, hands-on experience and field trips.

**Course No: ENV253 Environmental Economics**

Course Description: An examination of how conventional economic theory, as well as alternative economic theories, applies to natural resource use and the environment. Fundamental principles of economic relationship to natural resources, externalities, limits to economic growth, the trade-off between growth and the environment, globalization, and global ecological issues are studied. Students learn tools of economic analysis and their application to environmental issues and problems.

**Course No: ENV260 Introduction to Permaculture**

Course Description: This course introduces a core set of principles that help us to design human living environments that are increasingly self-sufficient, while reducing our society's reliance on industrial systems of production and distribution that are fundamentally damaging to the planet's ecosystems. This design system known as permaculture covers basic agro-ecological design theory. We explore this in a hands-on way while creating edible landscapes, diverse gardens, and compost systems, and growing food on campus. This course also includes field trips and demonstrations. Materials fee. Required for ENV majors.

**Course No: ENV318 Deep Ecology**

Course Description: This course serves as an exploration of the philosophical dimensions of the human/nature relationship. While deep ecology serves as the primary framework for this exploration, other approaches, such as ecofeminism and social ecology, are considered. Deep ecology alternatives for addressing ethical and ecological problems are examined, along with options for effective and compassionate action. Prerequisite: COR115. Required for ENV majors.

**Course No: ENV355 Environmental Justice**

Course Description: An examination of contemporary issues of environmental justice and racism in the United States and throughout the world. The environmental justice movement is based on social justice and multicultural issues. Prerequisite: COR150 or COR113. Required for ENV majors.

**Course No: ENV370 Ecopsychology**

Course Description: This course highlights key theories and core practices associated with the emerging field of ecopsychology. A basic tenet of ecopsychology is that personal and planetary well-being are inseparable. The theory and practice of ecopsychology are directed toward enhancing the health of the human/nature relationship. The work of ecopsychology is to understand, heal, and develop the psychological dimensions of the human/nature relationship through connecting with natural processes in the web of life. Prerequisite: COR130 or COR113.

**Course No: ENV420 Environmental Service Learning: Ecological Restoration**

Course Description: This course requires students to apply their skills from classroom learning and to engage in hands-on environmental work, while developing their leadership skills and contemplative approaches to environmental action. Students engage in real issues and learn through practical experience about environmental problem solving, community concerns, and teamwork. In this service-learning team project, students engage with community partners in ecological restoration work in our community. Students are responsible for project planning and design, implementation, and final presentation of outcomes to the community partners. Prerequisite: COR220. Required for ENV majors.

**Course No: ENV480 Senior Project**

Course Description: The Senior Project course is a capstone project-based course in which students demonstrate their cumulative knowledge, skills, and abilities in a specific environmentally based research project. Students meet in a course format and work independently and collectively on a research project. Students are expected to follow guidelines for the research project and meet specific course criteria. Required for ENV majors. Cross-listed as PAX480.

**Department: INTD/Interdisciplinary Studies**

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**Course No: INTD210 Introduction to Gender and Women's Studies**

Course Description: Gender and women's studies begins with Hanisch's premise that the personal is political as a means of thinking about personal issues as broader political and structural issues, resulting in various levels of privilege and oppression. We investigate first-wave feminism, second-wave concerns and critiques, and third-wave ideologies and queer theories. We examine the constructed nature of gender and identity via historical, theoretical, and cross-cultural texts to develop conscious approaches to thinking about the intersections of race, sexuality, and class. In addition, the course seeks to sharpen our critical awareness of how gender operates in cultural contexts and in our own lives in order to participate in social change. We read a diverse group of historical and contemporary feminist and queer writers, activists, and theorists.

**Course No: INTD301 The Gateway Seminar**

Course Description: The gateway course introduces students to the purpose and processes of the interdisciplinary studies BA major. Through an exploration of traditional, integrative, contemplative, and social justice models of higher education, students formulate a philosophical foundation for their individualized, interdisciplinary program of studies at Naropa. Guided by the "heart, head, and hands" model of contemplative interdisciplinary studies, students create a Learning Agreement, which is a statement of authentic purpose, a plan for acquiring needed competencies through coursework, inner and outer experiences, and practices to fulfill their self-designed educational journey. Students are introduced to the theory and methodology of interdisciplinary studies and learn to apply these to their intended focus of study. Open to INTD Majors only. Prerequisite to the INTD program of studies.

**Course No: INTD480 Capstone II: Thesis Research and Writing**

Course Description: The final component of the Bachelor of Arts program, the Capstone Seminar is designed to guide students through their senior thesis, a scholarly paper with annotated bibliography and a portfolio of course work that reflects the student's cumulative knowledge at the end of the degree program. This thesis is evaluated by two mentors from the student's chosen fields of study, as well as by the chair of Interdisciplinary Studies. Prerequisite: INTD301. Open to INTD majors only.

**Course No: INTD490 Special Topics Seminar**

Course Description: The Special Topics Seminar investigates the application of theories and methods of interdisciplinarity to specific historical, critical, and theoretical issues and problems. Specific topics are announced each semester.

**Course No: INTD491 Honors Directed Reading**

Course Description: The Honors Directed Reading seminar is designed to enable Interdisciplinary Studies students to read in their respective fields of study as proposed in their Learning Agreement, or concepts that are currently significant, controversial, or seminal in their fields of which texts the student would not otherwise be assigned in a course at Naropa. By permission of instructor. Open to INTD majors only.

**Course No: INTD492 Honors Directed Research**

Course Description: The Honors Directed Research seminar is designed to enable Interdisciplinary Studies students to do research in their respective fields of study as proposed in their Learning Agreement, or concepts that are currently significant, controversial, or seminal in their fields of which texts the student would not otherwise be assigned in a course at Naropa. By permission of instructor. Open to INTD majors only.



**Department: MUSC/Music**

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**Course No: MUS140 Keyboard Studio**

Course Description: This course teaches basic piano skills to the aspiring singer, pianist, keyboardist, or music producer in a class setting. During class time each student is provided with their own keyboard and headphones; students are expected to practice outside of class using Naropa's practice rooms. Students learn chords, keys, riffs, and improvisational techniques specific to modern genres: pop; rock; jazz; soul; Latin; and so forth. In turn, students learn to read basic piano music and how to play from chord charts and "fake" books. Throughout the course, MIDI is utilized to record tracks to the computer for both music production and notational purposes. By the end of the course, students will know how to play in a variety of basic musical genres and how to use the keyboard to create music with a computer.

**Course No: MUS210 Musicianship II: The Practice of Notation**

Course Description: The discipline and practice of Western music notation. Through games, exercises, improvisation and composition, students develop sight-reading, aural skills, and an understanding of the basic principles of music theory. Topics include intervals, key signatures, major and minor scales, triads, and simple and compound meter. Prerequisite: MUS200 or equivalent.

**Course No: MUS248 Music Program Retreat**

Course Description: The Music Program Retreat is a one-day gathering of Music majors, minors, and faculty in the Music suite of Nalanda. Occuring every semester, majors must attend the retreat at least four times during their program. The retreat acts as an orientation for new students and a "check-in" for ongoing majors. Throughout the day we explore the connections between mindfulness, music, and community through sitting practice, solo performance, group collaboration, and improvisation. Students and faculty discuss the business of music as well as best practices for the equipment and rooms in the Music suite. Finally, students are provided with the skills necessary to set realistic goals and intentions for their musical journey, through several one-on-one meetings with faculty. Open to Music majors and minors only.

**Course No: MUS250 Music Cultures of the World**

Course Description: An introduction to the sound of the world through the music of many cultures. Students gain a basic understanding of ethnomusicology, and an appreciation of the wisdom and beauty of music from a multicultural perspective. This includes a comparative introduction to basic musical principles including rhythm, melody, harmony, and instrumentation from different cultures and traditions. We explore multifaceted contexts for music: work and play, ceremony and ritual. This course offers students insight into our human heritage through a broad overview of human music making. Open to all students.

**Course No: MUS270 Jam Band**

Course Description: This traditional rock outfit explores charts and arrangements from well-known bands across the 20th and 21st centuries. While engaging deeply in ensemble dynamics and collaboration, students learn the fundamentals of performing rock, soul, and funk. Though improvisation is inherent to this music, the focus will be on mastering existing literature and song forms, much like a cover band. Instruments and some instrumental skill are required.

