### Academic Calendar 2013–14

#### FALL SEMESTER 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AUGUST</strong></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Last day for all students to pay tuition &amp; fees</td>
</tr>
<tr>
<td>22–23</td>
<td>New student orientation</td>
</tr>
<tr>
<td>26</td>
<td>First day of classes</td>
</tr>
<tr>
<td>26</td>
<td>Refunds available for students who registered prior to the week of orientation</td>
</tr>
<tr>
<td>28</td>
<td>Convocation</td>
</tr>
<tr>
<td>31-Sep 2</td>
<td>Labor Day Holiday <em>(no classes, campuses closed)</em></td>
</tr>
<tr>
<td><strong>SEPTEMBER</strong></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Last day to add/drop courses without financial penalty *</td>
</tr>
<tr>
<td><strong>OCTOBER</strong></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Preferred deadline to apply for financial aid for spring <em>(if you did not apply for fall aid)</em></td>
</tr>
<tr>
<td>4</td>
<td>Last day to withdraw from courses *</td>
</tr>
<tr>
<td>15</td>
<td>Community Practice Day <em>(no classes, offices closed)</em></td>
</tr>
<tr>
<td>28-Nov 14</td>
<td>Spring registration begins for all returning students <em>(Please note: Registration dates vary by degree program and credits earned)</em></td>
</tr>
<tr>
<td><strong>NOVEMBER</strong></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>Last day to apply for Spring 2104 Graduation</td>
</tr>
<tr>
<td>27-Dec 1</td>
<td>Thanksgiving holiday <em>(no classes)</em></td>
</tr>
<tr>
<td>28-Dec 1</td>
<td>Thanksgiving holiday <em>(campuses closed)</em></td>
</tr>
<tr>
<td><strong>DECEMBER</strong></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Deadline to submit spring independent study applications</td>
</tr>
<tr>
<td>13</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>18</td>
<td>Grades due</td>
</tr>
<tr>
<td>14-Jan 12</td>
<td>Winter break <em>(no classes)</em></td>
</tr>
<tr>
<td>19-Jan 1</td>
<td>Campus closed</td>
</tr>
</tbody>
</table>

#### SPRING SEMESTER 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>JANUARY</strong></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Last day for all students to pay tuition &amp; fees</td>
</tr>
<tr>
<td>9–10</td>
<td>New student orientation and registration</td>
</tr>
<tr>
<td>13</td>
<td>First day of classes</td>
</tr>
<tr>
<td>13</td>
<td>Refunds available for students who registered prior to the week of orientation</td>
</tr>
<tr>
<td>20</td>
<td>Martin Luther King, Jr. Holiday <em>(no classes, campuses closed)</em></td>
</tr>
<tr>
<td>23</td>
<td>Last day to add/drop courses without financial penalty *</td>
</tr>
<tr>
<td><strong>FEBRUARY</strong></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Last day to withdraw from courses *</td>
</tr>
<tr>
<td><strong>MARCH</strong></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Deadline to apply for most Naropa assistantships</td>
</tr>
<tr>
<td>1</td>
<td>Preferred deadline to apply for financial aid for upcoming year</td>
</tr>
<tr>
<td>TBA</td>
<td>Community Practice Day <em>(no classes, campuses closed)</em></td>
</tr>
<tr>
<td>5</td>
<td>Shambhala Day Celebration <em>(no classes, campuses closed)</em></td>
</tr>
<tr>
<td>24–28</td>
<td>Spring Break <em>(limited campus hours: 9 a.m.–6 p.m. Monday–Friday only)</em></td>
</tr>
<tr>
<td>31–Apr 17</td>
<td>Fall &amp; summer registration begins for returning students <em>(Please note: Registration dates vary by degree program and credits earned)</em></td>
</tr>
<tr>
<td><strong>APRIL</strong></td>
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</tr>
<tr>
<td>1</td>
<td>Deadline to apply for most Naropa scholarships</td>
</tr>
<tr>
<td>18</td>
<td>Last day to apply for Summer 2014 and Fall 2014 graduation</td>
</tr>
<tr>
<td><strong>MAY</strong></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Deadline to submit summer independent study applications</td>
</tr>
<tr>
<td>7</td>
<td>Last day of classes **</td>
</tr>
<tr>
<td>8</td>
<td>Make up day for classes missed due to snow closure, instructor illnesses, etc.</td>
</tr>
<tr>
<td>10</td>
<td>Commencement</td>
</tr>
<tr>
<td>14</td>
<td>Grades due</td>
</tr>
</tbody>
</table>

#### INTERSESSION

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 9–June 1</td>
<td>No Classes</td>
</tr>
</tbody>
</table>

#### ACADEMIC SUMMER SESSION  JUNE 2–JULY 25

- Summer Session 1: June 2–27
- Summer Session 2: June 30–July 25

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>July 4th Holiday <em>(no classes, campuses closed, except SWP)</em></td>
</tr>
<tr>
<td>July 30</td>
<td>All summer grades due</td>
</tr>
<tr>
<td>August 15</td>
<td>Deadline to submit Fall independent Study Applications</td>
</tr>
</tbody>
</table>

#### INTERSESSION

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 27–August 25</td>
<td>No Classes</td>
</tr>
</tbody>
</table>
CONTENTS

Academic Calendar 2
Academic Degree Programs 9
Naropa University Mission Statement 10
About Naropa 11
  A Naropa University Education 11
  Accreditation 11
  Students 11
  Faculty 11
  Campuses 11
  History 11
  Naropa Seal 12
Admissions 13
  Campus Visits 13
  Undergraduate Admission 13
    Priority Deadlines 13
    Undergraduate Admission Requirements 13
    Residency Requirements 13
    Establishing Transfer Credits 13
      Applicants Educated Outside the United States 14
      Transcript Evaluations 14
    Tuition Deposit 14
    Deferrals 14
  Certificate Programs 14
  Changing a Major or Program 14
  Graduate Admission 15
    Priority Deadlines 15
    Graduate Admission Requirements 15
    Submitting Application Materials 15
    Establishing Transfer Credits 15
      Applicants Educated Outside the United States 15
    Deferral Policy 15
    Moving from One Graduate Program to Another 15
  International Student Admission 16
    Financial Statement and Passport 16
    Dependents 16
    Confirmation Deposit 16
    Employment 16
    Transfer Students 16
    Health Insurance 16
Other Ways of Attending Naropa 17
  Visiting Student Program 17
  Part-time Nondegree Student 17
  Dual Enrollment 17
  Extended Studies 17
  Naropa Online Campus 17
Paying the Bill 18
  Tuition Payment Plan 18
  Notification of Right to Increase Tuition 18
  Tuition and Fees 18
  Staff and Faculty Tuition Benefits 18
Financial Aid 19
  Scholarships and Grants 19
    Institutional Scholarships for Degree Students 19
    General Scholarships/Grants 19
    Program-Specific Scholarships 19
Financial Aid for International Students 20
Institutional Scholarships for Non-degree Students 20
Outside Financial Resources 20
  CIC-TEP 20
  Privately Funded Scholarships 20
  Rotary Scholarships 20
  State Scholarships and Grants 20
  Veterans’ Benefits 20
Other Aid Programs 20
  AmeriCorps 20
  Federal College Work-Study 20
  Federal Loans 21
  Graduate Assistantships 21
  Naropa Student Employment 21
  Naropa Writing Center Writing Fellows 21
How to Apply for Financial Aid 21
  U.S. Citizens or Eligible Noncitizens 21
Enrollment Status and Financial Aid 21
Consortium Agreement and Financial Aid 21
Students Visiting from Other Colleges 21
Appeals of Financial Aid Rulings 21
Satisfactory Academic Progress 21
Withdrawals and Return of Title IV Funds 21
Estimated Costs 21

Academic Information 22
  Using the Policies in this Catalog 22
  Exceptions to Academic and Financial Policies 22
  Academic Year 22
  Academic Advising 22
    Preregistration 22
Courses 22
  Course Registration 22
  Graduate and Undergraduate Course Levels 23
  Repeating Courses for Credit 23
  Drop/Add Period 23
  Withdrawal Period 23
  Drop, Add, and Withdrawal Schedule 23
  Wait Lists 23
  Jury Duty 23
  No Shows 23
  Registration Holds 24
  Changing a Course Status 24
    From Credit to Audit 24
    From Letter Grade to Pass/Fail 24
    From Audit to Credit 24
  Courses Requiring Prerequisites or Permission 24
Workshops 24
  How to Register for Workshops 24
  Schedule to Add and Drop Workshops 24
  Withdrawal Period for Workshops 24
Special Study Opportunities 24
  How to Register for Special Study Opportunities 24
  Independent Study 24
    Independent Study Restrictions 24
  Audited Courses – Fall and Spring Only 25
  Private Music Lessons 25
  Consortium Agreements and Taking Courses Outside Naropa 25
    Procedure to Register with a Consortium Agreement 25
Requirements for Degree Completion 25
  Undergraduate Study 25
    In-Residence Requirement and Transfer Credit 25
    Classification of Students 26
  Graduate Study 26
    In-Residence Requirement and Transfer Credit 26
Enrollment Status 26
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full, Three-quarter- and Half-time Status</td>
<td>26</td>
</tr>
<tr>
<td>Undergraduate</td>
<td>26</td>
</tr>
<tr>
<td>Graduate</td>
<td>26</td>
</tr>
<tr>
<td>Special Student Status: Master’s Paper, Thesis, Manuscript</td>
<td>26</td>
</tr>
<tr>
<td>Grading</td>
<td>26</td>
</tr>
<tr>
<td>Undergraduate Grading Scale</td>
<td>26</td>
</tr>
<tr>
<td>Graduate Grading Scale</td>
<td>27</td>
</tr>
<tr>
<td>Incomplete</td>
<td>27</td>
</tr>
<tr>
<td>Pass/Fail</td>
<td>27</td>
</tr>
<tr>
<td>Other Grades</td>
<td>27</td>
</tr>
<tr>
<td>Unreported Grades</td>
<td>27</td>
</tr>
<tr>
<td>Grade Disputes</td>
<td>27</td>
</tr>
<tr>
<td>Declaration of Major or Minor</td>
<td>27</td>
</tr>
<tr>
<td>Declaration of a Minor or Concentration</td>
<td>27</td>
</tr>
<tr>
<td>Academic Standing, Satisfactory Academic Progress, Probation, and Suspension</td>
<td>28</td>
</tr>
<tr>
<td>Academic Good Standing</td>
<td>28</td>
</tr>
<tr>
<td>Academic Probation</td>
<td>28</td>
</tr>
<tr>
<td>Academic Progress</td>
<td>28</td>
</tr>
<tr>
<td>Academic Suspension</td>
<td>28</td>
</tr>
<tr>
<td>Leaving Naropa University</td>
<td>28</td>
</tr>
<tr>
<td>Degree Completion</td>
<td>28</td>
</tr>
<tr>
<td>Maximum Time Frame for Degree Completion</td>
<td>28</td>
</tr>
<tr>
<td>Applying for Degree Completion</td>
<td>28</td>
</tr>
<tr>
<td>Degree Dates</td>
<td>28</td>
</tr>
<tr>
<td>The Effect of Incompletes or Course Not Yet Taken</td>
<td>28</td>
</tr>
<tr>
<td>Diplomas and Transcripts Verifying Degree Completion</td>
<td>28</td>
</tr>
<tr>
<td>Leave of Absence</td>
<td>29</td>
</tr>
<tr>
<td>Returning From a Leave of Absence</td>
<td>29</td>
</tr>
<tr>
<td>Withdrawal After a Leave of Absence</td>
<td>29</td>
</tr>
<tr>
<td>Special Consideration for Graduate Students</td>
<td>29</td>
</tr>
<tr>
<td>Permanent Withdrawal from the University</td>
<td>29</td>
</tr>
<tr>
<td>Withdrawal and Financial Aid</td>
<td>29</td>
</tr>
<tr>
<td>Leaves of Absence and Withdrawals in Cases of Medical or Family Emergency</td>
<td>29</td>
</tr>
<tr>
<td>Reinstating Current Student Status after Withdrawal</td>
<td>29</td>
</tr>
<tr>
<td>Readmission</td>
<td>30</td>
</tr>
<tr>
<td>Student Records</td>
<td>30</td>
</tr>
<tr>
<td>Change of Address</td>
<td>30</td>
</tr>
<tr>
<td>Change of Name</td>
<td>30</td>
</tr>
<tr>
<td>Change of Other Personal Information</td>
<td>30</td>
</tr>
<tr>
<td>Transcripts</td>
<td>30</td>
</tr>
<tr>
<td>Transcripts for Recent Graduates</td>
<td>30</td>
</tr>
<tr>
<td>Transcript Fees</td>
<td>30</td>
</tr>
<tr>
<td>Transcript Holds</td>
<td>30</td>
</tr>
<tr>
<td>Other Student Records</td>
<td>30</td>
</tr>
<tr>
<td>Disputing Records</td>
<td>30</td>
</tr>
<tr>
<td>Family Educational Rights and Privacy Act of 1974</td>
<td>30</td>
</tr>
<tr>
<td>Student Right to Know</td>
<td>31</td>
</tr>
<tr>
<td>CORE CURRICULUM</td>
<td>33</td>
</tr>
<tr>
<td>Core Requirements</td>
<td>33</td>
</tr>
<tr>
<td>Core Course Descriptions</td>
<td>34</td>
</tr>
<tr>
<td>GRADUATE SCHOOL OF PSYCHOLOGY</td>
<td>36</td>
</tr>
<tr>
<td>MA in Psychology: Contemplative Psychotherapy</td>
<td>37</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>37</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>37</td>
</tr>
<tr>
<td>MA in Somatic Counseling Psychology</td>
<td>41</td>
</tr>
<tr>
<td>Body Psychotherapy Degree Requirements</td>
<td>41</td>
</tr>
<tr>
<td>Dance/Movement Therapy Degree Requirements</td>
<td>42</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>42</td>
</tr>
<tr>
<td>MA in Transpersonal Counseling Psychology</td>
<td>46</td>
</tr>
<tr>
<td>Counseling Psychology Degree Requirements</td>
<td>46</td>
</tr>
<tr>
<td>Art Therapy Degree Requirements</td>
<td>47</td>
</tr>
<tr>
<td>Wilderness Therapy Degree Requirements</td>
<td>48</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>48</td>
</tr>
<tr>
<td>Supplier</td>
<td>Page</td>
</tr>
<tr>
<td>----------</td>
<td>------</td>
</tr>
<tr>
<td>MA in Transpersonal Psychology: Ecopsychology</td>
<td>56</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>56</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>56</td>
</tr>
<tr>
<td>THE JACK KEROUAC SCHOOL OF DISEMBODIED POETICS</td>
<td>60</td>
</tr>
<tr>
<td>BA in Writing &amp; Literature</td>
<td>61</td>
</tr>
<tr>
<td>Declaration of Major, Minor, or Interdisciplinary Studies: Concentration in Writing &amp; Literature</td>
<td>61</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>61</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>62</td>
</tr>
<tr>
<td>MFA in Creative Writing</td>
<td>68</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>68</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>68</td>
</tr>
<tr>
<td>MFA in Writing &amp; Poetics</td>
<td>71</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>71</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>72</td>
</tr>
<tr>
<td>Summer Writing Program</td>
<td>77</td>
</tr>
<tr>
<td>SCHOOL OF HUMANITIES AND INTERDISCIPLINARY STUDIES</td>
<td>78</td>
</tr>
<tr>
<td>BA in Interdisciplinary Studies</td>
<td>79</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>79</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>79</td>
</tr>
<tr>
<td>Minor in Gender and Women’s Studies</td>
<td>79</td>
</tr>
<tr>
<td>BA in Religious Studies</td>
<td>81</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>81</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>82</td>
</tr>
<tr>
<td>Minor in Religious Studies</td>
<td>81</td>
</tr>
<tr>
<td>Minor in Sanskrit or Tibetan Language</td>
<td>82</td>
</tr>
<tr>
<td>Certificate Program in Religious Studies</td>
<td>82</td>
</tr>
<tr>
<td>BA in Traditional Eastern Arts</td>
<td>86</td>
</tr>
<tr>
<td>Tai-Chi Ch’uan Degree Requirements</td>
<td>86</td>
</tr>
<tr>
<td>Aikido Degree Requirements</td>
<td>87</td>
</tr>
<tr>
<td>Yoga Teacher Training Degree Requirements</td>
<td>87</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>88</td>
</tr>
<tr>
<td>Certificate in Traditional Eastern Arts with a Concentration in Yoga Teacher Training</td>
<td>87</td>
</tr>
<tr>
<td>MA in Religious Studies: Contemplative Religions</td>
<td>91</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>91</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>95</td>
</tr>
<tr>
<td>MA in Religious Studies with Language: Contemplative Religions</td>
<td>91</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>92</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>95</td>
</tr>
<tr>
<td>MA in Religious Studies: Indo-Tibetan Buddhism</td>
<td>92</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>93</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>95</td>
</tr>
<tr>
<td>MA in Religious Studies with Language: Indo-Tibetan Buddhism</td>
<td>93</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>94</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>95</td>
</tr>
<tr>
<td>Master of Divinity</td>
<td>101</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>101</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>102</td>
</tr>
<tr>
<td>SCHOOL OF NATURAL AND SOCIAL SCIENCES</td>
<td>108</td>
</tr>
<tr>
<td>BA in Contemplative Psychology</td>
<td>109</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>109</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>110</td>
</tr>
<tr>
<td>Minor in Contemplative Psychology</td>
<td>110</td>
</tr>
<tr>
<td>Certificate Program in Contemplative Psychology</td>
<td>110</td>
</tr>
<tr>
<td>BA in Early Childhood Education</td>
<td>114</td>
</tr>
<tr>
<td>Degree Requirements</td>
<td>114</td>
</tr>
<tr>
<td>Course Descriptions</td>
<td>115</td>
</tr>
<tr>
<td>Minor in Contemplative Education</td>
<td>114</td>
</tr>
<tr>
<td>Minor in Early Childhood Education</td>
<td>114</td>
</tr>
<tr>
<td>Certificate Program in Early Childhood Education</td>
<td>114</td>
</tr>
<tr>
<td>Program</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>BA in Environmental Studies</td>
<td>117</td>
</tr>
<tr>
<td>Minor in Environmental Studies</td>
<td>117</td>
</tr>
<tr>
<td>Minor in Ecology and Systems Science</td>
<td>117</td>
</tr>
<tr>
<td>Minor in Environmental History and Justice</td>
<td>117</td>
</tr>
<tr>
<td>Minor in Environmental Sustainability</td>
<td>117</td>
</tr>
<tr>
<td>Minor in Permaculture</td>
<td>117</td>
</tr>
<tr>
<td>Minor in Sacred Ecology</td>
<td>117</td>
</tr>
<tr>
<td>BA in Peace Studies</td>
<td>120</td>
</tr>
<tr>
<td>MA in Contemplative Education</td>
<td>122</td>
</tr>
<tr>
<td>MA in Environmental Leadership</td>
<td>124</td>
</tr>
<tr>
<td>SCHOOL OF THE ARTS</td>
<td>126</td>
</tr>
<tr>
<td>BA in Music</td>
<td>127</td>
</tr>
<tr>
<td>Minor in Music</td>
<td>127</td>
</tr>
<tr>
<td>Certificate Program in Music</td>
<td>127</td>
</tr>
<tr>
<td>BFA in Performance</td>
<td>130</td>
</tr>
<tr>
<td>Minor in Performance</td>
<td>130</td>
</tr>
<tr>
<td>BA in Visual Arts</td>
<td>134</td>
</tr>
<tr>
<td>Minor in Visual Arts</td>
<td>134</td>
</tr>
<tr>
<td>Certificate Program in Visual Arts</td>
<td>134</td>
</tr>
<tr>
<td>MFA in Theater: Contemporary Performance</td>
<td>139</td>
</tr>
<tr>
<td>Study Abroad</td>
<td>141</td>
</tr>
<tr>
<td>Faculty</td>
<td>147</td>
</tr>
</tbody>
</table>
ACADEMIC DEGREE PROGRAMS

