

# Common Course Outline

## PELF 144

### Meditation for Wellness

1 Credit

## Community College of Baltimore County

### Description

**PELF 144 – Meditation for Wellness** introduces students to a variety of formal and informal meditation practices that have a documented positive impact on the interrelated dimensions of wellness. Students learn about the science behind the benefits of meditation and how it can reduce stress and symptoms of illness while improving attention and well-being. Meditation is explored through inner awareness, breathing, moving, contemplation, compassion, and mindfulness in daily activities like eating and walking. Students build a foundation for an on-going personal practice.

### **1 Credit**

**Prerequisites and/or Corequisites:** None

### Overall Course Objectives

Upon completion of this course students will be able to:

1. explain the dimensions of wellness;
2. recognize the mind and body effects of stress and their impact on wellness;
3. discuss the current research on the science of meditation;
4. demonstrate effective postures and attitude for meditation;
5. practice a variety of formal and informal meditations;
6. acknowledge and explore the obstacles and hindrances that arise during meditation practice;
7. establish a basic personalized meditation practice;
8. explain mindfulness and related practices;
9. apply mindfulness in daily activities; and
10. articulate the effects of mindfulness and meditation resulting from direct experience.

### Major Topics

- I. Dimensions of wellness
- II. Stress response
- III. Science of meditation and its impact on stress and wellness
- IV. Basic meditation practices
  - A. Body scan
  - B. Breath awareness
  - C. Relaxation practices, progressive relaxation, guided imagery
- V. Establishing a personal practice

- VI. Focused Meditation Practices
  - A. Mantra, Transcendental Meditation, relaxation response
  - B. Visual meditation
  - C. Sound meditation
- VII. Moving Meditation
  - A. Yoga
  - B. Tai Chi and Qi Gong
- VIII. Mindfulness
  - A. Self-awareness
  - B. Thought watching
  - C. Gazing and beholding
  - D. Contemplation
  - E. Walking
  - F. Eating
  - G. Listening and speaking
  - H. Compassion and loving kindness

### **Course Requirements**

Grading procedures will be determined by the individual faculty member but will include the following:

### **Grading/exams**

Grading procedures will be determined by the individual faculty member but will include the following:

- Attendance and participation in class activities and discussion
- Homework assignments such as wellness assessments, self-reflection papers, practice journals, and supplementary reading and writing assignments
- A personal introduction and practice intention
- A culminating self-reflection

Written Assignments: Students are required to use appropriate academic resources.