**Course No: MUS370 Musicianship IV: Arranging and Orchestrating**

Course Description: Students create written arrangements for larger ensembles exploring contemporary uses of instrumentation and reharmonization. Topics include altered extensions, modal borrowing, chord substitution, conducting, large-scale form, polymeter, and score/part preparation. Prerequisite MUS360 or equivalent.

**Course No: MUS380 Recording Studio II: Technology and Creativity**

Course Description: Students explore and experiment with the tools of the recording studio and their role in the creative process. Advanced recording and studio techniques are applied. Particular emphasis is given to the use of signal processing (equalization and effects) and digital editing, and the creative opportunities provided by these technologies. Group and individual projects are the means through which we foster creativity and its evolution. Prerequisite: MUS280.

**Course No: MUS400 Composition**

Course Description: The content and direction of this course are determined largely by the interests of those enrolled. Alone and together, we explore a variety of unconventional approaches to composition, helping each other diversify as we go. Possible avenues include multitrack recording techniques, alternative intonation systems, and composing for dance, theatre, and film. Knowledge of conventional music theory and notation and skill on particular instruments is welcome, but not required.

**Course No: MUS420 Naropa Composers and Improvisers Orchestra**

Course Description: An advanced level of performance ensemble that generates and performs students' original music and interdisciplinary work. The orchestra develops compositions and improvisational structures based on the contemplative principles and awareness practices offered in the Music program, and prepares these pieces for performance at the Works in Progress concert, the Student Arts Concert, and other venues of our choosing. Prerequisite: MUS230 or MUS400. Others considered by audition.

**Course No: MUS485 Senior Project**

Course Description: Senior Project represents the fruition of a student's work at Naropa and affords students the opportunity to successfully demonstrate the learning objectives of the Music program. Students independently design and execute a performance, recording, or other creative project that incorporates vital elements of musicianship and creativity acquired in their training at Naropa. Elements include selecting, arranging, or composing the works to be presented; assembling and rehearsing a performance ensemble; lighting and sound design; publicity and other aspects of performance; recording; and/or scholarship. This course is geared specifically toward offering students an opportunity to present their creative vision and to provide students with a benchmark in their development as musicians in the world beyond the university. Open to Music majors only.

**Course No: MUS490 Special Topics in Music**

Course Description: The Special Topics Seminar investigates specific applications of theories and methods of music not offered in other courses. Specific topics are announced the semester this course is offered. The seminar is open to advanced undergraduate students.

West African Highlife is a fusion of traditional African rhythms and pop-style songs. This is a performance-based ensemble class with several performances during the semester. Students will learn Highlife songs on their instruments and through their voices. Instruction will be given orally in the tradition of West African culture and dialogue. Intermediate instrumental or vocal skills required.

**Course No: COR110 Writing Seminar I: Art of the Engaged Writer**

Course Description: This course is designed to meet students where they are as writers and stretch their thinking and writing in new directions. Students focus on the creative alongside the critical, the imaginative next to the academic. Conducted in workshop format, the course helps students develop skills in both first-person inquiry and formally constructed essays. Students explore a number of generative and probative writing experiments to locate, identify, and develop ideas, employing different registers of critical thinking and reasoning about the topics. Finally, each written piece goes through multiple drafts as students become objective workshop readers who critique in a supportive manner.

**Course No: COR113 First Year Seminar: Self and Community in a Complex World**

Course Description: An integrative introduction to contemplative education at Naropa University. In this course, students explore the basic perspectives and practices of contemplative education, and how this approach can be applied to real world problems. Students are asked to grow their self-awareness and understanding of the world through introspection, academic reflection, and through encountering difference. Students develop a solid foundation for success in this introduction to college life and the specific methods and disciplines of a Naropa education.

**Course No: COR115 Writing Seminar II: Art of the Scholar**

Course Description: In Writing Seminar I, students focused their writing on "starting where you are," what Chogyam Trungpa Rinpoche calls "having to meet yourself," and then developed critical thinking and writing skills. In Writing Seminar II, students meet themselves not only as writers, but also as burgeoning scholars and as engaged learners to explore the richness of our humanity. They practice the art of scholarly investigation that will support their undergraduate education. We'll begin with personal inquiry that spurs a multidisciplinary research investigation, incorporating research strategies and presentation skills along the way. Students in all sections practice the basics of scholarly investigation and argumentation, building a set of skills they will need and will refine throughout their undergraduate education. The semester culminates in a seven to eight-page research paper, the topic of which is suggested through class discussions. Students enrolling in Writing Seminar II must have taken and passed Writing Seminar I or the equivalent.

**Course No: COR130 Contemplative Learning Seminar: Naropa's Roots and Branches**

Course Description: The Contemplative Learning Seminar introduces the tradition of contemplative education as it has been developed at Naropa University, with an emphasis on its vision, purpose, and application to the academic, artistic, and psychological disciplines taught in the various majors. Students are introduced to contemplative practices that have shaped these disciplines, especially emphasizing mindfulness-awareness and sitting meditation practice. This course is designed to integrate the personal journey of the entering student with the rest of his or her Naropa educational experience.

**Course No: COR150 Diversity Seminar**

Course Description: The Diversity Seminar emphasizes the development of knowledge, critical thinking, analytical skills, and interpersonal and intergroup interactions necessary for living and working in a society characterized by diversity. Students engage in inquiry and analysis of the complexities of multiple and competing theories of race, class, gender, ethnicity, disability, age, sexuality, nationality, and religion, and how they shape and are shaped by social and cultural life in the United States. Through diversity and contemplative education, students can awaken a greater understanding of others, and develop self-understanding and understanding of self in relation to others, in order to promote ethical behaviors and values that support a diverse world.

**Course No: COR215 Leadership and Service: Alternative Break**

Course Description: Students in this course deepen their understanding of the theoretical and practical means of engaging in social action, social change, and coalition building. Through weekly classes and participation in a week-long, intensive service-learning trip over their spring breaks, students examine the possibilities and limitations of service and service-learning while exploring group dynamics and examining the historical, contemporary, social, political, and cultural dynamics relevant to the service site. Course fee.

**Course No: COR220 Community-based Learning and Action**

Course Description: The purpose of this course is to engage "big questions" and issues through community-based learning. The course is designed as a laboratory for students to identify and articulate their own values, commitments, and gifts and to deepen their understanding of local and global initiatives that foster social justice, innovation, and environmental sustainability. Joining theory and practice, we explore practices that range from bearing witness and loving-kindness to social entrepreneurship, storytelling, service learning, and political participation. We extend the classroom into the community through field trips and partnerships with local community groups and invite scholars, activists, and community leaders from diverse locations into the classroom. Assignments are designed to cultivate inner resources such as curiosity, courage, and resilience and to enhance knowledge and skills to address real-world challenges. While the topics may vary by semester, class projects aim for reciprocity, maximizing the potential for student learning and benefitting local communities. Course fee.

**Course No: COR350 Life, Work, and Authenticity**

Course Description: This course invites students to consider alternatives to the linear, achievement-oriented career and work models that are centered, instead, on creating a purposeful life. What does it mean to be part of a service-based economy? What capabilities are needed in the emerging Conceptual Age? How does an inner exploration of authenticity uncover and tap into personal resources? How can we create alignment of our values and passions with work that is good for us and for our communities? How does living in a balanced state create prosperity? These and other questions are part of a re-envisioning of the nature of work in a complex, globalized world. Drawing from human development theory, diverse spiritual traditions, mythology, social justice activism, and emergent thinking from the workplace and career development literature, this course brings a multidimensional approach to the development of a personalized lifework vision.

**Course No: COR360 The Lion's Roar: Writing for Publication**

Course Description: This course provides in-depth instruction, support, and practice in writing about contemporary Buddhist topics for the online journal The Lion's Roar. Students engage in the complete arc of writing for publication, from developing ideas for stories, to researching, interviewing, drafting, and providing and receiving feedback, and finally revising and submitting their work for publication. The dual focus of the course is the practice and process of writing in a real-world context as well as the representation of Buddhism in the contemporary popular culture platform of an online journal. Students develop a deeper understanding of their own writing process and authorial voice. They also deepen their insight into ways to present Buddhism to a mainstream audience. Course pre-requisites: COR 115; COR 130 or COR 113. An application and 1-2 page writing sample are required.