BACHELOR OF ARTS
Contemplative Psychology
  Psychological Science
  Psychology of Health and Healing
  Somatic Psychology
  Transpersonal and Humanistic Psychology
Early Childhood Education
Environmental Studies
Interdisciplinary Studies
Music
Peace Studies
Religious Studies
Traditional Eastern Arts
  Aikido
  T’ai-chi Ch’uan
  Yoga Teacher Training
Visual Arts
Writing & Literature

BACHELOR OF FINE ARTS
Performance

MINORS
Contemplative Education
Contemplative Psychology
Early Childhood Education
Ecology and Systems Science
Environmental History and Justice
Environmental Sustainability
Gender and Women’s Studies
Music
Peace Studies
Performance
Permaculture
Religious Studies
Sacred Ecology
Sanskrit
Tibetan
Traditional Eastern Arts
Visual Arts
Writing & Literature

UNDERGRADUATE CERTIFICATES
Contemplative Psychology
Early Childhood Education
Music
Religious Studies
Traditional Eastern Arts
Visual Arts

MASTER OF ARTS
Contemplative Education [low-residency program]
Environmental Leadership
Psychology: Contemplative Psychotherapy
Religious Studies
  Contemplative Religions
  Indo-Tibetan Buddhism
Religious Studies with Language (Sanskrit or Tibetan)
  Contemplative Religions
  Indo-Tibetan Buddhism
Somatic Counseling Psychology
  Body Psychotherapy
  Dance/Movement Therapy
Transpersonal Counseling Psychology
  Art Therapy
  Counseling Psychology
  Wilderness Therapy
Transpersonal Psychology: Ecopsychology [low-residency program]

MASTER OF DIVINITY
History of Religions
Tibetan Tradition

MASTER OF FINE ARTS
Creative Writing [low-residency program]
Theater: Contemporary Performance
Writing & Poetics
  Poetry
  Prose
  Translation
Inspired by the rich intellectual and experiential traditions of East and West, Naropa University is North America’s leading institution of contemplative education.

Naropa recognizes the inherent goodness and wisdom of each human being. It educates the whole person, cultivating academic excellence and contemplative insight in order to infuse knowledge with wisdom. The university nurtures in its students a lifelong joy in learning, a critical intellect, the sense of purpose that accompanies compassionate service to the world, and the openness and equanimity that arise from authentic insight and self-understanding. Ultimately, Naropa students explore the inner resources needed to engage courageously with a complex and challenging world, to help transform that world through skill and compassion, and to attain deeper levels of happiness and meaning in their lives.

Drawing on the vital insights of the world’s wisdom traditions, the university is simultaneously Buddhist-inspired, ecumenical, and nonsectarian. Naropa values ethnic and cultural differences for their essential role in education. It embraces the richness of human diversity with the aim of fostering a more just and equitable society and an expanded awareness of our common humanity.

A Naropa education—reflecting the interplay of discipline and delight—prepares its graduates both to meet the world as it is and to change it for the better.
ABOUT NAROPA

“The point is not to abandon scholarship but to ground it, to personalize it and to balance it with the fundamentals of mind training, especially the practice of sitting meditation so that inner development and outer knowledge go hand in hand. ... A balanced education cultivates abilities beyond the verbal and conceptual to include matters of heart, character, creativity, self-knowledge, concentration, openness and mental flexibility.”
—Judy Lief, trustee and former Naropa University president

A Naropa University Education

Naropa University has offered mission-based contemplative education to both undergraduate and graduate students for more than thirty-five years. Informed by ancient Eastern educational philosophies, contemplative education at Naropa experiments with another way of knowing through its joining of rigorous liberal arts training and the disciplined training of the heart. Transcending the belief that knowledge arises in the thinking mind only, this educational philosophy invites students to embrace the immediacy of their interior lives as a means for fully integrating what they learn.

Contemplative education is not solely traditional education with a course in meditation thrown in; it is an approach that offers an entirely new way of understanding what it means to be educated in the modern Western liberal arts tradition. At Naropa University, students wholeheartedly engage in mindfulness-awareness practices in order to cultivate being present in the moment and to deepen their academic study. Woven into the fabric of the curriculum are practices that include sitting meditation, t'ai-chi ch'uan, aikido, yoga, Chinese brushstroke, and ikebana. The depth of insight and concentration reached through students’ disciplined engagement with contemplative practices alters the very landscape of learning and teaching at Naropa.

Through such a focused self-exploration, students acquire the ability to be present in the classroom and in their lives; to engage in active listening with an open mind; to analyze a subject; and to integrate what has been learned with personal experience. Other resulting qualities include the development of openness, self-awareness and insight; enhanced speaking and listening skills; the sharpening of insight; and an appreciation of the world’s diversity and richness. From this self-understanding comes an ability to appreciate the value of another’s experience.

The goal of a Naropa University education is not to nurture the solitary contemplative only; it is also to cultivate those at the other end of the spectrum whose interior work acts as preparation for compassionate and transformative work in the world. More specifically, the value of contemplative education is measured in Naropa students’ ability to put their wisdom and insight into practice through creative, helpful, and effective action.

Accreditation

Naropa University is accredited by the Higher Learning Commission and is a member of the North Central Association of Colleges and Schools (www.ncahighered.org).

Students

The Naropa University student body is a vibrant and active group that comprises a mix of approximately 1,049 undergraduate and graduate students from 48 states, the District of Columbia, Puerto Rico and 24 countries. Naropa graduates can be found in the United States and around the world in a variety of service professions, creative endeavors and research initiatives. Naropa’s student/faculty ratio is 9:1, and an average class size is fourteen students.

Faculty

Naropa faculty members are dedicated to teaching, learning, research, and Naropa’s mission of contemplative education. They share an interest in, and experience of, contemplative practice that helps to create and sustain the educational environment important to the university. The faculty’s wide-ranging and recognized professional experience contributes a sense of immediacy and relevancy to the classroom.

Campuses

The university is located on three campuses in the city of Boulder, Colorado: the Arapahoe Campus in central Boulder, the Paramita Campus at 30th Street in north Boulder, and the Nalanda Campus in east Boulder. The Arapahoe Campus and surrounding grounds include a performing arts center, a meditation hall, classrooms, faculty and administrative offices, and the Allen Ginsberg Library. The Paramita Campus houses the Graduate School of Psychology (Transpersonal Counseling Psychology, Somatic Counseling Psychology, and Contemplative Psychotherapy). The Nalanda Campus is the center for the performing and visual arts and houses the BFA in Performance program, art studios for Visual Arts and the TCP Art Therapy program, and an events center for Extended Studies and Naropa community events.

The city of Boulder, twenty-five miles northwest of Denver, is situated against the foothills of the Rocky Mountains. Boulder is a cosmopolitan city of 100,000 and is also home of the University of Colorado. The city offers a variety of cultural resources and supports several theater and dance companies and a symphony orchestra. A number of Boulder-based schools offer a range of specialized training in the health fields. These institutions provide variety in Boulder’s educational environment.

History

Naropa was founded in 1974 by Chogyam Trungpa Rinpoche, a lineage holder of the Kagyu and Nyingma Buddhist traditions. A scholar and artist as well as meditation master, Trungpa Rinpoche has become widely recognized as one of the foremost teachers of Buddhism in the West. With the founding of Naropa, he realized his vision of creating a university that would combine contemplative studies with traditional Western scholastic and artistic disciplines. Naropa University is inspired by Nalanda University. Established under the auspices of Mahayana Buddhism, Nalanda flourished in India from the fifth to the twelfth centuries. At Nalanda University, Buddhist philosophy and the discipline of meditation provided an environment in which scholars, artists, and healers from many Asian countries and religious traditions came to study and debate. Nalanda was known for its joining of intellect and intuition, spiritual inquiry and intellectual rigor, and for the atmosphere of mutual appreciation and respect among different contemplative traditions.

The university takes its name from Naropa, the eleventh-century abbot of Nalanda University and a great Buddhist scholar, teacher, and practitioner. Naropa was renowned for bringing together scholarly wisdom and meditative insight.
Naropa Seal

The Naropa University seal was designed by Naropa’s founder, Chögyam Trungpa Rinpoche, on whose teachings the school’s philosophies are based; thus, its meaning speaks to the Naropa experience with simultaneous relevance to the school’s history and its present-day form.

The Sanskrit words written in Tibetan on the ribbon at the bottom of the seal—prajña garblā—literally mean “womb of wisdom,” but translate more loosely as “place where wisdom is nurtured.” The word prajña, meaning wisdom, differs from the traditional academic view of knowledge. Often defined by Trungpa Rinpoche as “knowingness,” prajña encompasses greater insight, independent of accumulation of facts or information.

