COURSE DETAIL

MEDITATION TECHNIQUES AND TRADITIONS
Country Spain
Host Institution Complutense University of Madrid
Program(s) Complutense University of Madrid
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Religious Studies
UCEAP Course Number 103
UCEAP Course Suffix
UCEAP Official Title MEDITATION TECHNIQUES AND TRADITIONS
UCEAP Transcript Title MEDITATN TCHNQ&TRAD
UCEAP Quarter Units 5.00
UCEAP Semester Units 3.30

Course Description

This course offers a practical and theoretical overview of the main meditation techniques. It focuses primarily on classical India, while also discussing contemporary forms of meditation and modern approaches to self-care. Topics include: the Yoga of Patanjali; Upanishads and the Samkhya philosophical school; Bhagavad Gita; Buddhist meditation-- Theravada, Mahayana, and Zen; modern meditation-- Nisargadatta Maharaj; meditation and the psychedelic experience.

Language(s) of Instruction
Spanish

Host Institution Course Number
805931

Host Institution Course Title
TÉCNICAS DE MEDITACIÓN

Host Institution Course Details
https://www.ucm.es/estudios/grado-cienciasdelasreligiones-plan-805931

Host Institution Campus
MONCLOA

Host Institution Faculty
Facultad de Filosofía

Host Institution Degree
GRADO EN CIENCIAS DE LAS RELIGIONES

Host Institution Department
Departamento de Psicología Social, del Trabajo y Diferencial

Course Last Reviewed
2025-2026

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