**Course No: COR450 Internship**

Course Description: The internship provides students with opportunities to deepen their understanding of the practical means of working for social change, by working on projects that require a range of skills: grassroots organizing; coalition building; lobbying, policy research; grant-writing; and fund-raising. Students may pursue internships that build on prior experience or pursue a new direction. A wide range of internships are possible, although only sites that are committed to providing an education experience and can meet Naropa's additional requirements are candidates. This course is co-scheduled with PAX450. Prerequisite: COR113 or COR130.

**Department: PAX/Peace Studies**

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**Course No: PAX327 Law, Human Rights, and Social Change**

Course Description: Selected aspects of U.S. law, legal institutions, and traditions are surveyed, with a view toward understanding how they respond to and effect social change. The course examines landmark court cases, such as Miranda v. Arizona, Roe v. Wade, and Brown v. Board of Education, that demonstrate how the judicial branch of government affects everyday life and develops, shapes, and enforces social policy. We also consider how the United States is, or is not, influenced by international treaties such as the Universal Declaration of Human Rights (UDHR) and the Geneva Convention. Students are introduced to and practice legal skills, such as case law analysis, advocacy, issue analysis, fact/evidence selection and relevance, and the ability to examine and argue both sides of an issue. Prerequisite: COR115.

**Course No: PAX335 Socially Engaged Spirituality**

Course Description: A study of varied traditions and ways of articulating socially engaged spirituality from historical and contemporary perspectives. The lives and work of Gandhi and King are used as reference points, and examples from around the globe engage students in understanding the dynamics of socially engaged spirituality in different settings and in their own lives. As they investigate the relationship between personal and social transformation, students develop a personal dialogue with selected peacemakers and justice seekers. Assignments encourage students to clarify their own ethical principles and commitments, deepening the inquiry through shared exploration. Source material may range from autobiography and biography to literary texts and film. Methods include individual and group contemplative practices, community-based fieldwork, and creative expression.

**Course No: PAX370 Social Innovation and Entrepreneurship**

Course Description: This interdisciplinary seminar introduces students to the emerging field of social entrepreneurship through readings, case studies, guest lectures, films, and field trips. As we examine the history and methods, challenges, and opportunities of local and global social entrepreneurs and innovators, we elicit our own bold visions for the future. We engage the local community as an incubator of social innovation, exploring the role of creativity, collaboration, courage, and compassion in social entrepreneurship. Students in this course build practical skills, developing business plans and models for ventures that address social challenges in education, health care, human rights, and food security, among others. Students from all disciplines who seek to build capacity as visionary, pragmatic change agents are welcome.

**Course No: PAX450 Internship**

Course Description: The internship provides students with opportunities to deepen their understanding of the practical means of working for social change by working on projects that require a range of skills: grassroots organizing; coalition building; lobbying; policy research; grant-writing; and fund-raising. Students may pursue internships that build on prior experience or pursue a new direction. Internship placements range from community-based media to restorative justice initiatives and to educational organizations working on issues of social justice, peace, human rights, and environmental sustainability. The internship culminates in presentations in which students bring back new knowledge and skills to the Naropa community. Prerequisites: COR115, COR 220, and COR130 and COR150 or COR113.

**Course No: PAX480 Senior Project**

Course Description: The senior project requires both sustained independent work and collaboration, as students read and research, conduct interviews in the community, and receive feedback from a faculty mentor. Students are encouraged to design senior projects that include self-reflection and inquiry, creativity and scholarship, and the intention to serve a specific community. Senior project research methods range from case study and community-based research to arts-based research, biography, and oral history. The outcomes vary: publication; performance; building organizational capacity; or other forms of public work. Students complete a self-assessment as part of their senior projects, which culminate in celebratory presentations to the community. Cross-listed as ENV480. Open to senior Peace Studies majors. Prerequisite: PAX450.

**Department: PFAR/Performing Arts**

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**Course No: PAR101 Experiential Anatomy**

Course Description: This course provides a framework to study the skeletal, organ, muscular, and nervous systems from a Western, scientific, and experiential/personal perspective. Through a combination of anatomical information, guided imagery, improvisation, and movement, the body can become a creative source for artistic response, increased sensory awareness, and body-mind synchronization. Based on the pioneering work of somatic educator, Bonnie Bainbridge Cohen, the originator of Body-Mind Centering(TM), this work is primarily a course in somatic (the study of the soma, or body) techniques of embodiment.

**Course No: PAR301 Acting Ensemble**

Course Description: Students participate in the preparation, rehearsal, technical production, and performance of a departmental theatrical production. Students must commit to all performance dates; no absences are allowed for any performances scheduled, which will differ from the regularly scheduled class meeting times. Prerequisites: Two 200-level PAR courses, or audition, or instructor approval. Materials fee.

**Course No: PAR330 Verse Interpretation**

Course Description: This course provides ongoing training in oral interpretation, with special attention to communicating in verse and poetic forms, integrating body, mind, and sound. Through expressive exercises, monologues, and scene work, students develop skills in the areas of articulation, focus, concentration, visualization, and the voice as action. Students learn how to take risks, vocalize, and communicate intention in verse forms, and how to make informed interpretive choices.

**Course No: PAR360 Body/Mind Improvisation: Contemplative Dance Practices**

Course Description: Using the four classical postures of mindfulness (lying down, sitting, standing, walking) as themes for endless variations into elegant dancing improvisation, this class explores creating spontaneous composition in the dancing lab. Surrounded by silence, music, and language, alone and together, with breath, posture, slow motion, and unexplained suddenness, we invite many delights! Dancing improvisation is full of opportunities for body-mind integration, "deep play," and artful incursions. We will practice solos, duets, trios, herds, flocks, and mobs. Prerequisites: any two PAR 200-level courses. Cross-listed with PAR560.

**Department: PSYB/Psych - BA Contemplative**

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**Course No: PSYB101 Introduction to Western Psychology**

Course Description: This survey course explores psychology as it has developed in the Western world. Students learn to better understand mental life and behavior by studying diverse Western traditions that range from laboratory science to the intuitive clinical work involving clients and therapist. Topics covered include brain function, consciousness, perception, learning, thought, maturation, emotion, personality, mental illness, and therapy. Understanding of these topics is deepened by critically evaluating Western psychological frameworks with respect to each student's experience.

**Course No: PSYB208 Embodying Process and the Individual**

Course Description: The body is the vessel of emotions, the vehicle for actions, and the tool of perceptions. Culturally, we have been trained to ignore bodily processes. This class examines the role of bodily experience. By studying sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice of embodiment.

**Course No: PSYB255 Body-Mind Centering**

Course Description: This class focuses on the relationship between the body and mind through basic patterns of movement. Students experience their patterns through guided development and transform movement patterns in both themselves and others. The basis of the work is Body-Mind Centering, movement re-education, and analysis developed by Bonnie Bainbridge Cohen. This class includes a study of living anatomy that brings awareness to the different body systems and developmental movements, and supports alignment and integration. Open to Contemplative Psychology and Interdisciplinary Studies students with 60+ credits only. Others by permission of the instructor.

**Course No: PSYB303 Psychology of the Five Elements I**

Course Description: An exploration of the Law of the Five Elements and the classical medicine System of Kings, which originated in China over 5,000 years ago. The ancient Chinese viewed our body, mind, and spirit as inseparable from the world of nature around us and believed that if we observe nature closely enough, we could find the cause of any affliction of body, mind, or spirit. Through lecture and discussions, meditations, visualizations, and hands-on exercises, we work directly with our sense perceptions and the techniques of identifying color, sound, odor, and emotion as tools to perceive elemental balance or imbalance. We work directly with our current state of physical, mental, and spiritual health.

**Course No: PSYB304 Somatic Intelligence: The Neuroscience of Our Body-Mind Connection**

Course Description: An introduction to somatic psychology, this course presents a theoretical study of the body-mind continuum. The importance of emotions, movement, perception, and the nature of illness and healing is illustrated by recent scientific theories and findings. By studying how our bodies and psyches weave together, we become aware of their interdependence and can construct more effective therapeutic experiences - both for ourselves and for others. Students learn the fundamental principles of the somatic psychology field and explore, in depth, their relationship with advanced developmental psychology theories. Prerequisite: PSYB101. PSYB100: Anatomy is strongly recommended. Open to students with 60+ credits.