The wheel of dharma, or wheel of the teachings, appears at the center of the seal and signifies the power, communication, and spread of true teachings. At the center of the wheel of dharma is the “coil of joy,” which symbolizes the transformation of the three “poisons” (passion, aggression, and ignorance) into three “wisdoms” (appreciation, clear seeing, and openness). The wheel of dharma has another, secular significance: great monarchs could roll their chariot wheels over great distances, spreading teachings and understanding into the world. The connotation is of spreading benefit, rather than proselytizing.

Literally, prajña is the flame that burns conceptual mind. The flames surrounding the seal create a mandala and boundary around the learning space. That space requires unconditional commitment to learning without personal agenda.
ACTIONS

Campus Visits
Prospective students are strongly encouraged to visit campus. Campus visits can be scheduled online through the Admissions web site or by contacting the Events and Visitation Coordinator at admissionsevents@naropa.edu or by phone at 1-800-771-6951. Campus visit options include: a campus tour, group informational session, or an individual appointment with an admissions counselor and class visitations by appointment only.

Undergraduate Admissions
In keeping with its philosophy of contemplative education, Naropa University values and seeks to foster an individual’s aspiration to contribute to the world with understanding and compassion. When making admission decisions, the admissions committee considers academic background, connection to Naropa’s unique mission, and readiness to engage in contemplative, experiential college work. A student’s transcript, essay, and letter of recommendation play important roles in the admissions process.

Priority Deadlines
Naropa University uses a rolling admissions policy and a priority deadline as the initial deadline for receiving completed applications. Applicants may apply as early as September for spring and fall admission. Applications received between September 1 and the priority deadline will be given equal consideration. Applications received after the priority deadline will be reviewed on a space-available basis. After the priority deadline, prospective students may call the Office of Admissions to see if spaces are available. All new and transfer students may apply for either the fall or spring semester.

The Office of Admissions strongly encourages applicants to submit a completed application. This means that all transcripts and the letter of recommendation should be sent to the applicant in sealed envelopes, and an entire application should be sent to the Office of Admissions by the priority deadline.

• January 15 for fall semester admission
• October 15 for spring semester admission

Undergraduate Admissions Requirements
1. Parts A and B of application form
2. $50 nonrefundable fee in the form of a check or money order payable to “Naropa University” or an online credit card payment. The applicant’s name must be clearly indicated on the check.
3. Part C – One essay (must be typed)
4. Official high school transcript[s] for both first-time first-year applicants as well as any transfer applicant.
5. Official copy of a GED (if the applicant does not have a high school diploma). If the applicant received a GED but also took courses at a high school, the official transcript from that high school is also required (see #4).
6. Official college transcripts for every university attended even if no credits were earned (must be sent directly to Naropa University or sent by applicant in an envelope sealed by the registrar).
7. Letter of Recommendation: One from a teacher or someone who knows the applicant well other than a family member, significant other, or current or former therapist.
8. A phone or in-person interview is optional for all applicants.
9. Submission of creative work—poetry, art slides, music is optional.
10. Test Scores: Original score reports for the ACT and/or SAT tests are optional. Naropa University’s ACT code is 4853; SAT code is 0908.

Naropa University is a member of the Common Application, and students may apply using the application found at www.commonapp.org.

Residency Requirements
Students can enter Naropa as an undeclared student or can declare a major. Each major area has designated prerequisite courses for that particular area of study. Students are encouraged to take those prerequisites at the earliest opportunity if interested in pursuing a particular major. Please see the details for specific majors to learn more. Of the 120 total semester credit hours required for a bachelor’s degree, the final 60 must be taken at Naropa University. Residency is required in the first semester.

Establishing Transfer Credits
College-level courses completed at regionally accredited institutions of higher education with a grade of at least “C” or better are eligible to be counted towards transfer credit. A maximum of 60 credits will be accepted. A pass, credit, or satisfactory grade cannot be accepted unless the transcript states it is equal to a “C.” A maximum of 30 technical or vocational credits will be accepted. No physical education credits will be accepted unless they resemble courses offered at Naropa.

No contemplative practice credits will be accepted to fulfill core requirements; these may only be applied as electives. Naropa does not award transfer credit for remedial courses taken in college. Once credit has been transferred, it cannot be removed from the student’s record. With the exception of Interdisciplinary Studies, up to six transfer credits may be used to count towards major requirements. Up to nine transfer credits can be used to fulfill the Interdisciplinary major requirements. See specific majors for more information on major requirements. No transfer credit will be used toward minor requirements.

Transfer work from universities operating on the quarter system will be converted to Naropa’s semester system by this ratio:

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<tr>
<th>Quarter Credits</th>
<th>Semester Credits</th>
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<td>3</td>
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The categories below describe ways of earning transfer credit for learning completed outside the traditional college classroom. Advanced Placement (AP), International Baccalaureate (IB), and other forms of nontraditional transfer credit such as College Level Examination Program (CLEP) may not be counted toward the major or minor requirements. A maximum of 30 semester credits may be earned through a combination of the following alternative transfer possibilities:

1. College Level Examination Program

The College Level Examination Program is a national program administered by the College Board to measure college-level learning completed outside the traditional college classroom. Naropa University grants up to 30 semester credits for all exams passed in subject areas that
do not duplicate prior college course work, using the minimum passing score recommended by the American Council on Education. For more information about the College Level Examination Program, including a list of exams, exam centers, and registration information, please visit www.collegeboard.com

2. Advanced Placement and International Baccalaureate
Naropa University accepts both advanced placement and international baccalaureate credit.
• AP exams with a score of 3, 4, or 5 are granted 3 semester credits each.
• AP exams may be used to fulfill core requirements with the exception of COR115 Writing Seminar II.
• IB Diploma: 30 college credits and sophomore standing will be given if all six examinations received a score of 4 or above. If any exam score was under 4, 6 college credits will be given for HL scores above 4 and 3 college credits will be given for every SL score above a 5.
• For students who took IB courses but did not seek an IB Diploma, 3 college credits will be given for HL scores of 4 or above. No college credit will be given for SL scores.

3. DSST/DANTES EXAMS
DSST/DANTES exams are available in a wide range of topics. Naropa University grants up to 30 semester credits for all exams passed in subject areas that do not duplicate prior college course work. Naropa uses the minimum passing score recommended by the American Council on Education. See www.getcollegecredit.com for more information.

4. Military Transcripts
Naropa University also transfers in credit from an official military transcript.

Applicants Educated Outside the United States
Applicants (including U.S. citizens and permanent residents educated outside the United States) must have all non-U.S. records of secondary and postsecondary education evaluated by a professional evaluation service and forwarded to the Naropa Office of Admissions for evaluation with other application materials. This evaluation must be a complete course-by-course evaluation. [See “International Student Admission” section below” for a list of agencies].

Transcript Evaluations
Once an applicant is accepted to Naropa University, the Registrar’s Office will prepare a transcript evaluation, documenting all transferable credit and how it applies toward the core requirements. Naropa will transfer into the degree all possible credit from previous, regionally accredited, institutions. Upon arrival at Naropa, new students should meet with their advisors to approve the transcript evaluation. Students must request changes to this document during their first semester at Naropa. This includes any course work or AP/IB exams taken before matriculation that may not have been sent to the Office of Admissions. After one semester, no changes may be made.

Tuition Deposit
Once a student is accepted, a nonrefundable, nontransferable deposit of $250 must be paid by May 1 (for fall admission) or November 15 (for spring admission) to reserve a space in the program. If the applicant is accepted after these dates, the deposit must be paid within three weeks of acceptance. This deposit will be applied towards the first semester’s tuition.

Official withdrawal from Naropa
See the Financial Aid section for more information on official withdrawals.

Deferrals
Students may request to defer their acceptance for up to one year. Each request for deferral is reviewed by the admissions committee and is accepted or denied on a case-by-case basis. Reasons for an acceptance of deferral would include traveling, service/volunteer work, family situations, timing, etc.

1. Applicants must complete their application and be accepted in order to request a deferral. They may not defer their application prior to an acceptance status.
2. Accepted students must send their request for deferral to the Office of Admissions via email or a letter.
3. If denied, the student may reapply for admission at another time.
4. If approved, the student may not attend another college in the time off and must pay the confirmation deposit at the appropriate time.
5. Students who have already paid their deposit must forfeit the $250 and move back to an ACCEPTED status.

Certificate Programs
Applicants who have completed at least 60 semester credits are eligible to apply for one of the many certificate programs, which are available in Contemplative Psychology, Music, Religious Studies, Traditional Eastern Arts: Yoga Teacher Training, and Visual Arts. These programs enable students to study subjects offered at the undergraduate level intensively without having to meet the 60-semester-credit residency, general education, or contemplative arts requirements. Certificate programs require one year of study (30 semester credits) with the exception of the Traditional Eastern Arts program, which takes two years to complete. At least 12 semester credit hours must be taken in the field in which the certificate will be awarded. Certificate programs are awarded at the discretion of individual academic programs, and financial aid may be available. Please call the Office of Admissions for more information.

Changing a Major or Program
Declaring a Major
Students can declare a major at any time. Each major area has designated prerequisite courses for that particular area of study. Students are encouraged to take those prerequisites at the earliest opportunity if interested in pursuing a particular major. Please see the details for specific majors to learn more.

From One Undergraduate Major to Another
Current students who wish to change from one undergraduate major to another must fill out an Application to Declare a Major form (available under Student Forms on MyNaropa). The student’s current program advisor and new Faculty Program Coordinator or School Director must sign this form. Completed forms must be submitted to the Student Administrative Services Office. This process must be completed at least one full semester before a student’s graduation date.

From a Certificate to an Undergraduate Program
Students who wish to change from a certificate to an undergraduate program must have their admissions application reviewed. Additional materials may be required. Students may contact the Office of Admissions for more details.

From an Undergraduate to a Certificate Program
Students who wish to change from an undergraduate degree program to a certificate program must fill out an Application to Declare a Major form (available under Student Forms on MyNaropa). The student’s current advisor and prospective Faculty Program Coordinator or School Director must sign this form. Completed forms must be submitted to the Student Administrative Services Office at least one full semester before graduation to ensure all requirements are met.

From a Visiting Student to a Degree Student
A visiting student may apply to become a degree-seeking student at Naropa after spending a semester or year as a visiting student. Application materials from the previous application may be used and no additional fee is required. If a student has 30 credits or more, the student must complete any supplemental application materials required by the program. Admission is not guaranteed. If accepted, the student needs to pay another $250 confirmation deposit.
Graduate Admissions

In keeping with its philosophy of contemplative education, Naropa University’s graduate school values and seeks to foster an individual’s aspiration to contribute to the world with understanding and compassion. Thereby, the admissions review process considers each applicant in a holistic fashion.

Applicants who seek to build a strong and competitive application typically have a strong academic background, a thorough knowledge of the program area, foundational experience (work or volunteer) that has developed a hands-on understanding of the field, understanding of contemplative practice, strong interpersonal and group interaction skills, and personal readiness.

Priority Deadlines

Naropa University uses a rolling admissions policy in order to encourage applicants to apply in a timely manner. However, certain programs may utilize a priority application deadline as well as an admissions interview (over the phone or an on-campus interview). Please check the Office of Admissions website for specific details. We strongly encourage early submission of all application materials to receive the greatest chance to be considered for an admission into your chosen program and financial aid eligibility.

All applications received after the priority application deadline will continue to be reviewed until the school year begins or until programs are full. To ensure fairness, applications received after the priority deadline will be reviewed in the order in which they are received. If you are applying after the priority deadline, please check the Office of Admissions website to ensure that your program is still accepting applications.

Graduate Admission Requirements

A bachelor’s degree from a regionally accredited institution is required for admission to all graduate programs. Any bachelor’s degree completed outside of the U.S. will require an international education evaluation (see section).

A completed graduate application consists of:

1. Completed application form.
2. $60 nonrefundable fee.
3. Three-to-five-page typed statement of interest.
4. Résumé.
5. Two letters of recommendation (one academic and one professional are preferred). For your convenience we offer an online recommendation form that can be sent to each of your recommenders. If your recommender is unable to complete the recommendation form, a letter can be submitted as an alternative. Please note: Recommendations from family members, friends, or current therapists will not be accepted.
6. Official transcripts of all previous college-level study that reflect the completion of a bachelor’s degree, sent directly to the student or Naropa’s Office of Admissions with the application. The official transcript must be in an unopened envelope, sealed by the registrar of the college.
7. Supplemental application materials required by specific programs.
8. Proof of prerequisites as may be required by specific programs.
9. Manuscripts and portfolios as may be required by specific programs.
10. Auditions as may be required by specific programs.

Applicants may not apply to more than one Naropa graduate program at a time.

See program descriptions for information on supplemental requirements.

Submitting Application Materials

The Office of Admissions strongly recommends that applicants submit one envelope containing all of the supplemental application materials (including the letters of recommendation and the sealed official transcripts).

Applications will be reviewed once the Office of Admissions receives all of the aforementioned materials. For many programs, selected applicants are required to come to campus for an admissions interview. If international applicants are invited for an in-person interview, they are strongly urged to come to campus; however, a telephone or Skype interview may occasionally be substituted.

Establishing Transfer Credits

Naropa University’s graduate programs may accept up to 6 semester units of transfer credit from other regionally accredited universities. Transfer credits used to fulfill a previous graduate degree will not be accepted towards a degree at Naropa. Approval of transfer credit is at the discretion of each program. Decisions will be made on a case-by-case basis. Credits must have been earned within five years of application to Naropa and must carry the grade of “B” or better. Pass (P), Credit (CR), or Satisfactory (S) work will not be accepted. Credits must come from a regionally accredited college (international on a case-by-case basis) and no credit will be awarded for contemplative practice courses.

Transfer credit will not be removed from a Naropa transcript once posted. For this reason, students are strongly encouraged to work closely with the program to understand how the transfer credits fit into the student’s academic journey at Naropa.

Applicants Educated Outside the United States and All International Students

Applicants (including U.S. citizens and permanent residents educated outside the United States) must have all non-U.S. records of secondary and postsecondary education—evaluated by a professional evaluation service and forwarded to the Naropa Office of Admissions for review. This evaluation must be a complete course-by-course evaluation (See “International Student Admission” section below for a list of agencies).

Please note: international applicants who have completed their undergraduate degree at an accredited U.S. institution do not need to provide an evaluated transcript.

