

## 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

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