Creating Balance using the Wisdom of the Mind and Body

Our society bombards us with daily stressors that can lead to dis-ease. This seminar will explore the practical applications of various ancient healing practices that invite balance and wholeheartedness. Students will explore the mind body connection and learn relaxation practices drawn from the ancient wisdom cultures of India, Tibet and China. Together we will gain knowledge and skills in stress reduction through movement, mindfulness meditation, breathe work, journaling, and creative expression. The benefits of these practices include relaxation, energy, heightened awareness and a profound connection to others.

Course Objectives:
1) Describe and experience ways our breathing influences and affects our emotional and physical bodies.
2) Discuss ways to incorporate mindfulness practices in our daily lives.
3) Identify movements and breathing techniques that release tension and anxiety.
4) Share ways we can cultivate compassion in our daily lives and in our community.

Text: Cultivating Compassion, Jeffery Hopkins

Suggested Reading:
The Miracle of Mindfulness, Thich Nhat Hanh
Minding the Body, Mending the Mind, Joan Borysenko

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Course Requirements:
1. Attendance and class participation
2. Keep a daily journal
3. Essay due April 17
4. Create a group kindness project
5. Practice a daily relaxation

Grading: Based on attendance, participation, journals, essay and kindness project.

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Jan.16, 2002  Class 1
1. Introductions
2. Course Description and requirements
3. Belly Breathing – Mindfulness and Smiling meditation

*Read Chapters Intro – 2*

**Jan. 23, 2002 Class 2**
1. Downtown Journey ** Bring Camera/ Journal
2. Discussion
3. Activity – Connection to our community

*Read Chapters 3 and 4*

**Jan. 30, 2002 Class 3**
1. Journaling – Linda Winecoff
2. Breathing and Meditation
3. Activity – Photo’s from Downtown

*Read Chapter 5*

**Feb. 6, 2002 Class 4**
1. Discussion of the Book
2. Meditation Practice

*Read Chapter 6 and 7*

****Bring your Favorite magazines to cut for next week!

**Feb 13, 2002 Class 5**
1. Community Project for International Rescue Committee

*Read Chapter 8*

**Feb. 20, 2002 Class 6**
1. Yoga and Meditation
2. Loving Kindness Project – Planning time
3. Discussion

*Read Chapter 9*

**Feb 27, 2002 Class 7**
1. Yoga and Meditation
2. Discussion on the Book

*Read Chapter 10 and 11*

**March 6, 2002 Class 8**
1. Yoga and Mediation
2. Discussion on language and the power of words.

*Read Chapter 12*  
**Happy Spring Break**

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**March 20, 2002 Class 9**
1. Guest presenter – Mind /Body Connection
2. Presentations – *share loving kindness project*

*Read Chapter 13-14*
March 27, 2002 Class 10
1. Vision Quest (Bring Magazines)

Read Chapters 15-17

April 3, 2002 Class 11
1. Meet the Author, Jeffery Hopkins
2. Have questions prepared

April 10, 2002 Class 12
1. Minding the Body
2. Final discussion on Book

Assignment: Write an essay on the mind body principles you plan to use in your future. (1-2 pages, typed) Due April 17, next class.

April 17, 2002 Class 13
1. Guest presenter - ?
2. Essay due

April 24, 2002 Class 14
1. Chair Yoga
2. Final Activity
3. Evaluations