Deferral Policy

Completed applications may be deferred for up to one year by notifying the Office of Admissions in writing. Please note that the application must be complete with no outstanding pieces. Those applicants who have already been accepted into a graduate program or who have made a confirmation deposit to enroll in a graduate program may defer their application but they will lose their confirmation deposit. Academic programs may review the application and potentially re-interview the applicant for admission the following year.

Moving from One Graduate Program to Another

Students who are enrolled in either of the MA in Religious Studies or Master’s of Divinity programs may petition to switch programs per faculty approval. If the student is granted the change in program, the student must complete a Change of Major form available under Student Forms on MyNaropa and see their academic advisor for internal procedures.

Students enrolled in all other graduate programs who are interested in moving from one Naropa graduate program to another, must complete a new application process through the Office of Admissions. Once the application is complete and submitted, it will be reviewed by the academic program. The program will make three decisions: (1) acceptance/denial; (2) amount of credit that will transfer from one program to the other; and (3) which semester the student may begin studies at Naropa.
International Student Admission

International students are a valued part of the Naropa community and are encouraged to apply. The university currently has fifty international students representing twenty-four countries.

The application process for international applicants includes those procedures previously outlined for domestic undergraduate and graduate students: application fee, statement of interest, transcripts, recommendation letters, resume (for graduate applicants), and any program supplemental materials must be included.

In addition, applicants from countries where English is not an official language must submit scores from the Test of English as a Foreign Language (TOEFL) or the International English Language Testing System (IELTS). Applicants must earn the following minimum scores: TOEFL Internet Test (iBT), 80 or higher; TOEFL Computer TEST (cBT), 213 or higher; TOEFL Paper Test (pBT), 550 or higher; IELTS, 6.5 or higher. Applicants should request that scores be sent directly to Naropa University. Exceptions are granted for applicants who are from countries where English is one of the official national languages.

All records of secondary and postsecondary education earned at non-U.S. institutions must be translated into English and professionally evaluated by one of the following professional evaluation services and forwarded to the Naropa Office of Admissions for evaluation with other application materials.

1. Global Academic Evaluators [gevaluators.com, 720-298-9564]
2. AACRAO International Education Services [ies.aacrao.org, 202-296-3359]
4. World Education Services [www.wes.org, 212-966-6311]
5. Other NACES Accredited Evaluation Service [http://www.naces.org/members.htm]

Financial Statement and Passport

International students who are accepted academically to Naropa and need a Form I-20 to apply for an F-1 student visa must submit documentation in English of financial resources for the first academic year (nine months) to the Office of Admissions. Documentation must show the ability to pay both tuition and living expenses as estimated by Naropa University. There are three ways to provide the required documentation:

- A personal bank statement in the student’s name.
- Personal sponsorship documentation including a letter of support accompanied by the sponsor’s bank statement.
- Government or private foundation sponsorship documentation including a letter from the sponsor confirming support and stating the amount of aid.

For residential students, the required amount of support for the 2013-14 school year is $43,850. Students must complete the Source of Funds Statement for International Students. For low-residency program students who plan to apply for student visas, documentation is required. Naropa University also requires a copy of the first page of the student’s valid passport.

Dependents

Students planning to bring dependents must document an additional amount of funding: $6,300 for a spouse and $5,700 for each dependent. In addition, the Office of Admissions will need the following information on each dependent: first and last name, birth date, country of birth, and country of citizenship. And a copy of the first page of their valid passport.

Confirmation Deposit

No immigration documents can be issued until the above requirements have been met and the student has paid the $250 confirmation deposit. The deposit can be paid in two ways:

- In U.S. dollars drawn from a U.S., Canadian, or United Kingdom bank.
- The equivalent of $250 U.S. drawn on a US bank or wired from an international bank, in coordination with the Office of Admissions.

International students who have met all conditions for admission and have been issued an I-20 may use it to apply for an F-1 student visa at a U.S. consulate in their home country. International students must attend courses full time and remain in good academic standing. Full time is defined as 9 credits per fall and spring semester for graduate students, and 12 credits per semester for undergraduate students.

Naropa University has an international student advisor who is available to assist international students in understanding their obligations under their immigration status and to help them use the resources available to them to pursue their educational and career goals.

Employment

International students on F-1 or J-1 visas may be employed on campus. Under certain conditions they may do practical training off campus related to or required by their academic programs (with the approval of the international student advisor).

Transfer Students

Transfer students who hold F-1 visas and are currently studying at another U.S. institution must inform the DSO at their current school that they intend to transfer to Naropa University so that the DSO can process the transfer in SEVIS.

Health Insurance

All international students are required to carry health insurance. During their stay in the United States, students must either enroll for group coverage through Naropa or provide proof of other medical coverage.
OTHER WAYS OF ATTENDING NAROPA

Visiting Student Program
This program is for undergraduate students who would like to spend a semester or year at Naropa as a full-time student. To study at Naropa University as a visiting student for longer than one year, the student must reapply. Visiting students must apply for admission using the visiting student application. They will work with an academic advisor to choose classes and work out details between the two educational institutions. Consortium agreements may be created to allow an exchange of some financial aid. This program is for full-time students only. A visiting student may apply to become a degree-seeking student at Naropa after spending a semester or year as a visiting student. Application materials from the previous application may be used and no additional fee is required.

Part-time, Non-degree Student
The part-time, non-degree student program allows an individual to take Naropa classes for credit as a non-matriculated student. Part-time, non-degree students need not apply through the Office of Admissions. Students with part-time status may register for 0.5 to 11.5 undergraduate credits per semester or 0.5 to 8.5 graduate credits per semester. Those wishing to take more credits must apply through the Visiting Student Program. Courses are only open to the public on a space-available basis, and not all classes are open to the public. Contact the Registrar’s Office at 303-546-3500 or visit the Public Registration tab on MyNaropa (https://my.naropa.edu/ICS/) for more information.

Dual Enrollment
Students currently enrolled in high school who want to take a course at Naropa must apply for admission using the visiting student application and gain written permission from the program chair via the Dean of Admissions. Not all courses are open to high school students.

Extended Studies
Naropa University Extended Studies supports Naropa’s mission in the larger community by offering workshops, lectures, conferences, online courses and professional development programs. Graduate and undergraduate courses are available at a reduced tuition rate if not taken for credit. Letters of attendance are available upon request for selected programs. There is no admission process for those wishing to pursue noncredit study at the university. However, certain professional development programs do require an application to be submitted to the program director. Students taking classes on a noncredit basis do not receive course work evaluation or transcript services. To check on current offerings, visit the Extended Studies webpage (http://www.naropa.edu/academicss/extended-studies/index.php). To register, visit the Public Registration tab on MyNaropa (https://my.naropa.edu/ICS/).

Naropa Online Campus
Naropa Distance Learning offers a variety of courses and low-residency degree programs from the heart of its curriculum, translated for interactive delivery over the internet by Naropa faculty. The dynamic online learning communities utilize the latest available technology to allow students to complete course material with a minimum of technological needs. Students interact with other students and the instructor through a variety of means, including message boards, a journal feature, chat rooms, and a document-sharing page. Students use password-protected web pages to access printed lectures, audio and video lectures, message boards, and online discussion areas. The classes are not self-paced; students’ progress with the instructor and other students throughout the traditional semester dates. Graduate and undergraduate classes are available. Students should expect to spend between six and ten hours a week during the semester to complete each class. Visit Naropa’s online campus at www.naropa.edu/academics/distance-learning/index.php or visit the Public Registration tab on MyNaropa (https://my.naropa.edu/ICS/) for more details.

- Applicants who would like information about pursuing a low-residency graduate degree at Naropa may visit the Admissions section of www.naropa.edu, may email admission@naropa.edu, or may call 303-546-3572 or 1-800-772-6951 (outside the 303 area code).
- Students who would like to take an online course and have registration questions may call 303-546-3511 or email registrar@ecampus.naropa.edu.
- Students who have questions about online learning may call 303-245-4702 or email inquiry@ecampus.naropa.edu with “Naropa Distance Learning Inquiry” in the subject line.
- With technical questions, students should first visit the technical requirements page, accessible from Naropa’s online campus homepage. With further questions, they should contact the 24-hour technical support help desk by phone at 877-740-2213 or email helpdesk@ecampus.naropa.edu.
Tuition Payment Plan
Students unable to pay their balance in full by the due date may elect to enroll in a payment plan that divides the remaining unpaid balance over four payments. See www.naropa.edu/tuitionfees or contact the Coordinator of Student Accounts for details.

Notification of Right to Increase Tuition
Naropa University Board of Trustees reserves the right to change tuition and fees without prior notice.

Tuition & Fees

Graduate Tuition $936/credit

Undergraduate Tuition

- Fulltime (12-18 credits/semester) $14,310/semester
- If less than 12 credits/semester $936/credit
- If more than 18 credits/semester $14,310 plus $936/credit for each credit more than 18 credits

Audit $30/credit

Deposits

- New Student Confirmation Deposit $250 (nonrefundable if student does not matriculate)

Mandatory Fees per Semester

- Registration Fee (fall & spring): $250 (for graduate students & part-time undergraduates)
- Registration Fee (summer) $120
- RTD Bus Pass Fee (subject to change by RTD) for On-Campus Students $60
- Activity Fee $25

Late Fees

- Late Application for Graduation $25
- Late Graduation Clearance Form $45
- Tuition Payment Late Fee $50 (+18% annual interest, compounded monthly)

Processing Fees

- Payment Plan Setup Fee $50/semester
- Payment Plan Late Payment $15/late payment
- Returned Check Fee $20
- Duplication Student File (per page) $1
- Maximum Student File Duplication Fee $30
- Financial Exception Processing Fee up to $50 (if deemed applicable by the Policy Committee)

Transcript Fees

- Unofficial Transcript $0 (available on MyNaropa for no cost)
- Official Transcript $5

Special Charges (in addition to transcript fee)

- Faxing Transcript $4
- 24-hour Service: $10
- 24-hour Fax: $11
- Rush Overnight Delivery $34
- International FedEx $50
- Replacement Diploma $30

Special Fees

Some classes have special fees. Please view the course schedule at www.naropa.edu/registrar.

Note: All full-time undergraduates are required to carry health insurance. Full-time undergraduates will be charged for health insurance unless they can prove that they have comparable coverage under an existing policy and complete an online waiver form. The online waiver must be completed to have insurance charges removed.

Staff and Faculty Tuition Benefits

Staff and faculty should contact the Human Resources Office with any questions regarding tuition benefits.
University-funded financial aid programs, in coordination with federal financial aid programs, provide assistance to students enrolled in Naropa’s degree programs. Approximately 70 percent of Naropa degree students receive financial assistance in the form of loans, student employment, scholarships, assistantships, and grants.

Scholarships and Grants

Institutional Scholarships for Degree Students

Naropa scholarships are need-based and are open to international students unless stated otherwise. Applicants for scholarships listed in this section must, unless otherwise indicated, (1) apply for financial aid by completing either the Free Application for Federal Student Aid (FAFSA) or the International Student Financial Aid Application by March 1; (2) have a completed admissions application on file for one of the university’s degree programs; (3) submit scholarship application materials to the financial aid office; and (4) be a full-time student at the time of receiving the award. Scholarships for graduate students may be pro-rated based on halftime status; (5) maintain a 3.0 cumulative GPA (undergraduate students) or 3.5 cumulative GPA (graduate students). Scholarship applications are due April 1, and awards are announced in early May, unless otherwise indicated.

General Scholarships/Grants

Nancy Ashman Memorial Scholarship
Awarded to a limited number of entering, undergraduate and graduate students from all programs who are deemed outstanding based on their admission applications. Students without need may also be considered.

Coburn Berry Scholarship for First-Generation Students
Offered to one or two students who are U.S. citizens or permanent residents and are first-generation undergraduates (neither parent attended college).

W.E.B. DuBois Scholarship
Awarded yearly to one graduate or undergraduate student who identifies with or has experience working with populations of color. This scholarship is available only to U.S. citizens and permanent residents.

Charles B. Edison Jinpa Scholarship
Awarded yearly to one or two returning graduate or undergraduate students who are U.S. citizens or permanent residents and who identify with or can demonstrate experience working with underrepresented populations.

Federal Pell Grant
Through this federal need-based grant, students may be awarded anywhere from $574 to $5,645 for the academic year.

Federal Supplemental Educational Opportunity Grant (SEOG)
This is a small federal grant made to a limited number of extremely needy applicants.

Honor Scholarship
Awarded to a limited number of entering, undergraduate and graduate students from all programs who are deemed outstanding based on their admission applications. Students without need may also be considered.

International Student Scholarship
Awarded annually to an international undergraduate or graduate student.

Monastic Scholarship
Awarded annually to an international graduate student who is ordained as a monk or nun of any religious order, who has financial need and who does not qualify for US Federal aid. The scholarship will cover up to a maximum of $25,000 in tuition and fees.

Marvin I. Naiman Scholarship
Awarded annually to an undergraduate of non-traditional age (i.e. 23 and over).

Naropa University Grant
Naropa University Grants are awarded to full-time degree-seeking undergraduate students with high financial need.

Presidential Scholarship
Awarded to a limited number of entering undergraduate and graduate students deemed exceptional based on the student’s admission application. Students without need may also be considered.

Gerald Red Elk Scholarship
Awarded to one undergraduate student at a time who identifies with or can demonstrate experience working with Native American populations.

Program-Specific Scholarships

Ted Berrigan Scholarship
Awarded annually to a returning MFA student in either Creative Writing or Writing & Poetics.

Martha Bonzi Scholarship
Awarded to one entering MA student in Religious Studies per year. The Martha Bonzi Scholarship is based on motivation to serve others and academic performance.

John W. Cobb Scholarship
Awarded annually to one undergraduate student engaged in the study of peace.

Robert Creeley Scholarship
Awarded annually to a returning MFA student in either Creative Writing or Writing & Poetics.

Corinne Davis Scholarship
Awarded to one first year and one second year MA Contemplative Education student to assist with housing costs.

The Summer Writing Program Scholarship in memory of kari edwards
Offered annually to a credit or non-credit student accepted into Naropa University’s Summer Writing Program. Eligible applicants must be a United States citizen or permanent resident, and be involved in gender activism and writing experimental works.

Louise Fabbro Memorial Scholarship
Awarded to one or more MA Contemplative Psychotherapy students in their third year of study.

Francis Harwood Scholarship
Awarded to one outstanding Environmental Studies student each year based on departmental recommendation.
Christopher Hormel Scholarship  
Awarded to a returning student in MA Contemplative Psychotherapy exhibiting financial need and academic promise.