**Course No: PSYB314 Buddhist Psychology I: Mindfulness Meditation**

Course Description: An introduction to the psychological principles and sitting practice of mindfulness-awareness meditation. The meditation is drawn from the Tibetan and Zen Buddhist traditions, as well as the Shambhala teachings of sacred warriorship. By exploring the many ways ego fixation creates suffering and confusion in our lives, students are trained to develop inner tranquility, insight, and loving-kindness. This develops an essential ground for working effectively with personal life challenges and those of others. Co-requisite: PSYB101. Open to Contemplative Psychology, Art Therapy and Interdisciplinary Studies students with 45+ credits only. Others by permission of instructor.

**Course No: PSYB323 Psychology of the Five Elements II**

Course Description: The Psychology of the Five Elements II is a continuation of the work in PSYB303. Students work more deeply with Five Element theory through practicing pulse reading and identifying color, sound, odor, and emotion as ways to uncover elemental imbalances. We study the classical Daoist system of the Five Spirits and learn how to cultivate and maintain their presence in our lives. In addition, we study various local plants and trees to access their wisdom and healing powers. Prerequisite: PSYB303 or permission of instructor.



**Course No: PSYB325 Buddhist Psychology II: Awakening Compassion**

Course Description: An in-depth examination of the principles of compassionate action, as taught in both the Tibetan tradition of Mahayana Buddhism (the bodhisattva path) and the Western tradition of service to others. Students learn and practice tonglen meditation and the skills of deep listening, empathic attendance, dialog, and servant leadership. Students are required to practice the skill of attending relationship. Prerequisite: PSYB314 or meditation experience with permission of instructor. Open to Contemplative Psychology, Art Therapy and Interdisciplinary Studies students only. Others by permission of instructor.

**Course No: PSYB328 Gestalt: Presence**

Course Description: Gestalt, a way of being, is a powerful and provocative method to understand one's body, speech, and mind. By focusing on the details of moment-to-moment experience and on the interplay between the individual and the environment, Gestalt seeks to develop self-knowledge, satisfaction, self-support, and clear boundaries. The course includes readings, lectures, discussions, and experiential exercises on "the nature of being" and ego. Prerequisite: PSYB101. Open to students with 60+ credits.

**Course No: PSYB329 Approaches to Healing**

Course Description: A basic overview of the theory, practice, and use of various natural approaches to health and healing. Emphasis is placed upon understanding and appreciating these modalities and discerning when and for what they are appropriate. Students research and articulate the paradigms of holistic medicine, clarifying their personal interest for future work in this field. Open to upper-division students with 60+ credits only.

**Course No: PSYB333 Hakomi Somatics**

Course Description: Mind and body jointly express and reflect deeply held, often unconscious beliefs about oneself and others. Hakomi Somatics helps bring these beliefs to conscious awareness. The body, with its various patterns, is used to access an intelligence that underlies habitual, limiting patterns which can be recognized and understood. This process allows learning and transformation to occur with the support of mindfulness exercises. Topics include the Hakomi principles, character strategies, boundaries, resources, and somatic psychological skill building, which can be applied to daily life. Upper-division BA students only.

**Course No: PSYB345 Developmental Psychology**

Course Description: A study of theory in human development from birth through the span of life. Students are introduced to major theorists and discuss the philosophical and practical relationships of ethics to psychology, including cross-cultural issues. Students clarify, formulate, and develop their own beliefs and approaches to human development in relation to these major schools of thought and explore the relationship of these traditional approaches to the contemplative and transpersonal perspectives. Prerequisite: PSYB101.

**Course No: PSYB350 Humanistic Psychology**

Course Description: An exploration of the basic principles of humanistic and existential psychology and psychotherapy. This is the so-called third force in the modern Western tradition of psychology, which emerged after 1940 as an expansion of and alternative to the psychoanalytic and behavioral schools that preceded it. Humanistic psychology emphasizes the authenticity of the therapist as the key factor in promoting the client's potential for growth and healing. Focus is on the work of Adler, Rogers, and Maslow among the humanists, and the work of Yalom, May, Frankl, Perls, and Bugental among the existentialists. Prerequisite: PSYB101. Open to Contemplative Psychology and Interdisciplinary Studies students only.

**Course No: PSYB355 Dynamics of Intimate Relationships**

Course Description: An exploration of multiple approaches to intimate relationships from schools of thought such as feminist psychology, social psychology, attachment theory, counseling psychology, Buddhist and transpersonal psychology, sociology, queer theory, and multicultural and scientific research. Issues discussed include attraction, communication, neurobiology of love, relationship as spiritual path, attachment and family of origin, cultural influences, relationship dysfunction, relationship violence, gender, and sexuality. Through the synthesis of contemplative introspection, critical thinking, and the research and theories explored in class, students will develop their own theories of relationship. Prerequisite: PSYB101. Open to students with 60+ credits.

**Course No: PSYB357 Cognitive Psychology**

Course Description: This course concerns the study of thought, conscious experience, and associated mental functions. This area of psychological science focuses on the high-level mental processes and related brain activity involved in conscious mental life and unconscious information processing. Specific topics include attention, language, intelligences, imagery, emotion, conceptual knowledge, memory, problem solving, expertise, reasoning, and decision-making. This course emphasizes the perspectives of information processing, cognitive neuroscience, and contemplative psychological science. Prerequisite: PSYB101.

**Course No: PSYB371 Personality Theories**

Course Description: Students explore the development of human personality by studying the theories of major traditional systems of psychology, including psychoanalysis, analytical psychology, behavioral, humanistic, systemic, feminist, and existential models. Students clarify, formulate, and develop their own thoughts and approaches to the psychology of personality in relation to these major theories and explore the relationship of these approaches to the contemplative and transpersonal perspectives. Prerequisite: PSYB101. Open to students with 45+ credits only.

**Course No: PSYB415 Maitri: Working with Emotions**

Course Description: Maitri: Working with Emotions continues the meditation course sequence, introducing the Vajrayana approach to working with emotions through the Five Buddha Family principles. Maitri Space Awareness practice provides a personal experience of these families. Students practice particular postures in specially designed rooms, inviting an exploration of psychological states of mind and emotions such as pride, passion, paranoia, ignorance, and aggression. Approaching these emotions with curiosity and openness, there is the possibility of discovering one's inherent wisdom, compassion, and insight. The course includes weekly lectures, practice in the maitri rooms, and participation in a smaller group to process material more personally. Prerequisite: PSYB314 and PSYB 325. Upper-division Contemplative Psychology, Art Therapy and Interdisciplinary Studies students only. Others by permission of instructor. Special fee for art supplies.

**Course No: PSYB420 Abnormal Psychology**

Course Description: Students investigate the merits and liabilities of Western assessment and treatment approaches to psychological problems. We consider the sociocultural contexts in which assessment and treatment approaches are variably formulated and applied. We investigate both transcultural understandings of psychological problems and the wisdom of cultural relativity. Students acquire a solid foundation in traditional Western clinical approaches to mental health as articulated and codified in the DSM-V. Prerequisite: PSYB345, or PSYB357, or PSYB371. Open to students with 60+ credits only.

**Course No: PSYB425 Field Placement**

Course Description: Students engage in an approved community-based volunteer project. Lectures, dialogue, guest speakers, and experiential activities support students in developing their own vision of socially relevant community-based learning that is culturally sensitive and nurtured by contemplative practice. Students hone previously learned skills in diversity and contemplative practice and apply these to real-world settings. Corequisite: PSYB415. Course fee.

**Course No: PSYB430 Exploring Dream Psychology**

Course Description: This course works with dreams in a highly experiential manner and context, using an eclectic variety of perspectives, with an emphasis on Jungian and Gestalt approaches. Students dreams are explored in and out of the classroom individually, in small and large group contexts, and with art media. An ongoing dream practice is required, including the creation and maintenance of a dream journal. Students are asked to relate their dream work to their waking psychological life in assignments. Prerequisite: PSYB330 or PSYB354.

