

Naropa Courses Available for Public Registration Fall 2020

Non-degree students will be added to a course on a space-available basis.

During Fall 2020, we have a very limited selection of courses that will be advertised directly to the public. Most of our semester courses will not be listed this year, due to changes in delivery method and security precautions as a result of COVID-19.

COL-299 Special Topics: Afrofuturism (1 Credits)

This Special Topics course covers subjects relevant to all majors and academic disciplines. Specific topics are announced the semester the course is offered.

Fall 2020 Supplemental Title: Special Topics: Afrofuturism: as Literature, Art and Revolutionary Practice

Fall 2020 Supplemental Description: How does culture inform our imagination and our collective design of the possible? How can we source non-western conceptions and histories for new visions of futurity? Afrofuturism has grown from a branch of science fiction crafted by black writers to become an international praxis that merges, art, literature, music, film, drama, poetry, ritual, fashion and technology.

In this one credit multi week- seminar we will explore many of the dimensions of Afrofuturism- future, past and present, complicating and enriching notions of time, linearity, progress and realism to examine how people of African descent have re-versioned futures of blackness. We will not only orient students to Afrofuturism as a significant force for cultural and technological transformation in the 21st century, we will also help to seed practices whereby students can become active workers with imagination and culture. Though this class is centered in the experiences and work of African descended people, it is open to all who are curious about the connections between race, ethnicity, technology, aesthetics and tomorrow. We will do this through exploring and analyzing literary texts, appreciation of music and art, creative exercises and contemplative practices, costume, movement and more.

Course offered completely online.

Available to audit on a limited basis.

Requisites:

None

Fall 2020 Semester

COL-299-A

Special Topics: Afrofuturism

Runs from 9/26/2020 - 11/7/2020

Times	Locations
Sa 11:00 AM - 1:00 PM 9/26/2020 - 10/31/2020	Off-Campus, Off-Campus OFFC Online
Sa 5:00 PM - 7:00 PM 11/7/2020 - 11/7/2020	Off-Campus, Off-Campus OFFC Online

Instructors: Ramon Parish and Regina Smith

Last Day to Drop: 9/29/2020

REL-190 Spec Topic: Mindfl Comp Traing (1 to 3 Credits)

The Special Topics course explores topics of general focus and relevance to the field of religious studies, geared toward the research interests of the faculty. Specific topics are announced the semester the course is offered.

Fall 2020 Title: Special Topics: Welcome: Mindfulness Compassion Training

Fall 2020 Supplemental Description: Compassion opens and expands our minds and hearts, inspiring kindness and altruistic behavior. Current research suggests that compassion can be intentionally cultivated to enhance personal well-being, resilience, and capacity to benefit others. This is because training in compassion reduces empathy fatigue, improves emotion regulation, and fosters healthy social connection.

Naropa's WELCOME Training offers a pathway to foster mindfulness alongside lovingkindness for yourself, loved ones, and even the difficult people in our lives. Drawing on scientific research findings from neuroscience and psychology, as well as practices and teachings from Buddhism, WELCOME provides a multifaceted view of the power and potential of compassion. Throughout the course, you will be introduced to a series of experiential practices, receive informative suggested readings, and engage in compassionate "fieldwork" to integrate compassion into your personal, social and professional life.

Key topics include: Mindfulness · Self-compassion · Loving-kindness · Empathy · Resilient compassion · Embodiment · Burnout · Is compassion always nice?

Requisites:

None

Fall 2020 Semester

REL-190-A

Spec Topic: Mindfl Comp Traing

Runs from 10/6/2020 - 11/24/2020

Times	Locations
W 6:30 PM - 8:30 PM 10/7/2020 - 11/18/2020	Online
Sa 9:30 AM - 1:00 PM 11/14/2020 - 11/14/2020	Online

Instructors: Charlotte Rotterdam and Jordan Quaglia

Last Day to Drop: 10/9/2020

REL-609W Mindfulness Instruct Train I (1 Credits)

The first in a three-course series training students to offer instruction in shamatha practice and become mindfulness instructors. Participants develop skills in first-time meditation instruction and mentoring new practitioners. Guidance in sitting meditation posture, mindfulness of breathing, walking meditation, and working with some of the main obstacles to shamatha are emphasized. Practical demonstrations, mock interviews with faculty, peer feedback, lectures and discussion, and guided meditation sessions are included. Prerequisite: Students are accepted by application only, must have completed a dathun, and must have maintained a consistent shamatha practice for at least one year

Requisites:

None

Fall 2020 Semester

REL-609W-A

Mindfulness Instruct Train I

Runs from 10/3/2020 - 10/4/2020

Times	Locations
Sa/Su 9:00 AM - 6:00 PM 10/3/2020 - 10/4/2020	Off-Campus OFFC Weekend Workshop

Instructors: Dale Asrael and Giovannina Jobson

Last Day to Drop: 10/2/2020

REL-709W Mindfulness Instruct Train II (1 Credits)

Third in a three-course series training students to offer instruction in shamatha mindfulness meditation. It emphasizes guiding people in practicing with extreme challenges of mind and body. Participants develop skills in offering ongoing guidance in sitting and walking mindfulness meditation, as well as body-scan, practicing with physical pain, and mindfulness in daily life activities. Students train in offering both one-to-one mentorship, small group guided mindfulness instruction, and explaining the view of mindfulness meditation to various populations. Practices to support the well-being of caregivers and teachers are presented. Educational methods of the course include practice demonstrations, mock interviews, lectures, discussions, and individual interviews. Prerequisite: REL609W.

Requisites:

REL-609W - Must be taken either prior to or at the same time as this course.

REL-709W-A

Mindfulness Instruct Train II

Runs from 11/7/2020 - 11/8/2020

Times	Locations
Sa/Su 9:00 AM - 6:00 PM 11/7/2020 - 11/8/2020	Paramita Campus, Paramita VIRYA Weekend Workshop

Instructors: Dale Asrael and Giovannina Jobson

Last Day to Drop: 11/6/2020