Zora Neale Hurston Award  
Awarded to selected students who identify with or have experience working with people from diverse cultural and ethnic backgrounds for one session of the Summer Writing Program.

Martin Janowitz Scholarship  
Awarded annually to an undergraduate student in Environmental Studies or to a graduate student in Environmental Leadership.

Jack Kerouac Scholarship  
Awarded annually to a returning MFA student in either Writing & Poetics or Creative Writing.

Jack Kerouac School of Disembodied Poetics Fellowship  
Awarded annually to an incoming MFA Writing & Poetics student who shows promise in innovative/experimental writing. The Fellowship consists of a maximum of $25,000 the first year, towards tuition and fees. In the second year, the recipient may apply for a Graduate Assistantship.

Bernie Marek Scholarship  
Awarded to one or more Art Therapy students who exhibit academic and artistic ability.

The Leslie Scalapino Award  
Awarded annually to an MFA Writing and Poetics or MFA Creative Writing student attending the Summer Writing Program who has a body of work in the field of experimental postmodern women’s poetry and poetics. Eligible applicants must be a United States citizen or permanent resident.

Oso Tinker Scholarship  
Awarded to two or more incoming or returning MFA in Theater or BFA in Performance students who are US citizens or permanent residents.

Anne Waldman Fellowship  
Awarded annually to an incoming MFA Writing & Poetics student who shows promise in innovative/experimental writing. The Fellowship consists of a maximum of $25,000 the first year, towards tuition and fees. This Fellowship is supported, in part, by the Hiro Yamagata Scholarship. In the second year, the recipient may apply for a Graduate Assistantship.

Owen Weber-Weinstein Scholarship  
Awarded to two students in Wilderness Therapy or Religious Studies.

Colin Wolcott Music Scholarship  
The Colin Wolcott Music Scholarship is awarded to one or two outstanding undergraduate music students each year by Naropa’s Department of Music.

Lucien Wulsin Scholarship in the Performing Arts  
Awarded to two or more incoming or returning MFA in Theater or BFA in Performance students who are US citizens or permanent residents.

Hiro Yamagata Scholarship  
Awarded to the recipient of the Anne Waldman Fellowship.

Financial Aid for International Students  
International students are eligible for Naropa student employment, graduate assistantships, Naropa University Grants, and institutional scholarships. Prospective students from other countries should also explore possibilities of funding from their governments and from private foundations. To be considered for the above sources of financial aid, applicants complete the International Student Financial Aid Application by March 1 for the next academic year; however, late applications will be accepted.

International Student Scholarship  
Awarded annually to an international graduate or undergraduate student who has financial need and who does not qualify for US Federal aid.

Canadian Student Loan Program  
Residents of Canada may apply for educational loans through this program. Applications are available through the Canadian provincial governments.

Institutional Scholarships for Non-degree Students  
Non-degree students need to complete the FAFSA or the International Student Financial Aid Application unless otherwise indicated.

Institute of American Indian Arts Award  
The Institute of American Indian Arts in Santa Fe, New Mexico. Awarded annually to one undergraduate enrolled at and who will be attending the Summer Writing Program (SWP). The award covers full tuition as well as housing costs for the four week duration of the SWP.

Outside Financial Resources  

CIC-TEP  
Naropa University is a member of CIC-TEP (The Council of Independent Colleges-Tuition Exchange Program) which provides a way for students from families of full-time employees of CIC participating institutions to attend other CIC participating institutions tuition-free. Students contact their home college’s human resources office for more information.

Privately Funded Scholarships  
Students are encouraged to apply for scholarships and grants from private foundations.

Some recommended websites to aid students in their scholarship search:  

Rotary Scholarships  
The Rotary Club annually awards scholarships to qualified students who are graduates of an accredited high school in Boulder County and who will be attending a Naropa-approved study abroad program.

State Scholarships and Grants  
Eligible undergraduates who are Colorado residents may qualify for Colorado Student Grants or Colorado Work Study. Students who are residents of other states should contact their state’s department of education to determine if they qualify for scholarships or grants from their state.

Veterans’ Benefits  
Naropa University is approved by the Colorado Office of Veterans Education and Training (COVET) for Veterans’ Education Benefits and participates in the Yellow Ribbon Program.

Other Aid Programs  

AmeriCorps  
This program awards federal dollars in the form of education vouchers to U.S. citizens and permanent residents doing unpaid community service work with nonprofit or government agency sites in the Denver Metro region providing the following services: mental health/preventive health care to underserved communities, education, or capacity-building. To learn more, contact americorps@naropa.edu.

Federal College Work-Study  
Federal College Work-Study is a federally-funded work program that is awarded to undergraduates as part of a need-based financial aid package. Eligible students can work up to 20 hours per week within the university. Community Service Federal Work-Study positions may also be available at nonprofit organizations outside the university.
Federal Loans
Students may be awarded Federal Stafford Loans, Federal Perkins Loans, Federal Parent Loans, and Federal PLUS Loans for Graduate Students.

Graduate Assistantships
Graduate assistantships are available and will be listed at www.naropa.edu/about-naropa/employment/student-employment/index.php.

Naropa Student Employment
This is a university-funded work program available to international students. International students may not work off campus. Positions at www.naropa.edu/about-naropa/employment/student-employment/index.php.

Naropa Writing Center Writing Fellows
Graduate students who demonstrate advanced writing ability and a commitment to writing education are invited to apply to the Naropa Writing Center.

How to Apply for Financial Aid
Financial aid awards cover one academic year only. Students must reapply each year in the spring for financial aid for the following year.

U.S. Citizens or Eligible Noncitizens
(International students should see the Financial Aid for International Students section.)

1. Free Application for Federal Student Aid (FAFSA)
The first step in applying for financial aid is to complete the Free Application for Federal Student Aid at www.fafsa.gov for the appropriate academic year. New students do not have to wait until an admissions application is on file to complete the FAFSA; however, the student must be accepted in order to receive a financial aid eligibility letter. Students are strongly encouraged to file the FAFSA based on completed tax information by March 1.

2. Verification and Estimated Tax Information
If a student’s FAFSA is selected for verification, the student must submit a verification worksheet to the Financial Aid Office. Students who filed the FAFSA based on estimated returns may correct their FAFSA online once they have completed their tax return.

3. Financial Aid Eligibility Letter
Once the Financial Aid Office has received all the necessary documents and the student has been accepted into a degree program, the student will be directed to MyNaropa to view the aid eligibility letter listing the types and amounts of aid for which they are eligible. Additional steps for receiving the aid are included in the Financial Aid Check List on MyNaropa.

Enrollment Status and Financial Aid
Financial aid is awarded based on the intended enrollment status indicated by the student on the FAFSA or other correspondence.

If students are enrolled less than half time (6 credits) for any semester, including summer, they are not eligible for financial aid for that semester. Exception: Pell-eligible undergraduates may be eligible for partial Pell grants even if enrolled less than half time. Students who are registered for extended thesis or manuscript are not eligible for financial aid.

Students must complete an exit interview upon leaving the university or dropping below half-time status.

Consortium Agreement and Financial Aid
If a Naropa undergraduate student spends a semester taking classes at another institution through a consortium agreement, the student’s financial aid will still be processed by Naropa. The student will be eligible to be considered for Federal Pell grants and Federal Stafford and PLUS loans, but will not be eligible for any campus-based aid such as Naropa grants, scholarships, Perkins loans, Federal SEOG, or work-study.

Students Visiting from Other Colleges
Students planning to enroll in courses for credit at Naropa University as part of a degree program at another college or university should make arrangements for financial aid through their home school. Naropa is able to sign a consortium agreement with the home school to enable the student to receive aid through the home school.

Appeals of Financial Aid Rulings
All students have the right to appeal a financial aid ruling, or appeal for more aid than was awarded in the financial aid eligibility letter. All appeals must be made in writing to the Financial Aid Office. Supporting documentation may be requested as necessary. The Financial Aid Office will review the appeal and notify students in writing if the appeal has been approved or denied. If any changes are made to their financial aid eligibility, they will be able to view the revisions on MyNaropa. Decisions made regarding an appeal apply to the current academic year only.

Satisfactory Academic Progress
Students must maintain satisfactory academic progress in order to retain eligibility for financial aid.

Withdrawals & Returns of Title IV Funds
Federal and institutional financial aid funds are awarded to a student based on the assumption that the student will attend school for the entire semester for which the aid is awarded. According to federal law, the financial aid office must recalculate Title IV financial aid eligibility for a student who withdraws from all classes, drops out, is dismissed or takes a leave of absence prior to completing more than 60% of a semester. The financial aid office will calculate the amounts of “earned” (can keep) and “unearned” (must return) aid. Funds are then returned to the appropriate programs and this may result in a bill to the student for any tuition and fees still owed after the required return of financial aid funds.

Estimated Costs
Tuition and Fees
Please refer to the Paying the Bill section.

Living Expenses
Living expenses in Boulder are estimated to be approximately $1,500 per month.

Please feel free to contact the Financial Aid Office with any questions, concerns, or for additional information. Phone 303-546-3509; Fax 303-546-3536; finaid@naropa.edu; www.naropa.edu/tuitionfees.
Using the Policies in this Catalog
All students are responsible for all policies printed in this catalog and the student handbook. Every student is also responsible for the degree requirements of the major or program as listed in the catalog for the year in which the student enters. All other policies may change year-to-year; therefore, students should review both the catalog and student handbook annually to be aware of any changes in university policies. Some programs have approved policies that are more stringent than what is listed in the Academic Information section of this catalog. Students are responsible for understanding and adhering to such policies and should see their program’s handbook for more information.

Exceptions to Academic and Financial Policies
The university’s status as an accredited institution requires that students and the university follow all university policies. If a student has extenuating circumstances that the student believes justifies an inability to follow a particular academic or financial policy, the student may apply for an exception to policy. Requests for exceptions to a policy are reviewed by committee as appropriate. Applications for an exception to a policy must be accompanied by supporting documentation, including a letter from the student’s advisor. An application for an exception does not guarantee an approval. Exceptions for courses completed more than one year prior will not be considered.

Once a decision has been made, the student is notified by mail and a copy of the letter is placed in the student’s file in Student Administrative Services. Students should allow one month for a decision to be made and an additional one to two weeks for a refund, if applicable, to be issued.

If a student would like to appeal the decision made by the exceptions committee, s/he may submit an appeal. Any appeal must include additional documentation than what was included in the original exception request. All appeals must be received by the registrar’s office within 90 days of the decision letter regarding the original exception request.

Under certain circumstances, a student may be assessed a processing fee or other late drop/add fees. Additionally, a late add for a course that has not been paid for may incur late tuition payment charges and interest charges. Finally, fees associated with a course are generally not considered refundable as part of the exceptions request. Exceptions to policy are only approved by the registrar. Students are not to rely upon oral communications from faculty and other staff about exceptions.

Academic Year
Naropa University operates on the semester system. Academic credit is awarded in terms of semester credit hours. One semester credit hour represents at least fifteen hours of classroom contact. The academic year has two fifteen-week semesters, fall and spring. In addition, some graduate programs also have a required summer session. Please see individual programs for details. The summer session generally runs for eight weeks.

Academic Advising
Each student is assigned an academic advisor. With the help of the academic advisor, each student is responsible for ensuring that all program and university academic requirements are met for degree completion. The academic advisor guides the student throughout the academic program and helps ensure that the student is working toward satisfying all degree completion requirements and is developing a coherent curriculum. Advisors review course selections for the student before each semester’s registration and consider requests for independent study and private music lessons. The academic advisor for an undergraduate student is responsible for overseeing requirements not only within the student’s major, but also all other BA requirements. The Registrar’s Office makes a final evaluation of the student’s academic record when the student applies for degree completion.

Preregistration
All returning degree-seeking students may register during the fall semester for spring courses, and during the spring semester for summer and fall courses.

During preregistration advising, students meet with their advisors who review transcripts and program requirements. The advisor reviews course selections, clears the student for registration, and signs any forms that may be required (such as those for independent study or private music lessons). Students then register via the web at their designated times. Students cannot register themselves for independent study courses, private music lessons, or consortium agreement courses. The registration office registers these courses when the completed application is received by the drop/add deadline.

Registration times are based on a student’s seniority, calculated using total earned credit hours plus credits in progress. If a student does not register during the designated registration period, the student loses priority status.

Courses
Course Registration
Courses offered by the university are designed to meet the needs of degree-seeking students. Courses ordinarily meet for fifteen weeks (fall and spring) or eight weeks (summer). The drop/add period generally allows a student to attend at least one class meeting to determine whether the course is suitable for the student’s academic journey. However, certain courses have an alternate drop/add schedule. Students should consult the course schedule to confirm the last day of drop/add.

New undergraduate students who are scheduled to begin in the fall semester will register over the summer with assistance from an undergraduate advisor using Naropa’s student portal, MyNaropa. Students will receive a letter from the registrar’s office with registration instructions, as well as login information for MyNaropa and for Naropa student email. Included in this letter will be contact information to set up a summer registration session, over the phone, with an undergraduate advisor. Spring undergraduate students will be given MyNaropa and student email information, as well as registration assistance, during orientation.

New graduate students will receive a letter from the registrar’s office with registration instructions, as well as login information for MyNaropa and for Naropa student email. Included in this letter will be the specific time for which students are scheduled to register via MyNaropa. Incoming graduate students will also receive information from their program with specific information on the courses for which they need to register.
Graduate and Undergraduate Course Levels
Naropa University’s courses are designated as graduate (500 and above) and undergraduate (100-499), and have course work and expectations corresponding to those levels. Because of this, graduate students may not, under any circumstances, take undergraduate-level courses to fulfill any requirements for their graduate degree.

Undergraduate junior- or senior-level students may take graduate courses (courses with only a graduate number) toward their undergraduate degree only with the permission of their advisor, the instructor, and their major school director. Programs reserve the right to approve or deny undergraduate participation in graduate courses. Undergraduate students should check carefully with their advisor and their major program(s) to ensure that the courses will fit into their degree. Graduate-level courses taken by an undergraduate may not count toward a graduate degree at Naropa (the course may not be used to satisfy two degrees).