**Course No: PSYB435 Authentic Movement: Movement/Body Awareness Practice**

Course Description: Authentic Movement is a self-directed movement process employing the wisdom of the body as a pathway to awareness. It offers an opportunity to experience the individual and collective body as a vessel for healing and transformation and creative process. This course explores the ground form of Authentic Movement: the mover; the witness; and the relationship between them. Students explore their own process while experiencing this therapeutic movement form. Through learning how to increase the authenticity of presence, students explore the ground of healing relationships. Authentic Movement provides a model for life lived in authentic relationship to self, others, and community. Prerequisite: Any of the following: PSYB208, PSYB255, PSYB304, PSYB333, or PSYB359.

**Course No: PSYB482 Senior Seminar I:****Transformational Psychology: The Group Experience**

Course Description: Senior Seminar I is the initiatory phase in a two-semester multisensory, multifaceted process, whereby students explore the nature of creativity and its fundamental relationship to psychology in the context of the classroom community. Through readings, writings, class discussions, and exercises, students uncover their relationship to creativity and learn what exposing oneself to the larger world means. By engaging their curiosity and liveliness, and developing awareness around habitual patterns and resistances, students cultivate trust in themselves and their inherent qualities of wakefulness, wisdom, and compassion. Prerequisite: PSYB325. Open to Contemplative Psychology Students with 90+ credits. Materials fee.

**Course No: PSYB483 Senior Seminar II:****Transformational Psychology: The Threshold Experience**

Course Description: Senior Seminar II is the culminating phase in a multisensory, multifaceted process, which introduces and explores the topic of transition. Students utilize the lessons learned and relationships formed within the first semester as inspiration for developing their final integrative papers. Students research topics that provoke deep inquiry and challenge both their intellect and intuition. This course culminates in an event held during an extended class period on the last day of the course. Prerequisite: PSYB482. Materials fee.

**Course No: PSYB495 Advanced Practicum in Psychological Research**

Course Description: An advanced examination using research methods that discover new knowledge about a topic drawn from psychology. Assignments may include literature search, study design, data collection, data entry, data analysis, and manuscript preparation. This course culminates in a public oral presentation. Topics vary by semester and section. Prerequisites: PSYB101 and any one of the following courses: PSYB301, PSYB345, PSYB357, PSYB371, PSYB373; or by permission of the instructor.

**Department: PSYT/Psych - MA Transpersonal**

**Course No: CNSA369 Art Therapy Perspectives for non-Majors**

Course Description: Providing a detailed survey of the field of art therapy, this course covers a wide range of topics and offers broad-based exposure to the theory and practice of art therapy. Open to all graduate students and undergraduate seniors with permission of the instructor. BA Seniors and MA only. Materials fee. Cross-listed as CNSA569.

**Course No: CNST306 Jungian Dreamwork**

Course Description: This course lays the foundations and develops an understanding of Jungian dream work from both a theoretical and a practical perspective. Emphasis is placed on the practical use of dreams in therapy and in one's own personal life. Students look at the structure and process of dreams, objective and subjective interpretations, associations and amplifications, and complexes as seen in dreams. Cross-listed as CNST506.

**Course No: CNST321 Touching the Moment**

Course Description: Mindfulness meditation-the art of "coming home to ourselves"-is both a method of restoring our connection to the vitality of our own life, and a way to develop presence for our work with others. This five-day residential rural group retreat, appropriate for beginning as well as experienced meditators, includes "shamatha" sitting meditation, contemplative movement practice, experiential dharma art, periods of silence, work practice, mindful eating and outdoor walking meditation. Individual meditation instruction, as well as daily lectures and discussion are included. Extra fees apply. Cross-listed as CNST521.

**Course No: CNST375 Taming the Wild Horse: Riding the Energy of Emotions**

Course Description: Learning to work with emotions can be challenging, even for experienced meditators. This five-day residential rural group retreat is designed to strengthen meditative tools for understanding and healing emotional struggle. Especially applicable for people working in the helping professions who wish to deepen compassion for self and others, the retreat includes sending and taking meditation (tonglen); mindfulness-awareness sitting practice (shamatha); contemplative interactive exercises; periods of silence; mindful eating practice; and outdoor walking meditation. Individual meditation instruction, as well as daily lectures and discussions, are included. This retreat can be challenging because practicing with emotions can be challenging. The instructor strongly recommends that participants have some prior meditation intensive experience (e.g., a weekend meditation program) prior to attending this retreat. Extra fees apply. Cross-listed as CNST575.

**Course No: REL160 Meditation Practicum I: Freeing the Mind**

Course Description: Students are introduced to sitting meditation practice drawn from the Tibetan Buddhist tradition of shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions, and the cultivation of maitri (loving-kindness). The course includes weekly discussion groups, individual meetings with a meditation instructor, and daily meditation practice, midterm and final oral exams.

**Course No: REL210 Religion and Mystical Experience**

Course Description: This class explores the essential core of the world's wisdom traditions: their mystical teachings; rituals; and esoteric practices. Special attention will be given to the nature of mystical experience characterized by a direct encounter with Ultimate Reality or the Divine and to the variety of its manifestations in and out of the world's major religious traditions.

**Course No: REL240 Foundations of Buddhism**

Course Description: An introduction to Buddhism, including a survey of Buddhist history, philosophy, and practice. Special emphasis is placed on the basic Buddhist view and perspective as expressed in the life of the Buddha, the four noble truths, and the Buddhist understanding of the mind. The course examines the close relationship between Buddhist thought and the central spiritual discipline of meditation. Grading criteria includes a final paper.

**Course No: REL247 Embodying Sacred Wisdom: Modern Saints**

Course Description: An exploration of the human thirst for spiritual experience and transformation through the studies of biographies of 19th and 20th century contemplatives from several selected religious traditions, both Eastern and Western. Through examining the spiritual and religious journey of saints and their relationships with their traditions, students learn the diversity of religious traditions of sainthood. How do the journeys of their saints relate to our personal journeys? Readings include sacred biographies (hagiographies), study of modern religious traditions in context, and interpretations of sainthood in both theological and cross-cultural perspectives.

**Course No: REL250 Spirituality and Creative Expression**

Course Description: This course focuses on exploring spirituality and its manifestation in our lives through creative expression. The foundation for this exploration is maitri practice, which cultivates awareness of our own energetic makeup and how these energies manifest as the core patterns of our daily lives. Developed by Trungpa Rinpoche, the founder of Naropa, this practice is done in five different colored rooms, representing the five Buddha families. In addition to the maitri room practice, we work with several contemplative art forms, such as object arrangement, painting, brushstroke, and space awareness exercises. The challenge for each of us is to discover, integrate, and appreciate our energetic expressions, and to bring our creativity to form, individually and as a group. Prerequisite: REL160 or COR130.

**Course No: REL255W Opening the Heart: Meditation Weekend**

Course Description: This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. When the vast network of pain and confusion in the world is experienced, one can become overwhelmed and full of despair. This weekend provides tools that allow one to work with this in order to discover compassion and the courageous heart available to everyone. Cross-listed as REL554W.

**Course No: REL258 Contemplative Practice Intensive**

Course Description: The purpose of this intensive is to give students the opportunity to deepen their discipline and knowledge of their own spiritual tradition in a community setting that offers a prescribed schedule of practice and of service. Undergraduate students may choose to complete a program ranging in length from one week to a maximum of four weeks at a retreat center of their choice. The center or organization must be approved by the Religious Studies program. Some examples of these sites are Tibetan Buddhist meditation centers, Shambhala retreat centers, Zen centers, Christian monasteries, ashrams, and Jewish contemplative retreats. Others choices are possible with the approval of the program. It is advisable to check with the Contemplative Practice Coordinator to make sure that your choice of retreat center can be approved. Students are responsible for paying all program costs charged by the organization or institution that offers the retreat. These costs are in addition to Naropa tuition. This course is offered for variable-credit; the number of credits (1.5-6) will be determined by the length of the retreat. Cross-listed as REL547.

**Course No: REL284 Tibetan II**

Course Description: A continuation of Tibetan I. The second semester continues the work begun in Tibetan I, with the addition of working on an actual Tibetan text. Students use an integrated approach of developing varied oral, aural, and written skills to produce an overall knowledge of the language. Prerequisite: REL274. Cross-listed as REL533.

**Course No: REL287 Sanskrit II**

Course Description: This course is a continuation of Sanskrit I. Prerequisite: REL277. Cross-listed as REL537.

