

KIN 118: MEDITATION AND MINDFULNESS

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2022
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
District General Education:	E2. Fitness/Health Science
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

Examines the theoretical concepts and practical application strategies in the field of stress management. Physiological and psychological consequences of prolonged stress responses are explored to assist the learner in determining their stress exposure in order to better observe behavioral patterns and clearly apply the various systems of meditation, mindfulness, and relaxation techniques that will be explored during the course. 54 lecture hours.

Course Objectives

- Demonstrate an understanding of multiple meditation techniques.
- Perform meditation techniques to control personal reactions to acute and chronic stressors.

Major Course Content

1. Physical Practice
 - a. Asana
 - b. Dharana and Dhyana
 - c. Mindfulness Meditation
 - d. Walking Meditation
 - e. Centering Mantra/Prayer Meditation
 - f. Concentration Meditation
 - g. Pranayama
2. Nature of the Mind and Observances
 - a. Yamas and Niyamas
 - b. Shad Kriyas
 - c. Klesas
 - d. Purusha and Prakriti
 - e. Maya
3. Self Study
 - a. Wellness Assessment (Wellness Wheel)
 - b. VIA Character Traits Assessment (Online- Dr. Seligman)

Examples of Required Writing Assignments

It takes 40 days for the brain to develop a new habit. Students will journal daily for the first 6 weeks of the course in order to complete a self assessment of their chitta vritti (sanskrit for "mind stuff"), mindfulness, and commitment to a continuous meditation practice.

Examples of Outside Assignments

Perform one of the following: - A walking meditation - Seated meditation with a candle - Lying down meditation, eyes open
Find yourself in stillness for 15 minutes. Upon completing the allotted time, journal any thoughts of ideas that came to you during the meditation moment.
Rank the thoughts you logged and discuss their importance, meaning, or interest to you in this moment.

Instruction Type(s)

Lecture, Online Education Lecture