Repeating Courses for Credit
Some Naropa courses can be repeated for credit. These courses are listed on MyNaropa and may be taken multiple times for credit. Each time the course is taken, the grade will be calculated in the GPA. Courses that cannot be repeated for credit may be taken a second time for a better grade. However, only the final time such a course is taken will earn credit and be calculated into the GPA. Students should consult with their advisors if they are considering retaking a class for any reason.

Drop/Add Period
Students may adjust their schedule for different courses, course sections, and pass/fail or letter grade options during the drop/add period. The drop/add period for most courses ends at midnight on the ninth day of classes for the fall and spring semesters. Students who have not registered for any credits by the end of drop/add are considered “unknown withdrawal.” Some courses with irregular start and end dates have different deadlines. These deadlines are listed in the course schedule. The summer drop/add period is significantly different for each course and is listed in the summer schedule of classes. There are no financial penalties for adding or dropping courses during the drop/add period. Students should be aware that failure to attend classes during the drop/add period—even those classes missed before the student added the course—will count toward course absences and the student may be required to make up class time missed. Changes made after this period carry both academic and financial penalties. Fees are not returned after drop/add.

It is expected that during the drop/add period, a student will evaluate the course for its appropriateness and that the instructor will use this time to assist students in making a decision about the appropriateness of the course. At no time should an instructor ask a student to drop or withdraw, nor should students expect to get a refund beyond what is provided for in the drop/add and withdrawal periods for those classes that do not suit their needs. Students who have a conflict with an instructor should seek assistance from their academic advisor or the dean of students.

Withdrawal Period
Students may withdraw from (but not add) courses during the withdrawal period. For most courses, the withdrawal period begins on the tenth day of classes and ends with the sixth week of classes for the fall and spring semesters. Some courses with irregular start or end dates have different deadlines. Information is available on MyNaropa. The summer withdrawal period is significantly different for each course and is printed in the summer schedule of classes. If a student withdraws from a course during this period, the grade of “W” for “withdrawal” will appear next to the course title on the student’s transcript. A partial reduction of tuition may apply. Fees are not refunded in the withdrawal period.

Beginning with the seventh week of classes for the fall and spring semesters, no further changes in a student’s schedule are allowed, except in the case of a documented medical or family emergency. If a student fails to attend, or stops attending, a course without dropping or withdrawing, a grade of “F” will appear on transcripts for that course and the student will be financially responsible for that course.

Drop, Add, and Withdrawal Schedule for Most 15-week Courses

**Fall and Spring**

<table>
<thead>
<tr>
<th>When</th>
<th>Action</th>
<th>What Appears on Transcript</th>
<th>% Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>First 9 days</td>
<td>Drop/Add</td>
<td>Nothing</td>
<td>100% tuition 100% fee</td>
</tr>
<tr>
<td>Days 10-15</td>
<td>Withdraw</td>
<td>Course title, grade of “W”</td>
<td>80% tuition 0% fee</td>
</tr>
<tr>
<td>Week 4</td>
<td>Withdraw</td>
<td>Course title, grade of “W”</td>
<td>50% tuition 0% fee</td>
</tr>
<tr>
<td>Week 5</td>
<td>Withdraw</td>
<td>Course title, grade of “W”</td>
<td>20% tuition 0% fee</td>
</tr>
<tr>
<td>Week 6</td>
<td>Withdraw</td>
<td>Course title, grade of “W”</td>
<td>0% tuition 0% fee</td>
</tr>
<tr>
<td>Weeks 7-15</td>
<td>No changes permitted</td>
<td>No refund</td>
<td></td>
</tr>
</tbody>
</table>

Wait Lists
A student attempting to register for a class that has no available seats may choose to be put on a wait list. As an opening occurs, the student will be registered for the course and will be notified by Naropa email. Students are responsible for checking their email and MyNaropa regarding waitlisted courses. Failure to do so will not relieve student’s academic or financial responsibility for the course.

Since a wait-listed student is automatically registered when an opening occurs, the student should attend the class until notified that she cannot be added to the class, or until the end of drop/add, whichever occurs first. A student who does not wish to be in the class should drop the class immediately, regardless of the student’s position on the wait list.

Wait-listed students should check with their advisor or MyNaropa before the end of drop/add if they have any questions about their status in a wait-listed class.

If an opening does not occur by the last day of drop/add, the wait-listed student must stop attending the class.

Students on financial aid are responsible for being registered for the minimum number of credits they need to receive their financial aid. Wait-listed classes will not count toward that minimum. Students who are registered for less than their minimum should consider dropping any wait-listed courses and registering for a course that still has openings.

For any question about a financial aid award, students should check with the Financial Aid Office.

Jury Duty
Students who are called to jury duty and not subject to an exemption will be excused from class for jury duty. Students must provide their certificate of participation after jury service to each faculty member whose class was missed. Students will be given an opportunity to make up any classes or class work missed because of jury duty. In the event that students complete the make-up assignment within the time frame established by the faculty, they will not be charged with an absence as the result of jury service.

No Shows
If a student fails to drop or withdraw from courses or workshops for which the student has registered and is no longer attending, the student will
receive the grade of “F.” The student is liable for full tuition and fees for those courses, regardless of whether the student attended the courses.

Registration Holds
A student with outstanding financial obligations to the university will not be permitted to register until payment has been made or arranged with the coordinator of student accounts. Such obligations include, but are not limited to, tuition and fees, transportation fines, library fines, and loan payments.

Changing a Course Status
From Credit to Audit
If the course has seats available and a student wants to audit, the student must drop the course via MyNaropa during the drop/add period for the course and submit a signed audit form to Student Administrative Services within one week of the drop/add period for that course.

From a Letter Grade to Pass/Fail
A student may only change from letter grade to pass/fail or vice versa during the drop/add period. This change can be made by submitting the Letter Grade to Pass/Fail form to the Student Administrative Services Office before the last day of drop/add for the course. Students must obtain permission from an advisor before making this change.

From Audit to Credit
A student may not change a course status from audit to credit.

Courses Requiring Prerequisites or Permission
If a course listing stipulates that a prerequisite is necessary, or permission of the instructor or program is required, it is the student’s responsibility to comply with this requirement. Failure to do so will jeopardize completion of the course. To gain permission to be in a course for which a student has not met the prerequisite or course requirement, the student should contact the faculty teaching the course. After obtaining authorization, the student must register for the course via MyNaropa.

Workshops
A workshop is a short course that takes place over a Friday, Saturday, and Sunday, or some combination thereof. For most weekend workshops, a student must drop or add a workshop by 11:59 p.m. the Thursday before the workshop starts. Students should always check the schedule to confirm the drop/add deadlines for any weekend workshop. Because the drop policy for workshops is more restrictive than for the university’s regularly offered academic courses, students are encouraged to speak with the sponsoring school and/or instructor to ensure that the workshop will provide what they want before registering. A student receiving financial aid should be aware that dropping a workshop late in the semester may affect his or her aid eligibility, particularly if this action reduces the number of credits below the minimum amount required to receive aid. Students should contact the Financial Aid Office before dropping any workshop or course to see if their aid would be jeopardized.

How to Register for Workshops
Students register for workshops through MyNaropa. Only those workshops listed in the academic course schedule are available for credit. For most workshops, the deadline to register for, drop, or add workshops is 11:59 p.m. on the Thursday before the class begins. Full payment is required within one week of registration.

Schedule to Add and Drop Workshops

<table>
<thead>
<tr>
<th>When</th>
<th>Action</th>
<th>What Appears on Transcript</th>
<th>% Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Until 11:59 p.m. on the Thursday before the workshop</td>
<td>Drop/Add</td>
<td>Nothing</td>
<td>100% tuition</td>
</tr>
<tr>
<td>After the Thursday before the workshop</td>
<td>No further changes</td>
<td>No refund</td>
<td>allowed</td>
</tr>
</tbody>
</table>

Withdrawal Period for Workshops
Withdrawals from workshops are not permitted by the university, except in the case of a documented medical or family emergency. Failure to attend a workshop will result in the grade of “F” for that workshop on the student’s transcript.

Special Study Opportunities
Special study opportunities include independent study, private music lessons, audited courses, and courses taken through consortium agreement. Each of these is designed to permit some latitude based on the university’s commitment to honoring the integrity of individual academic journeys and nontraditional approaches to learning. Special study opportunities require students to comply with extra policies and procedures. The availability of each type is limited by restrictions that are designed to protect academic integrity at Naropa.

How to Register for Special Study Opportunities
Students cannot register themselves via MyNaropa for special study opportunities. Students must submit completed applications to Student Administrative Services (SAS) by the drop/add deadline. SAS then registers students.

Independent Study
Independent study is a semester-long course in which a student works with a Naropa faculty supervisor to present work reflecting the student’s independent research and learning on a particular topic. The design of the project and its schedule for completion, including deadlines and meetings with the faculty supervisor, are required for approval of the project, and are the student’s responsibility. The student is awarded credit based on the approved supplemental independent study application with the signatures of the school director and the advisor. If a student is planning to take an independent study, the student must begin the process the semester prior. All independent study proposals must be submitted to the Director of the school hosting the independent study course by December 1 for spring semester courses, May 1 for summer semester courses, and August 15 for fall semester courses. The form and proposal must be submitted to Student Administrative Services by the last day of drop/add. Late adds are not permitted. It is the student’s responsibility to finish the work in time for it to be evaluated, graded, and the grade submitted to the registrar by the grade due date of the semester in which the student is registered for the course. The student is responsible for all policies and procedures as outlined in the Application for Independent Study form.

Independent Study Restrictions
Students are permitted to take no more than 6 total credits of independent study (exceptions below). Undergraduate students will not be allowed to take independent study before the start of junior year. Undergraduate students in the BA Interdisciplinary Studies major are permitted to take up to 9 credits of independent study toward their degree. Traditional Eastern
Arts (TRA) majors may earn up to 9 independent study credits taken through the TRA program.

A student must be in the junior or senior year or must be a graduate student to be enrolled in an independent study. Independent study courses may only be taken by non-degree students if they are full-time visiting students.

Audited Courses
Any current degree-seeking or full-time visiting student, as well as any alumni who has earned a degree from Naropa, may audit courses that have been designated as available to audit by the schools, and for which they have received instructor permission. It is up to the individual instructor whether or not to allow auditing students to sit in on a class.

Students do not receive credit for audited courses. An automatic grade of "AU" is given, regardless of attendance or completed course work. To audit a course, students or alumni must first confirm that the course is available to audit using the Courses Available for Audit schedule found on MyNaropa and also available from the Office of Student Administrative Services (SAS). Audit forms are available under Student Forms on MyNaropa and must be submitted to SAS, complete with required signature(s), within one week of the end of the drop/add period for the course. The fee to audit a course is $30 per credit.

Audit forms received for classes in which the student is currently registered, or has withdrawn from, will not be processed.

A student may never drop, withdraw, receive a grade of incomplete, or receive a refund for an audited course.

Private Music Lessons
Music majors are allowed to take up to 3 credits of private music lessons per semester, up to a total of 18 credits, on their primary instrument or in their primary subject area as determined in consultation with the Music program. Private music lessons on secondary instruments, or in secondary subject areas, will be considered on a case-by-case basis and must be approved by the Music program.

Students who have declared a major in Interdisciplinary Studies may register for up to 3 credits of private music lessons per semester, up to a total of 9, when lessons are an integral part of the student’s degree program, with the approval of faculty from the Interdisciplinary Studies program.

All non-Music or non-Interdisciplinary Studies students may take up to 3 credit hours of private music lessons total. No student may take private music lessons in a subject currently covered by a Naropa course. Only Music majors focusing on voice as their primary instrument will be allowed to register for private voice lessons. All other students interested in studying voice should register for Naropa Chorus, which includes instruction in vocal technique.

All private music lesson applications are subject to approval by the Music program and budgetary restrictions. Applications must be received by a deadline set each semester.

Consortium Agreements and Taking Courses Outside Naropa
The purpose of consortium agreements (also known as individual study opportunities) is to allow students to spend a semester at another school without taking a leave from Naropa and to assist students in keeping their federal financial aid if they are taking a course at another school.

Procedure to Register with a Consortium Agreement
The information and application packet for consortium agreements explains the complete process and policies. However, please keep the following information in mind: Only students in good academic standing are eligible to take a consortium agreement. A student should see his or her advisor to determine if consortium agreement study is appropriate and that the program and classes he or she intends to take fit with course work at Naropa. Restrictions apply to both the student and the consortium school. Please consult the consortium agreement packet for these policies.

To receive credit, the student must request a transcript from the consortium school and have it sent to Student Administrative Services (SAS). The transcript must arrive at SAS within one semester after the student has finished courses at the consortium school. After one semester has elapsed, the student is irrevocably assigned the grade of “F” for the course(s).

Courses taken through consortium are not considered “in residence” courses. (See In-Residence Requirements.) Up to 6 credits for most majors and 9 credits for Interdisciplinary Studies majors taken through consortium may count toward the major but will not count toward a minor. Any credits not applied to the major will be used as elective credits. For graduate students, all consortium courses must count toward the degree.

Financial Aid: If the student is receiving financial aid, aid will be based on the cost of attendance at the consortium school. Students may not use Naropa scholarship or grants to attend a consortium school. Students should consult the Financial Aid Office with any questions about how a consortium may affect financial aid.

If a student wishes to take courses outside of Naropa but does not wish to apply for a consortium agreement, the student must gain permission to take the courses by completing a transfer credit pre-approval form.

Requirements for Degree Completion
Undergraduate Study
Naropa offers the following undergraduate degrees:

Bachelor of Arts
Bachelor of Fine Arts

Undergraduate students must meet the minimum requirements to receive the Bachelor of Arts or Bachelor of Fine Arts degree from Naropa University. Please see the BA and BFA requirements as listed in the academic program section of this catalog. The minimum academic requirements an undergraduate student must complete to receive an undergraduate degree at Naropa University are as follows:

1. The student must have a cumulative GPA of at least 2.0.
2. Only courses numbered between 100 and 499 may be counted toward degree requirements, except by permission of advisor.
3. All requirements of the major programs and other core and required curriculum must be completed as outlined in the catalog under which the student was admitted.
4. All work must be completed within the maximum time frame for degree completion.

In-Residence Requirement and Transfer Credit
Undergraduate students must take at least 60 credits in residence at Naropa. Credit earned through an exam or transferred from another regionally accredited college or university (including courses taken through consortium agreement) does not count toward in-residence credits. The first semester a student is matriculated at Naropa must be taken on campus.

