

# 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 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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