COURSE DETAIL

MIND, BODY AND JAPANESE CULTURE
Country Japan
Host Institution Keio University
Program(s) Keio University
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Asian Studies
UCEAP Course Number 105
UCEAP Course Suffix
UCEAP Official Title MIND, BODY AND JAPANESE CULTURE
UCEAP Transcript Title MIND &JAPAN CULTURE
UCEAP Quarter Units 3.00
UCEAP Semester Units 2.00

Course Description
This course aims to create an environment (both intellectually and somatically) for exploring the body, mind, the environment, and our perceptions and interactions with them. The main focus is on Buddhist-derived practices that have been made applicable to modern life in the West and in Japan. The core qualities that these contemplative practices cultivate are mindfulness and compassion, and we seek to both understand, embody and observe these qualities throughout the course. This includes the cultural, philosophical, educational and historical trajectories, and their neuroscientific and psychological analyses. The instructor draws on a background in anthropology and Japanese educational theory.

Language(s) of Instruction
English

Host Institution Course Number
N/A

Host Institution Course Title
MIND BODY AND JAPANESE CULTURE

Host Institution Course Details

Host Institution Campus
Keio University

Host Institution Faculty

Host Institution Degree

Host Institution Department
International Center

Course Last Reviewed

Print