**Course No: REL321 Contemplative Judaism**

Course Description: The course focuses on three major trends in the history of Jewish mysticism: Spanish Kabbalah; the School of Isaac Luria; and East European Hasidism. Topics include theosophy and theurgy, ecstatic and contemplative prayer, mystical psychology, soul transmigration, and esoteric interpretation of scripture. The course provides a basic kabbalistic vocabulary and introduction to primary mystical sources that prepare a student for further study of contemplative Judaism. Prerequisite: REL229. Cross-listed as REL535.

**Course No: REL325 Contemplative Christianity**

Course Description: This course examines the contemplative and mystical tradition of Christianity and its recent recovery by mainstream Christians through the work of Thomas Merton and others. Students will examine contemplative perspectives on such major topics as God, Christ, salvation, divine union, deification, scripture, and spiritual evolution, especially as these views contrast with modern fundamentalism. This class will also study the contributions of the major historical writers of the tradition. The class includes ample time for contemplative practice. Offered alternate years. Co-requisite or prerequisite: COR113 or COR13. Cross-listed as REL525.

**Course No: REL328W BA Religious Studies Retreat**

Course Description: Introduction to the field of religious studies from the perspective of contemplative education, as well as to important thematic and analytic perspectives. Basic contemplative practice from several traditions is presented, and career opportunities in the arena of religious studies are explored. Building community, forming friendships, and sharing our mutual journey is central to this retreat. Course fee.

**Course No: REL338 Sufism: An Introduction to its History, Thought, and Practice**

Course Description: A historical-experiential introduction to Sufi history, beliefs and practices in a five-day intensive retreat course. One part of the course will explore the historical development of a mystically oriented movement in Islam, a movement which both understands itself to be older than Islam and which develops widely divergent attitudes to Islam. Its evolution will be pursued from Arabia to Central Asia and Egypt to modern Turkey, India, and the United States. The second part of the course will focus on the distinctive features of Sufi culture, mystical theology, subtle physiology and psychology, as well as training and practice. In this course, students will engage both historical and traditional texts, learn about traditional Sufi teaching and training contexts, and participate in experiential exercises in order to gain a firsthand experience of Sufi meditation and other contemplative techniques.

**Course No: REL345 Zen Buddhism**

Course Description: In this course, the Zen Buddhist tradition is studied through its meditation practices and through lectures and discussion on the writings and teachings of the Zen masters. The course includes instruction in zazen, periods of sitting zazen, instructions on applying mindfulness to one's daily life, as well as studying classic texts and teachings of the tradition. The course includes opportunities for a weekend retreat at one of the Zen centers in the Boulder vicinity. Co-requisite or prerequisite: COR113 or COR130. Course fee. Cross-listed as REL540.

**Course No: REL348 Buddhism in America: Dharma Comes West**

Course Description: This course surveys the variety of ways in which Buddhism continues to influence contemporary American culture, and in turn be influenced by it. In particular, we explore the ways in which Buddhism has changed and adapted in the different American Buddhist communities. Our scope includes spirituality and religion, literature, social activism, pluralism, and dialogue. Student projects focus on specific Buddhist communities that have joined facets of Buddhist and American culture. Grading criteria include short writing assignments, final exam, and term paper. Co-requisite or prerequisite: COR113 or COR130. Cross-listed as REL546.

**Course No: REL349 Tibetan Buddhism: Inside the Mystique**

Course Description: This course introduces Buddhism as it flowered in the Tibetan cultural region, with emphasis on the traditional cosmology of Tibet, its religious history, its exoteric teachings and practices (Hinayana and Mahayana), and its esoteric teachings and practices (Vajrayana). Special attention will be paid to the meditative traditions of Tibet and the Tibetan Book of the Dead. Co-requisite or prerequisite: COR113 or COR130.

**Course No: REL355 Sanskrit in Sacred Traditions of India**

Course Description: A basic introduction to the Sanskrit language directly linked to sacred concepts drawn from the sacred traditions of Tantra, Vedanta, and Sankhya. Language skills presented include the oral and written Sanskrit alphabet (devanagari), Roman transliteration, and an introductory recognition of some Sanskrit grammar elements. Explanations of sacred Sanskrit terms/concepts with brief overviews of the representative sacred traditions are interwoven in the course. Participatory oral chanting of the alphabet, sacred seed syllables, and sample concepts/terms/verses are integrated into the class format. Co-requisite or prerequisite: COR113 or COR130.

**Course No: REL376 Inner Oral Tradition of the Torah**

Course Description: An examination of the mystical contemplative tradition of Judaism through a demonstration of its approach to Torah texts. The emphasis in the course is on the development and expression of critical thinking and intuition. Good questions are a priority over good answers. Age-old Chassidic methodologies will be used toward this end. Dramatization of stories will be utilized to access the students' emotions and intuitive powers. Exposure to practices like shofar and succah will give the students a firsthand experience of Jewish contemplative practice. Offered alternate years. Cross-listed as REL676. Co-requisite or prerequisite: COR113 or COR130.

**Course No: REL385 Tibetan IV**

Course Description: This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan, primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy, and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL375. Cross-listed as REL583.

**Course No: REL387 Sanskrit IV**

Course Description: In this semester, we complete the range of Sanskrit grammar, with secondary conjugations, vocabulary acquisition, an investigation of etymology, and a study of the principles behind words and their meanings. In addition to finishing the textbook on grammar, the *Devavanipravesika*, the class reads examples of a range of Buddhist, Hindu, and secular verses. Increased attention is given to translation and the hands-on practice of bringing ancient texts into the contemporary world. Cross-listed as REL587. Prerequisite: REL377.

**Course No: REL390W Shambhala Training Level I: The Art of Being Human**

Course Description: Shambhala Training is the path of study and practice of Shambhala warriorship: the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action.

The Shambhala Training path of study and practice begins with a series of weekend levels known as the Heart of Warriorship, which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

**Course No: REL391W Shambhala Training Level II: Birth of the Warrior**

Course Description: Shambhala Training is the path of study and practice of Shambhala warriorship: the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action.

The Shambhala Training path of study and practice begins with a series of weekend levels known as the Heart of Warriorship, which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.



**Course No: REL392W Shambhala Training Level III: Warrior in the World**

Course Description: Shambhala Training is the path of study and practice of Shambhala warriorship: the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action.

The Shambhala Training path of study and practice begins with a series of weekend levels known as the Heart of Warriorship, which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

**Course No: REL393W Shambhala Training Level IV: Awakened Heart**

Course Description: Shambhala Training is the path of study and practice of Shambhala warriorship: the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action.

The Shambhala Training path of study and practice begins with a series of weekend levels known as the Heart of Warriorship, which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

**Course No: REL394W Shambhala Training Level V: Open Sky**

Course Description: Shambhala Training is the path of study and practice of Shambhala warriorship: the tradition of human bravery, not being afraid of who you are. This path shows how to take the challenges of daily life in our modern society as opportunities for contemplative practice. Shambhala Training is inspired by the ancient legend of the Kingdom of Shambhala, said to be an enlightened society based on gentle and fearless action.

The Shambhala Training path of study and practice begins with a series of weekend levels known as the Heart of Warriorship, which provides the tools you need to establish a personal discipline of meditation practice and to discover the basic principles of warriorship in your daily life.

**Course No: REL479 Capstone Seminar and Senior Project**

Course Description: This course reviews religious studies as an academic discipline, with a special emphasis on applying religious studies methodology to religious traditions and phenomena encountered in their major study. Special emphasis is placed on written and oral expression, integrative understanding, and the relationship between religious traditions and the personal spiritual understanding/journey. The principal that both outer and inner knowledge contribute to one's path, which was introduced at the beginning of the student's journey, is brought to fruition. The particular focus of the second half of the class is the final preparation and presentation of the senior project. Prerequisite: REL351.

**Department: TRA/Traditional Eastern Arts**

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**Course No: TRA100 Shambhala Meditation Practicum**

Course Description: The Shambhala tradition, taught by Chogyam Trungpa Rinpoche, is a secular path of spiritual training. Students learn sitting meditation and study the principles of Shambhala Warriorship, which involves developing personal courage and social responsibility. The class combines meditation, writing, and a variety of exercises to give direct experience of mindfulness and our own senses. The connection between the arts and meditation is also explored and would be of interest to anyone exploring their own creative process. A slogan of the class is "Notice what you notice" (a phrase Allen Ginsberg coined). Cross-listed as TRA500.

