

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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