

PDP MB 106 Yoga Meditation

Meets once per week: 1 Credit

Course Description:

Meditation is a technique for making the mind more stable, peaceful and clear and for developing insight and good qualities. Learn and practice a variety of guided meditations from the yoga tradition including meditation on the breath, visualization, mantra meditation and mindfulness meditation.

Required Equipment:

Students should wear comfortable clothing to class so that they can practice gentle yoga stretches at the beginning of class.

Course Goals:

Students will be able to define meditation, define mind, and recognize the benefits of meditation in their own lives. Powers of focus, concentration, and awareness will be heightened. Students will be able to recognize obstacles to meditation and apply antidotes.

Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 85% attendance

W – Withdraw: If you drop this class after the Registrar's drop deadline, you will receive a "W" grade.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with the instructor to do so within the following semester. Your grade will be changed to a "P" once all classes have been made up.

AU – Audit: If you intend to audit this class, please fill out and obtain your instructor's signature for the Class Adjustment/AU form and turn it into the Registrar's Office by the specified deadline.

F – Fail: It is very unlikely that you will receive a failing grade. Your instructor will be happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances, such as violating the BU Student Code of Conduct.

Attendance Policy:

This class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You are allowed 2 absences. If you have more than 2 absences, you will need to arrange to make up the classes you have missed.

Make-Up Policy:

Mind/Body classes may be made up by attending other Mind/Body classes. Please email your instructor and Ramelle Adams at rfadams@bu.edu before attending a make-up class. This is to ensure that there is space in the class and to alert the instructor that they will be having a make-up student. If no

Mind/Body classes fit in your schedule, you must get permission from your instructor for an alternate make-up.

It is recommended that students make up the class within two weeks of the absence. Make-up slips may be obtained at the PERD office on the second floor of FitRec. They must be signed by the instructor of the make-up class and turned into either your instructor or the PERD office.

You are responsible for keeping track of your attendance record and making up any missed classes.

Please contact Instructor, if you plan on attending a section of class so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule

Week 1	What is meditation? What is mind? Two main types of meditation: placement and analytical. Benefits of meditation. Good posture for seated meditation. Mindful yoga stretches. Meditation on the breath
Week 2	Mindful yoga stretches. Recognizing and overcoming common obstacles to meditation. Setting a motivation. Meditation on the breath. Lovingkindness meditation. Benefits of making a dedication/how to dedicate. Setting up a daily practice
Week 3	Mindful yoga stretches. Dealing with physical pain during meditation. Body scan. Moving meditation. Mind like the sky meditation
Week 4	Mindful yoga stretches. Two types of mindfulness meditation: deliberate and effortless.
Week 5	Mindful yoga stretches. Compassion meditation. Tonglen meditation
Week 6	Mindful yoga stretches. Nine-round breathing meditation. Visualization meditation. Short written assignment on benefits of meditation practice
Week 7	Mindful yoga stretches. Discussion of written assignment. Working with sense perception. Working with emotions
Week 8	Mindful yoga stretches. Mantra meditation. Mind like the sky meditation
Week 9	Mindful yoga stretches. Mind, the Gap meditation. Meditation as medicine; purification/healing meditation
Week 10	Mindful yoga stretches. Sound meditation. Meditation on the breath
Week 11	Mindful yoga stretches. Awareness meditation; unhooking local awareness
Week 12	Mindful yoga stretches. Lojong (mind training) meditations
Week 13	Mindful yoga stretches. Nine-round breathing meditation. Meditation of choice
Week 14	Mindful yoga stretches. Pranayama. Bringing mediation into daily life. Meditation of choice