

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 Campus

Keio University

Host Institution Faculty

Host Institution Degree

Host Institution Department

International Center

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