Students who have earned credits while a non-degree student at Naropa may be able to apply some or all of these credits to a Naropa degree. Students should speak with an advisor about the possibility of transferring these credits and whether or how they may be applied to degree requirements.

Courses taken as a non-degree student at Naropa will appear on the student’s transcript with a letter grade. When transferring in non-degree credits, Naropa University credits will be transferred in first. Courses taken at Naropa as a non-degree student may count toward the major by permission of the program.
Classification of Students

Each semester, full-time degree-seeking students will be classified in one of the four classes according to the total number of credit hours earned at Naropa University and/or accepted as transfer credits:

- **First-Year Student**: 0–9.5 hours
- **Sophomore**: 10–59.5 hours
- **Junior**: 60–89.5 hours
- **Senior**: 90–120 hours

Graduate Study

Naropa offers the following graduate degrees:

- Master of Arts
- Master of Divinity
- Master of Fine Arts

The minimum academic requirements a graduate student must complete to receive a graduate degree at Naropa University are as follows:

1. The student must have a cumulative GPA of at least 2.7.
2. Only courses numbered between 500 and 899 may be counted toward degree requirements.
3. All requirements of the program must be completed as outlined in the catalog under which the student was admitted.
4. All work must be completed within the maximum time frame for degree completion.

In-Residence Requirement and Transfer Credit

Graduate students may have a maximum of 6 credits taken out of residence. Credit taken at another regionally accredited college or university (including courses taken through consortium agreement) is considered out of residence. If a student wishes to change a Naropa for-credit course from non-degree to degree-seeking status in order to have these credits apply toward a degree, the student may do so with the permission of the student advisor, who must indicate in writing to the registrar which requirement the course will fulfill.

After matriculation, courses taken outside Naropa must be taken through consortium agreement or have prior approval to apply to the degree.

Enrollment Status

Full-, Three-Quarter-, and Half-Time Status

Enrollment status is used for federal government reporting purposes to determine, among other things, eligibility for financial aid and deferment of financial aid loan repayments. The minimum credit requirements that follow apply to all sessions (fall, spring, and summer), and do not, in any way, prohibit a program from requiring that more credits per semester be taken. The minimum credit requirements refer only to courses taken for credit. Wait-listed courses and courses taken for noncredit or audit are not considered in determining full-, three-quarter-, and half-time status. International students should contact the international student advisor before making any changes to enrollment status.

**Undergraduate**

- **Fall, Spring, and Summer**
  - Full-time: 12 or more credits per semester
  - Three-quarter-time: 9–11.9 credits per semester
  - Half-time: 6–8.9 credits per semester

**Graduate**

- **Fall, Spring, and Summer**
  - Full-time: 9 or more credits per semester
  - Half-time: 6–8.9 credits per semester

There is only one exception to these definitions of enrollment status. [See Special Student Status.]

Special Student Status:

**Master’s Paper, Thesis, Manuscript**

If a graduate student has not finished the master’s paper, thesis, or manuscript, the student must register for a 0.5-credit extended paper, extended thesis, or extended manuscript course for each semester the project remains unfinished until the student officially graduates. It is the student’s responsibility to finish the work in time for it to be evaluated and graded and for the grade to be submitted to the registrar by the grade due date of the semester for which he or she is registered.

Paying the bus pass fee and 0.5 credit tuition entitles a student to special student status, which means that the student can be verified as a half-time student while carrying 0.5 credits. This status may be granted for as many semesters as are remaining within the time limit for completing the degree. During this time, students are not eligible to receive financial aid or to be on a leave of absence. There is no need to register for extended master’s work courses during the summer unless the student is planning to complete the work during the summer session.

Students may receive a grade of “Pass,” “Fail,” or a letter grade for a master’s work extension course. Two other grades may be given:

- **SP = Satisfactory progress**
  The project is not yet completed, but the student made adequate progress; this grade can only be used in master’s work and extension courses.
- **I/F = Incomplete/Failure**
  For unusual, extenuating circumstances when only a small portion of the work remains to be completed.

Students are not eligible to receive the grade of “I/F” at the end of the fall semester for a master’s extension course. They are eligible to receive the grade of “I/F” at the end of the spring semester in order to continue working on their project during the summer if an extended master’s work course is not offered over the summer. If a student has not finished the work in time for it to be evaluated and graded and the grade to be submitted to the registrar by the grade due date of the summer session, the student must register for another extended master’s work course during the following fall. The “I/F” grade should then be changed to “SP.”

Grading

Naropa does not believe that grades are the single most important measure of education; therefore, the university does not determine or publish a dean’s list, nor does it confer degrees cum laude. However, grades remain an important indicator of a student’s academic performance, as well as a useful tool for communicating educational accomplishments to others through transcripts. The student’s instructor is required to clearly state the criteria for grading in the course syllabus at the beginning of the course, and it is the student’s responsibility to understand it.

In addition to grades, Naropa uses a model of five qualities, which is considered integral to the make-up of a fully educated person. These five qualities are openness and respect for one’s immediate experience; interpersonal and communication skills; sharpened critical intellect; resourcefulness and appreciation of the richness of one’s world; and effective action.

Course instructors have the responsibility for assessing the quality of student accomplishment, according to criteria and procedures stated in the course syllabus.

**Undergraduate Grading Scale**

- **A = Excellent**
- **B = Good**
- **C = Acceptable**
- **D = Poor**
- **F = Failure**
For undergraduate students, a grade of “C” is the minimum for required courses in the student’s major, minor and core area fields of study. A grade of “D+” is minimally adequate for all other courses. An undergraduate student does not receive credit for a course in which he or she receives the grade of “F.”

For calculating a grade point average, the numerical equivalents of each grade are:

- A = 4.0
- A– = 3.7
- B+ = 3.3
- B = 3.0
- B– = 2.7
- C+ = 2.3
- C = 2.0
- C– = 1.7
- D+ = 1.3
- D = 1.0
- D– = 0.7
- F = 0.0

**Graduate Grading Scale**

- A – Excellent
- B – Good
- B– = Acceptable
- C+ or lower = Failure

For graduate students, a grade of “B–” is minimally adequate. A graduate student does not receive credit for a course in which he or she receives the grade of “C+” or lower. A grade of “C+” and below is entered as “F.”

**Incomplete**

Naropa allows a grade of incomplete/failure (I/F), which is granted to students who have fallen behind in their work due to exceptional, unforeseen circumstances. I/F grades are appropriate when (1) there are extenuating, exceptional circumstances, and (2) only a small portion of the course requirement remains to be completed. I/F grades are allowed by the instructor at his or her discretion. If the instructor agrees to grant an I/F grade, an Incomplete Contract must be completed, signed by the student and the instructor, and submitted to Student Administrative Services by the grades due date for the semester before a grade can be entered as Incomplete/Failure.

I/F grades allow students one additional semester to complete the work. Unless noted otherwise by the faculty, course work for Incomplete grades given in the spring or summer semester is due by the end of the following fall semester. Course work for Incomplete grades given in the fall semester is due by the end of the following spring semester. The instructor may set an earlier deadline for submission of course work at his or her discretion. It is the student’s responsibility to finish the work in time for it to be evaluated, graded, and the grade submitted to the registrar by the grading deadline of the following semester. Failure to complete the work by the deadline will most likely result in a final grade of “F” for the course. Extensions of time are considered only for fully documented medical or family emergencies.

**Pass/Fail**

All required courses in the student’s major, minor and core requirements must be taken for letter grade, except for courses such as group process, where letter grades are inappropriate, and for courses the program has designated as pass/ fail. Elective courses may be taken on a pass/fail basis, with the student’s academic advisor’s approval. For undergraduate pass/fail courses, all grades of “C” and above convert to a final, reported grade of “P.” For graduate pass/fail courses, grades of “B–” and above convert to “P.” A grade of “P” does not affect the student’s grade point average. A grade of “F” lowers the student’s grade point average. The pass/fail option must be selected by the end of the drop/add period. A student who wishes to change a course to pass/fail must complete a form and submit it to Student Administrative Services.

**Please note:** A student receiving Veterans Educational Benefits must receive letter grades for all classes that are part of the student’s degree program. If a class is only offered for pass/fail, it is the student’s responsibility to make arrangements with the instructor at the beginning of the semester to receive a letter grade. The student must also see Student Administrative Services to have the grade status changed to “letter grade” in pass/fail courses.

**Other Grades**

On occasion, a student will receive a grade report or transcript with grades other than those listed above, as follows:

- AU = Audit
- IP = In Progress
- NR = Not Reported
- NC = Noncredit
- SP = Satisfactory Progress (used only in master’s work and extension courses)

**Unreported Grades**

If a grade remains unreported by an instructor for one complete semester despite notification to the instructor and student, that grade shall be entered as a grade of “F.”

**Grade Disputes**

If a student believes a grade has been assigned incorrectly or unfairly, the student should consult with the instructor to determine the basis for assigning the grade. The instructor may request a grade change by using the Grade Change form available from the Office of Student Administrative Services or on MyNaropa. With the exception of removing the grade of “incomplete,” grades may not be changed on the basis of work submitted following the end of the semester. If the student and instructor are unable to resolve the issue, the student may submit an appeal to the Director of the school that offers the course. The appeal should include copies of all correspondence with the instructor of the course. The School Director may change the grade or reject the appeal. In the event a student is unable to resolve the issue to his or her satisfaction with the School Director, the student may submit an appeal to the Provost for resolution, including a record of all correspondence with both the instructor and the school director. The Provost will either resolve the matter directly or by appointing a faculty review committee. The ultimate ruling from the Provost on grade disputes is final. The deadline for submission of a grade change as a result of a grade dispute is the end of the semester following the semester in which the grade was assigned (e.g., for fall semester grades, the end of the following spring semester).

**Declaration of Major or Minor**

**Declaration of Major**

Students can declare a major at any time. Each major area has designated prerequisite courses for that particular area of study. Students are encouraged to take those prerequisites at the earliest opportunity if interested in pursuing a particular major. Please see the details for specific majors to learn more. Because of the nature of each program, it is important to meet with program faculty either before you declare or soon after. Please consult with your academic advisor to plan your schedule in the program. Students are encouraged to declare a major as soon as they are ready since delays may result in taking the need to take additional courses and may impact financial aid eligibility.

**Declaration of Minor or Concentration**

Minors and concentrations are declared using a form that must be submitted to Student Administrative Services. Students should see program sections and their advisor for details on available minors and concentrations.
Academic Standing, Satisfactory Academic Progress, Probation, and Suspension

Academic Good Standing
Undergraduate academic good standing requires a semester grade point average (GPA) of 2.0. Graduate good standing requires a semester GPA of 2.7. Grade point average and academic good standing do not guarantee acceptance into an internship. Consult program for details.

Academic Probation
If a student’s semester GPA falls below good standing, the office of the registrar will notify (1) the Provost, (2) the student’s advisor, (3) the director of financial aid, and (4) the dean of students. The student will be placed on academic probation and notified of this status in writing by Academic Affairs. Probation status is indicated on transcripts.

Academic Progress
Students must complete a minimum number of credits each semester in order to be making Satisfactory Academic Progress according to the following schedule:

Graduate Students: 10 credits per year
Graduate Certificate Students: 5 credits per year
Undergraduate Students: 20 credits per year
Undergraduate Certificate Students: 10 credits per year

This schedule ensures that students will complete their degree program within the maximum time frame for degree completion.

Student records will be reviewed each year and those students who have not completed a minimum of the needed number of credits may be asked by their program to create a plan for completing their degree in the allotted time (see Maximum Time Frame for Degree Completion). Those students who fail to comply with this plan may be suspended from the university.

Academic Suspension
Two consecutive semesters of academic probation automatically results in suspension. Suspension status is indicated on transcripts. Once on academic suspension, a student is not allowed to enroll in credit courses at the university. To initiate an appeal to be reinstated to the university following suspension, a student must write a letter concerning the situation to the Provost and must complete any outstanding course work, such as courses that still have a grade of “I/F” (incomplete). A review committee is then formed to evaluate the situation. The committee consists of the student’s academic advisor, the Provost, the dean of students, and the director of financial aid (if the student receives financial aid).

Students can avoid probation and suspension by seeking help from instructors, academic advisors, tutors, and fellow students before their status is at risk. The earlier students seek support, the more likely they are to avert problems. Students should contact Student Affairs for referrals or specific assistance.

Leaving Naropa University

Degree Completion

Maximum Time Frame for Degree Completion
Students must complete all requirements for their degree program and graduate within the following time frames:

Undergraduate Students
Students who transferred in 0–29 credits: 6 years
Students who transferred in 30–59 credits: 5 years
Students who transferred in 60 credits: 4 years
Certificate programs: 3 years

Graduate Students
Programs requiring more than 60 credits: 6 years
Programs requiring 45–60 credits: 5 years
Programs requiring 30–44 credits: 3 years
Certificate programs: 3 years

Applying for Degree Completion
Students are required to apply for degree completion, which is a separate process from participating in commencement, during the semester prior to the last semester in which all course work will be completed. Once course work is completed, Naropa University will confer the degree, regardless of other procedures. However, the student may not receive transcripts or a diploma until the degree completion procedures are done. Degree Completion applications are found on MyNaropa or may be obtained from the Registrar. Only legal names will be printed on diplomas. It is very important to check Naropa email for updates, deadlines, and announcements concerning the degree completion process.

Degree Dates
Degrees carry the date of the last day of classes in the semester in which a student completes all of the requirements for the degree. Whether or not a student is eligible to graduate in the summer is entirely at the discretion of the student’s academic program.

The Effect of Incompletes or Course Work Not Yet Taken
With the exception of some graduate programs, all other students may participate in spring commencement if they have no more than 3 credits left to complete the degree. Writing and Poetics students who have 8 credits of Summer Writing Program courses may participate in spring commencement prior to the completion of those course. To be included in the ceremony, the student must indicate this desire on the Graduation Application found on MyNaropa. Commencement details are handled by the office of student affairs.

If a student has any incomplete work, the student’s degree will carry the date of the semester in which the work was completed, not the semester in which the work was started. A student who takes an Incomplete during the semester of expected degree completion will automatically be moved to the next degree completion review. If course work (including extended master’s paper/thesis) is not completed by the end of the following semester, the student must reapply for degree completion.

If a student is taking courses at another regionally accredited institution to fulfill degree requirements, official transcripts must be received within one semester after the courses have been completed. Undergraduate students taking courses at another institution to complete requirements and who are not enrolled in any classes at Naropa for their last semester must apply for a leave of absence or register through consortium agreement in order to retain their student status. Graduate students who have registered for thesis or are not eligible to take a leave of absence and must register for Extended Thesis each semester until degree requirements are met.

