

COURSE DETAIL

CONTEMPLATIVE PRACTICES: FROM PERSONAL AWARENESS TO SOCIAL WELL-BEING

Country

Hong Kong

Host Institution

University of Hong Kong

Program(s)

University of Hong Kong

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

18

UCEAP Course Suffix**UCEAP Official Title**

CONTEMPLATIVE PRACTICES: FROM PERSONAL AWARENESS TO SOCIAL WELL-BEING

UCEAP Transcript Title

CONTEMPLATIVE PRACT

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course examines the philosophical and spiritual roots, cultural influences and scientific studies of contemplative practices adopted in modern societies. Beginning with the introduction of the history and theory of contemplative practice and followed by the scientific description of the impact on the mind-body connections developed through these practices, students will be guided to critically review the relationship of contemplative practices with four major themes: personal awareness and health, relational well-being with others, and the collective well-being in and across our societies.

Language(s) of Instruction

English

Host Institution Course Number

CCHU9078

Host Institution Course Title

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Host Institution Campus**Host Institution Faculty****Host Institution Degree****Host Institution Department**[Print](#)