**Course No: TRA105 Taijiquan I (T'ai Chi Ch'uan): Beginning Form**

Course Description: Students are introduced to the short Yang style of taijiquan developed by Grandmaster Cheng Manching. The first section of the form is taught. Students are introduced to the philosophy and theory of taijiquan. Students develop a personal practice based on the principles of relaxation, separation of yin and yang, moving from the center, maintaining an upright body, and developing sensitive hands. Cross-listed as TRA505.

**Course No: TRA110 Aikido I**

Course Description: We begin with centering ourselves and bringing that awareness to the situation of "conflict." We simultaneously practice the kata of clean, powerful attacks and harmonious defense responses, and ukemi, the art of falling. We emphasize extending energy and transforming the encounter to one of excitement and harmony. Bokken-aikido sword is introduced. We establish links to the aikido lineage and training communities. We support our embodied experience by reading and reporting on texts of aikido history, philosophy, and technique. We study other contemporary sensei through video and visits to seminars. We journal our practice and write reflection papers. Cross-listed as TRA510.

**Course No: TRA114 Indian Devotional and Raga Singing**

Course Description: Singing, first of sixty-four traditional Indian arts, is an ancient system of yoga. Students learn to sing om; chants that consist of naming and manifesting god; svarasseven goddess tones, the notes from which all traditional scales are derived; and ragascrystals of pure sound. We study sonic transformation, or the means of transforming consciousness and awareness using sound, such as Shabda Brahma (word is god), Nada Brahma (sound is god), etc. All students play the tambura, a stringed drone instrument. Cross-listed as TRA514.

**Course No: TRA120 Ikebana/Kado I**

Course Description: Ikebana is the Japanese art of flower arranging, stemming from a love of nature and a delight in developing the elegance and creativity of being human. Ikebana is also called "kado, the way of flowers" because it is a contemplative practice (a "dharma art") as well as an art form. We study the classical and improvisational forms of the Sogetsu school. Ikebana teaches you that everyone has the gentleness and courage of artistic talent. Materials Fee. Cross-listed as TRA520.

**Course No: TRA133 Yoga I**

Course Description: An introduction to the vast tradition of yoga. Students gain both an understanding of yoga in its historical and philosophical context and an experience of its methods, which constitute an in-depth exploration of breath, movement, and consciousness. Students engage with the practices of asana (postures designed to generate sensate awareness, alignment, strength, and ease), pranayama (breath awareness and control), and dharana and dhyana (meditation practices). Cross-listed as TRA515.

**Course No: TRA205 Taijiquan II: Completion of Form**

Course Description: Students complete learning the full form of the short Yang style of taijiquan developed by Grandmaster Cheng Manching. The first section of the form is refined and the remainder of the form is taught. Students develop a deeper understanding of taijiquan principles and the practice of embodying them.

Prerequisite: TRA105. Cross-listed as TRA525.

**Course No: TRA210 Aikido II**

Course Description: This class continues to build directly on the basic aikido teachings and philosophy to create a more centered and calm response to conflict in a martial encounter or in our everyday personal lives. Relaxed, nonaggressive learning is emphasized. Greater stamina of body and attention is developed. We support our embodied experience by reading and reporting on texts of aikido history, philosophy, and technique. We study the practice and ideas of other contemporary sensei on video and visits to seminars. We write papers and journals to enhance our mental reflection and insight on the complexity of our training experience. Prerequisite: TRA110.

Cross-listed as TRA530.

**Course No: TRA220 Ikebana/Kado II**

Course Description: This class offers further exploration and in-depth study of ikebana, the Japanese art of flower arranging. Prerequisite: TRA120. Materials fee.

Cross-listed as TRA540.

**Course No: TRA233 Yoga II: Psychology of the Chakras**

Course Description: Students begin exploring the psychology of the self through the lens of the "subtle body," namely the chakra system. Drawing from both classical and contemporary yoga, students engage in both an academic and experiential study, utilizing asana, pranayama, meditation, and a variety of psychological approaches. This class continues the study of yoga's rich literature and philosophy.

Prerequisite: TRA133. Cross-listed as TRA535.

**Course No: TRA252 Daoism and Chinese Traditions:  
Religious, Cultural, and Philosophical Foundations**

Course Description: This course provides a window into the religious, cultural, and philosophical landscape of China out of which the great practice traditions of East Asia developed. We look at the interplay, including mutual borrowing and sometimes fierce conflict, between the major schools in China -- Daoism, Confucianism, and Chinese Buddhism -- as well as underlying folk religions and traditions and literati philosophical traditions. At the heart of the worldview expressed in these traditions is a fundamentally aesthetic and relationship-based conception of ethics and the Way. The course features extensive reading of primary and secondary sources, including the Daodejing, Zhuangzi, Confucian Analects, Sunzi's Art of War, and Journey to the West. We look at modern works, including art and video, and appreciate current realizations of these ancient threads. Students learn how this worldview influences traditional and modern practices and are able to place their practice traditions within this context. Cross-listed as TRA552.

**Course No: TRA310 Aikido III**

Course Description: Calm confidence and grace emerge naturally with the continued and consistent study of aikido movement. Bodies and concentration strengthen. One becomes more comfortable with the "confusion," the unknowing that precedes knowing. Becoming more relaxed under pressure, speed, complexity, simplicity, and open-heartedness begin to enter the martial engagements. One begins to understand how practice might become a lifetime commitment. Bokken and tanto kata are added to intensify the empty hand practice. Readings, reflective writing, and attending seminars are required to further the student's development. Prerequisite: TRA210. Cross-listed as TRA550.

**Course No: TRA320 Ikebana/Kado III**

Course Description: This class offers further exploration and in-depth study of ikebana, the Japanese art of flower arranging. Prerequisite: TRA220. Materials fee. Cross-listed as TRA564.

**Course No: TRA405 Taijiquan IV: Push Hands and Sword**

Course Description: Students refine and deepen their understanding of tui shou (push hands) and learn the taiji sword form. Together with the empty-handed form, these practices complete the foundation of the art. Push hands helps students apply taiji principles in interaction with others and the sword introduces extending ones qi (chi) through an inanimate object. These practices are key in enabling students to apply taiji principles in daily life. This upper-level martial arts course is available for variable credit (1-3). Please contact the Department for further details. Prerequisite: TRA305. Cross-listed as TRA565.□

**Course No: TRA410 Aikido IV**

Course Description: Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai, under the tutorship of Naropa's aikido faculty. Students deepen their understanding, skill, and strength in ukemi and execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. This upper-level martial arts course is available for variable credit (2-3). Please contact the Department for further details. Cross-listed as TRA570.

**Course No: TRA433 Yoga IV:Yoga Teacher Training**

Course Description: This course continues the study of an integral yoga practice, which combines asana, pranayama, concentration, and meditation. In addition, this class serves as an introduction to Yoga Teacher Training, intended to complement and conjoin Yoga V. Students continue their study of anatomy, yoga therapy, alignment, yoga philosophy, as well as the fundamentals of designating a yoga practice according to an individual's physical and psychological constitution. Prerequisite: TRA333. Cross-listed as TRA561.

**Course No: TRA449 Yoga V: Yoga Teacher Training**

Course Description: Yoga V, in conjunction with Yoga IV, is designed to provide the foundation and training needed for students who aspire to teach yoga. This class examines the various topics essential to being a skilled yoga teacher, including yoga therapy; how to safely and effectively teach asana and pranayama; the principles of effective speech; ethics; alignment; how to make adjustments; the sequencing of postures; knowledge of the yoga tradition and philosophy; and the cultivation of one's authentic self-expression. Students also gain regular practice and experience in teaching yoga. Prerequisite: TRA333. Cross-listed as TRA574. TRA443 must be taken simultaneously.

**Course No: TRA450 Aikido V**

Course Description: Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai, under the tutorship of Naropa's aikido faculty. Students deepen their understanding, skill, and strength in ukemi and execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. This upper-level martial arts course is available for variable credit (2-3). Please contact the Department for further details. Prerequisite: TRA410. Cross-listed as TRA573.

**Course No: TRA455 Taijiquan V: Practice Capstone**

Course Description: Level V is a capstone course for students completing their Naropa taijiquan education. Students revisit the three major practice components (empty-handed form, push hands, and sword) in depth to achieve the next level of roundness, balance, and harmonization. Students who complete level V are prepared to begin more advanced internal studies and to enter a senior student/assistant track for lineage-based certification. This upper-level martial arts course is available for variable credit (1-3). Please contact the Department for further details. Prerequisite: TRA405. Cross-listed as TRA585.

