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
CONTEMPLATIVE PRACTICES: FROM PERSONAL AWARENESS TO SOCIAL WELL-BEING

Host Institution Course Details
https://www.cchu9078.hku.hk/

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2024-2025

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