

DONGGUK UNIVERSITY INTERNATIONAL SUMMER SCHOOL

COURSE TITLE	Meditation-based Practices: Cultivating Healthy Minds in South Korea	
DATES	June 26-July 12, 2023	
COURSE TIME	14:00-17:00	
CREDIT HOURS	3 credits	
PROFESSOR	Hee Jung Min (HyeJu) (aravindamhj@gmail.com / Dongguk University-WISE/ South Korea)	
COURSE DESCRIPTION	<p>This course covers a wide spectrum of meditation practices, including mindfulness meditation, concentration meditation, loving-kindness/compassion meditation and Seon (Zen/Chan). Students will learn how to approach these meditation trainings and explore how to practice them. By learning to understand their selves and interconnectedness among all beings, students will be able to observe how their mind works and identify how to respect themselves and how to live in harmony with all other beings with healthy and compassionate minds. This course will also discuss the global movement of meditation practices and the benefits of practicing meditation for well-being. Students will learn to apply these meditation practices to their daily lives to achieve healthy minds.</p>	
SCHEDULE	DAY 1	Course Orientation
	DAY 2	Introduction to Meditation Practices & Discussion
	DAY 3	Exploring Body Sensations & Discussion
	DAY 4	Sitting and Breathing Meditation & Discussion
	DAY 5	Breathing and Walking Meditation & Discussion
	DAY 6	Breathing and Relaxation Meditation & Discussion
	DAY 7	Excursion to a Korean Temple: Mindful Eating and Tea Meditation & Discussion
	DAY 8	Korean Bowing Meditation and Seon Practice & Discussion
	DAY 9	Positive Mindfulness Meditation & Discussion
	DAY 10	Loving-Kindness and Compassion Meditation & Discussion
	DAY 11	Movement and Sound Meditation & Discussion
	DAY 12	Exploring Healthy Lives
	DAY 13	Wrap-up
TEXTBOOKS/LEARNING RESOURCES	N/A	
EVALUATION	Attendance: 35% Participation: 35% Mind Journal: 30%	