**Course No: TRA460 Taijiquan Teaching Apprenticeship**

Course Description: This course provides mentored teaching experience for students who intend to teach taijiquan following graduation. Students work closely with instructors to develop the foundation and skills needed to begin teaching. This course further deepens one's personal practice; covers the methodology and theory behind introducing choreography and making corrections; and fosters the cultivation of one's authentic self-expression. Co-requisite or Prerequisite: TRA455.

**Course No: TRA463 Yoga Meditation Practicum**

Course Description: Meditation, though often neglected in modern-day yoga, has long been the central practice in yoga traditions. Asana, pranayama, and concentration are stepping stones, which provide a foundation from which meditation can effortlessly emerge. We embark on a journey into the meditative traditions and practices of yoga, drawn from both classical yoga and Tantra. This includes the study and practice of concentration techniques (dharana), formless meditation (dhyana), self-inquiry (atma vichara), dream and sleep yoga (yoga nidra), and the philosophical premises behind these practices. Cross-listed as TRA512. Open to juniors and seniors.

**Course No: TRA487 Aikido VI**

Course Description: Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai, under the tutorship of Naropa's aikido faculty. Students deepen their understanding, skill, and strength in ukemi and execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. This upper-level martial arts course is available for variable credit (2-3). Please contact the Department for further details. Prerequisite: TRA450. Cross-listed as TRA587.

**Course No: TRA489 Senior Colloquium**

Course Description: The Senior Colloquium gives students the opportunity to create and present a capstone project that demonstrates student learning and integration within their chosen concentration. The range of possible capstone projects is as wide as the range of interests of TRA students and includes research papers, assistantships and internships, and original interactive projects. Throughout the semester, students share progress and work together to understand and address issues arising during the course of their projects. Students also prepare for some of the steps they may take on their path after graduation. In addition to the project itself, each student creates a presentation of the project using online tools. For Traditional Eastern Arts students only. Pre-requisite: TRA485

**Course No: TRA491 Aikido VII**

Course Description: Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai, under the tutorship of Naropa's aikido faculty. Students deepen their understanding, skill, and strength in ukemi and execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. This upper-level martial arts course is available for variable credit (2-3). Please contact the Department for further details. Prerequisite: TRA487.

**Course No: TRA494 Aikido VIII**

Course Description: Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai, under the tutorship of Naropa's aikido faculty. Students deepen their understanding, skill, and strength in ukemi and execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. This upper-level martial arts course is available for variable credit (2-3). Please contact the Department for further details. Prerequisite: TRA491.

**Department: WRI/Writing and Poetics**

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**Course No: WRI210 Literary Studies**

Course Description: This course serves as a gateway to literary studies and prepares students to be astute readers, aware of multiple critical stances that inform the reading and writing process. We discuss and analyze a variety of literary texts (fiction, poetry, drama) from historical, cultural, and formalistic viewpoints. Students develop the ability to analyze and write articulately about literature, learn to identify the characteristics of discrete literary genres, and strengthen their literary writing abilities.

**Course No: WRI234 Creative Reading and Writing**

Course Description: In this course, we immerse ourselves in the study and practice of creative writing. We read both poetry and prose, and explore the writing process, innovative techniques, revision strategies, and contemplative artistic practice. A wide variety of writers and texts are introduced to assist in our understanding of craft and literary technique. Students develop the ability to analyze and write about literature, learn elements of craft, and strengthen their creative writing abilities. Students' creative work is workshopped in both small groups and class forums.

**Course No: WRI329 Writing Workshop: Contemplative Poetics**

Course Description: Contemplative poetics affirms trust in the meaningfulness of immediate experience as basis, exploration into modes of composition as practice, and attention to elements and structures of language as medium. We work with contemplative practices that ground mind and body in active attention, invite curiosity that extends attention into investigation, and take chances in execution that bring surprise of form and insight. This course introduces exercises, methods, and procedures to open new directions in thinking, writing, and being. Prerequisites: COR115 and WRI234.

**Course No: WRI331 Writing Workshop: Creative Nonfiction**

Course Description: This workshop explores the range of narrative possibilities available under the broad term "creative nonfiction." Students examine a number of subgenres that may include the personal essay, literary journalism, travel writing, and memoir, and they experiment with form, point of view, method, and ethics. Readings include historical examples as well as work by recent practitioners, especially those who innovate the genre. Prerequisites: COR115 and WRI234.

**Course No: WRI349 Literature Seminar: Modernism**

Course Description: This course approaches modernism as an aesthetic movement, tracing its nuances through the 19th century to various avant gardes of the first half of the 20th century. While students read extensively from literary texts in multiple genres and view visual art, they also explore historical and philosophical contexts. Prerequisites: COR115 and WRI210.

**Course No: WRI381 Professional Development: Project Outreach**

Course Description: This course sends students into local schools, retirement homes, shelters, at-risk youth groups, and so on, to lead creative writing sessions. A portion of the weekly class time occurs in these community settings. Field logistics, practice writing experiences, teaching techniques, and field experiences are discussed. Students act as literary activists, teaching and lending inspiration. Prerequisites: COR115, WRI210, WRI234, and 3 credits of 300-level course work in Creative Writing and Literature. Cross-listed as WRI781.

**Course No: WRI383 Professional Development: Letterpress Printing: First Impressions**

Course Description: As writers, the practice of setting movable type and printing texts by hand is an invaluable aesthetic and practical resource. This class explores letterpress printing from the writer's point of view, bringing literary considerations to those of typography, bookmaking, visual design, and layout. As writers/printers, students investigate the letterpress possibilities for poetry and fiction through the production of broadsides, postcards, and a limited-edition chapbook. Open to CW&L and CW&P students only; others by permission of the program. Materials fee. Cross-listed as WRI603.

**Course No: WRI394W Writers Practicum with Anne Waldman**

Course Description: Study and analysis of selected literary and compositional issues and elements. Topics may cover a wide range of subject matter and methods of writing and may vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Prerequisites: COR115 and WRI234. Cross-listed as WRI794W.

**Course No: WRI395W Writers Practicum with Allen Ginsberg Visiting Fellow**

Course Description: Study and analysis of selected literary and compositional issues and elements. Topics may cover a wide range of subject matter and methods of writing and may vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Prerequisites: COR115 and WRI234. Cross-listed as WRI795W.

**Course No: WRI440 Literature Seminar: Extended Narratives**

Course Description: In this course, we read short stories and novels with a special attention to the style and structure of their narratives. We examine the distinction between mimetic (showing) and diegetic (telling) presentations and examine the complications of the work's overall effect and sense of meaning in order to develop our own narratives. The focus of this class is to develop a lively, original larger text (working toward a novel/novella) while thinking about the arc, scope, and scale of extended narrative prose.

**Course No: WRI448 Literature Seminar: Cultural and Ethnic Lit**

Course Description: This course engages with literature and critical texts, such as African American poetry, Chicano/a fiction, Asian American hybrid works, or the like. The readings provide a diverse range of historical and cultural narratives. Topics may include the formation of marginalized subjectivities as well as the intersections of race, ethnicity, gender, sexuality, exile, diaspora, and assimilation. We examine how these language workers expand literary pathways and aesthetics. We map the changing territories of transnational American writers. Prerequisite: 3 credits of 300-level course work.

**Course No: WRI456 Writing Workshop: Poetry in Theory**

Course Description: This course examines the role of poetics in writing. We investigate theory, archives, manifestos, and/or poetics articles in relation to poetry and to shape the creative vision and process. Poetics is a mode of inquiry, a communication, a stance; it is a contemplative or theoretical framework, creating a discourse between the poem's intention and praxis. A range of cultural or aesthetic perspectives is presented to address the function of poetry, the possibilities in meaning and language, and the role of the poet. Prerequisite: 6 credits of 300-level course work or by permission of instructor.

**Course No: WRI475 BA Thesis**

Course Description: As the culmination of the Creative Writing and Literature degree, each candidate must complete a BA thesis, which includes creative and critical components. This course serves as a workshop for these final projects. Additional information about the BA thesis is available in the Jack Kerouac School office. Open to CW&L students in their final semester.