



COLLEGE OF GRADUATE STUDIES

Winter 2009-2010 Graduate Course Schedule

Please note that courses are subject to change. REGISTER EARLY to reserve your space!
Please visit plymouth.edu/graduate/directions for directions to courses held off campus.

Transformation and Healing (OATH, PATH)

HH - Health and Healing

HH5570.WV CRN: 20334 **MINDFULNESS MEDITATION: THEORY & PRACTICE**

Silver Fox Inn, Waterville Valley, NH
3 Credits

Nancy Puglisi

npuglisi@plymouth.edu

Students must register by 12/24/2009. Mandatory pre-reading assignments are available in Blackboard which is accessible through the myPlymouth portal. This is a residential course packaged with an additional meals & room fee of \$360.

Friday 9AM – 9PM	1/8
Saturday 9AM – 9PM	1/9
Sunday 9AM – 1PM	1/10

Mindfulness Meditation Theory and Practice examines the theoretical basis for the use of meditation as a healing tool. In a meditative retreat format, participants learn and practice various types of meditation such as body scan, sitting, walking, eating and music meditation. Extended periods of practice and interspersed with discussion, reflection, presentation and small group work.