Diplomas and Transcripts Verifying Degree Completion
A diploma and two copies of official transcripts are mailed after final grades have been verified and after other audit checks are completed, normally eight to ten weeks after the end of the semester. Official transcripts verifying degree completion can be mailed earlier, after final grades have been verified, normally three weeks after the ceremony. There is no charge for the first two transcripts; however, requests for early transcripts must be in writing. Although there is only one commencement ceremony per academic year (at the end of the spring semester), diplomas and official transcripts verifying the degree will be available approximately 4 to 6 weeks after the end of the semester in which all requirements for a degree are completed. Students must finish the degree completion application in order to receive transcripts and a diploma.
Leaves of Absence
If a student plans to take a break from studies at Naropa, the student can save his or her place in a program for a maximum of one year by following the leave of absence procedure. After a leave of absence, a student may return to the university without having to reapply for admission. A student may take multiple leaves of absence as long as they do not exceed a total of one calendar year, or two full semesters. A student in Special Student Status may not take a leave of absence. A leave of absence should be applied for during the semester prior to departure. The deadline to apply for a leave of absence is the end of the drop/add period during the first semester in which the student is not registered for courses. A student who is registered for the current semester but who wishes to take a leave of absence in the current semester, is encouraged to drop his or her classes and begin the process of apply for a leave before the last day of drop/add in order to avoid financial penalties. A student who begins the process after the last day of drop/add will be financially responsible for any classes from which he or she withdrew and the leave of absence will officially begin the following semester.

To apply for leave of absence, a student must inform his or her advisor and fill out a Leave of Absence form, available on MyNaropa. Upon notification of intent to take a leave, a student will be dropped from current or future semester courses in accordance with the drop/add and withdrawal schedule. A student who has received financial aid must complete an exit interview with the financial aid office before taking a leave of absence. A student taking a leave of absence must also be cleared of any obligations to the library, transportation office, and tuition cashier. Failure to meet these obligations may prevent a student from registering for future semesters, receiving an official transcript, or other services from the university. Past due accounts may be sent to collections. A student who fails to register for the current semester and who does not file for a leave of absence will be considered an “Unknown Withdrawal” after the last day of the drop/add period.

Returning From a Leave of Absence
If a student is returning to a program after an authorized, unexpired leave of absence, the student should contact his or her academic advisor, as well as the registrations office, stating the semester returning. It is not necessary to reapply through the Office of Admissions.

Students may preregister with other returning students during the preregistration period for the following semester (during April to return in the fall semester or during November to return during the spring semester).

Withdrawal After a Leave of Absence
If, at the end of a leave of absence, the student decides not to return, the student must then follow the procedures for a permanent withdrawal.

Special Consideration for Graduate Students
Graduate students, who have completed all their course work but not the master’s thesis, paper, or manuscript, are not eligible for leaves of absence. Instead, they must register for a 0.5 credit extended thesis, extended paper, or extended manuscript course for every semester that elapses until the master’s work is completed.

Permanent Withdrawal from the University
If a student decides to leave Naropa University and has no intention of returning, the student must complete the Request for Withdrawal from Naropa University form, available on MyNaropa. A student who has received financial aid must complete an exit interview when withdrawing from the university. The student is also responsible for ensuring that any outstanding obligations to the library, transportation office, and tuition cashier have been met.

Withdrawal Procedure: A student should apply for withdrawal from the university during the semester prior to departure. A student who is registered for the current semester and wishes to withdraw from the university is encouraged to drop his or her classes and begin the process of applying for withdrawal from the university before the last day of drop/add in order to avoid financial penalties. A student who begins the process after the last day of drop/add will be financially responsible for any classes from which he or she withdrew. Students must be sure to drop or withdraw from all classes they do not plan to complete, including classes for which they have preregistered. Failure to drop or withdraw from classes a student is no longer attending will result in being charged for full tuition and grades of “F” on his or her transcript.

The deadline to submit the completed Request for Withdrawal form to Student Administrative Services is the end of the withdrawal period for the semester in which a student intends to withdraw. A student who fails to register for the current semester and who does not file for a withdrawal from the university will be considered an “Unknown Withdrawal” after the last day of drop/add. After the last day to withdraw from classes, withdrawal requests can no longer be accepted for the current semester.

Withdrawal and Financial Aid
Students who are permanently withdrawing from the university and who are receiving federal financial aid should see “Withdrawals and Return of Title IV Funds” in the Financial Aid section. Students may need to repay some of their financial aid and may end up owing Naropa if they completely withdraw. Students should consult with the financial aid counselor before making a decision regarding withdrawing from the university.

Leaves of Absence and Withdrawals in Cases of Medical or Family Emergency
Medical and family emergencies may entitle a student to the grade of “Withdraw” (W) for courses. The student must complete the Exception to Policy/Emergency Withdrawal form and a health care professional must complete the Medical Documentation form (in the case of a medical or mental health emergency). The majority of family emergencies are due to death or illness in the student’s immediate family. In those cases, students must provide proof of the family emergency in the form of a letter from a health care professional or a death notice. Other documentation may be accepted under certain circumstances. The student must provide documentation that clearly shows that the student was unable to complete his or her work due to the emergency. The documentation will then be reviewed by the university. Tuition may be prorated in proportion to the portion of the semester actually attended. Students who do not plan to return the following full semester must apply for a leave of absence to hold a place in the program until the student is able to return.

Students who are involuntarily activated for military service, and military dependents that must move due to involuntary deployment or relocation, are eligible for “Emergency Withdrawal” from courses with documentation.

Grades of “W” do not constitute permanent withdrawal from the university. A student must follow the Request to Withdraw from Naropa University procedure to officially withdraw.

Reinstating Current Student Status after Withdrawal
A student who has formally withdrawn from Naropa, or whose status has been changed to Unknown Withdrawal, may return to the university within one year without penalty if he or she was in academic good standing with no pending disciplinary action at the time of leave, is within his or her maximum time to graduate, and has not previously used up his or her allotment of leave of absence time. Students who are not in good academic standing may return to the program with approval from his or her program. The student must inform his or her academic advisor of intent to return. The advisor will work with the student to complete an Intent to Return form that must be signed by both the advisor and the student before the student’s status is reinstated. The time away will be considered a leave of absence. Before being eligible to register for classes, the student must clear any holds that may have been placed for failing to meet obligations to financial aid, the library, the transportation office, or tuition. The student must register before the last day of add/drop for the term.
A student who is beyond his or her deadline to graduate, or has already used up his or her leave of absence allotment, must reapply to the university in order to continue (see Readmission).

**Readmission**

If a student left the university and is currently beyond his or her original deadline to graduate, or has already used up all available time to take a leave of absence, he or she must reapply to the university. When a student is readmitted, credits previously earned may be counted toward the degree the student is seeking at the discretion of registration (undergraduate) or the academic program to which the student is reapplying (graduate). The admission and degree requirements of the academic year for which the student is reapplying will apply. All students who reapply must repay the confirmation deposit.

**Student Records**

**Change of Address**

All students must inform the Office of Student Administrative Services of new addresses and telephone numbers when they move. To change an address, students may submit the new address through the “personal info” link on MyNaropa or they may mail an address change with a signature to Naropa University, Student Administrative Services, 2130 Arapahoe Avenue, Boulder, CO 80302. Students may also fax address changes with a signature to 303-546-3536 or call 303-545-5534.

It is essential that Student Administrative Services be notified of any address or phone number changes. Failure to provide a working address or telephone promptly does not relieve students from responsibility for being aware of the information that the university attempted to deliver.

**Change of Name**

If a student changes his or her name, the student must submit a Request for Name Change form, along with official documentation, to the Office of Student Administrative Services. Acceptable documentation reflecting the new name includes a driver’s license, passport, a court order for legal name change, a Social Security card or a marriage certificate if both the former and the new name are shown explicitly on the certificate.

**Change of Other Personal Information**

If a student’s marital status, parent address, or emergency contact has changed or is expected to change soon, the student must inform the Office of Student Administrative Services; the office may need this information in case of emergency, or for reporting purposes. The Emergency Contact Information Form, available on MyNaropa should be used to update this information.

**Transcripts**

The Office of Student Administrative Services issues official transcript copies of student academic records. The Transcript Request procedure is available on the web at www.naropa.edu/registrar.

**Transcripts for Recent Graduates**

Two copies of the student’s official transcripts are mailed after final grades have been verified and after other degree audit checks are completed, normally eight to ten weeks after the end of the final semester. Official transcripts verifying the degree can be mailed earlier, after final grades have been confirmed, normally four weeks after the ceremony. There is no charge for the first two transcripts; however, requests for early transcripts must be in writing.

**Transcript Fees**

- Official Transcript: $5
- Additional Charge to Fax Transcript: $4
- Additional Charge for 24-hour Service: $10
- Additional Charge for Overnight Delivery: $34
- Additional Charge for International FedEx: $50

**Transcript Holds**

A hold will be placed on records if a student has not met obligations to the university. Such obligations include, but are not limited to, tuition and fees, transportation fees, library fines, and loan payments. Transcripts may also be withheld for nonfinancial reasons, such as failure to apply for degree completion. Official transcripts will not be released by the university, to a student or any other person or organization authorized, until all outstanding financial obligations to the university have been met. Once a student’s obligations have been fulfilled, transcript requests can be processed.

**Other Student Records**

Students may make an appointment to view their student file at no charge. Students may request that their student academic record be photocopied by the Office of Student Administrative Services for a charge of $1 per page, up to a maximum of $30. Copies will not be made of third-party documents, such as transcripts or diplomas from another school. Requests for copies of student academic records to be sent to other parties must be in writing and must carry the student’s (or the student’s authorized representative’s) signature.

Providing a student has not waived right of access to these letters, the student may request copies of letters of recommendation.

Those who applied to Naropa University but never attended have no access to any information submitted to Naropa. Copies will not be made of any application materials and materials will not be returned to students, with the exception of artwork and slides. In order for these items to be returned, the applicant must have provided a self-addressed, stamped envelope.

Naropa University destroys student records after five full years of nonattendance.

**Disputing Records**

A student has up to one year after leaving Naropa to dispute the facts of any academic records or apply for a medical or family emergency withdrawal from a class. After this time, a disputation of a student record will not be considered. Please see Grade Disputes for specific information on disputing a grade.

**Family Educational Rights and Privacy Act of 1974**

Naropa University makes every effort to comply with the Family Educational Rights and Privacy Act of 1974 (Buckley Amendment). This act is designated to protect the privacy of educational records, to establish a student’s right to review and inspect student records, and to provide guidelines for the correction of inaccurate information through informal and formal hearings. Students also have the right to file complaints with the Family Educational Rights and Privacy Act Office concerning alleged failures by the institution to comply with the act. Student rights begin upon matriculation, which begins at Naropa after the student has attended any classes in the student’s first semester, whichever comes first.

The policy permits disclosure of educational records under certain limited circumstances and routine disclosure, at the university’s discretion, of information referred to as directory information: name, permanent and local addresses, student email address, telephone number(s), photograph, date and place of birth; major/minor field of study, class, anticipated degree and completion date, dates of attendance, full- or halftime status, degrees and awards received, and most recent school attended. The student...
has the right to prevent the disclosure of directory information by filing a request in the Office of Student Administrative Services on a Non-release of Directory Information form provided by that office. Such requests remain in force until rescinded in writing by the student, former student, or graduate. A copy of the complete policy and procedures may be obtained in the Office of Student Administrative Services. If a student’s records are subpoenaed by a court, Naropa is legally obliged to release them. In the event of a request, Naropa will make every effort to inform the student involved unless the university is legally bound not to inform the student, by the terms of a subpoena.

Please visit www.naropa.edu/registrar for more detailed information on Naropa’s FERPA policy. Questions concerning the Family Educational Rights and Privacy Act should be referred to the registrar or the dean of students.

**Student Right to Know**
As required by the Clery Act, Naropa’s annual campus crime report as well as policies regarding crime on campus can be found at http://www.naropa.edu/student-life/campus-safety-security/. 
### Core Curriculum Requirements

First-time college students are required to take COR 113, First Year Seminar instead of COR 130, Contemplative Learning Seminar and COR 150, Diversity Seminar. The Contemplative Practice Seminar and the Body Mind Seminar must be taken at Naropa University. No transfer credit will be accepted or applied toward these core seminars. Writing Seminar II cannot be fulfilled with any AP or CLEP scores. Only research-based writing classes will fulfill this core seminar.

#### Seminars

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>COR110</td>
<td>Writing Seminar I: Art of the Engaged Writer</td>
<td>3</td>
</tr>
<tr>
<td>COR115</td>
<td>Writing Seminar II: Art of the Scholar</td>
<td>3</td>
</tr>
<tr>
<td>COR220</td>
<td>Community-based Learning and Action</td>
<td>3</td>
</tr>
<tr>
<td>COR113</td>
<td>First-Year Seminar: Self and Community in a Complex World</td>
<td>6</td>
</tr>
<tr>
<td>COR130</td>
<td>Contemplative Learning Seminar: Naropa's Roots and Branches</td>
<td>3</td>
</tr>
<tr>
<td>COR150</td>
<td>Diversity Seminar</td>
<td>3</td>
</tr>
<tr>
<td><strong>SUBTOTAL</strong></td>
<td></td>
<td><strong>15</strong></td>
</tr>
</tbody>
</table>

#### Artistic Process (choose 3 credits)

Courses in Artistic Process approach art forms as a practice, igniting one's creative possibilities through discovery, delight and creating art in a contemplative way. The focus is on the self-expression of one's inner artist infused with informed articulation of art as a means to engage with the world.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART101</td>
<td>2D Design: Art Techniques and Experimentation</td>
<td>3</td>
</tr>
<tr>
<td>ART102</td>
<td>Pottery</td>
<td>3</td>
</tr>
<tr>
<td>ART105</td>
<td>Art and Consciousness: Mixed Materials and Self-Exploration</td>
<td>3</td>
</tr>
<tr>
<td>ART116</td>
<td>Photography I</td>
<td>3</td>
</tr>
<tr>
<td>ART125</td>
<td>Introduction to Drawing</td>
<td>3</td>
</tr>
<tr>
<td>ART132</td>
<td>3D Ephemeral Media</td>
<td>3</td>
</tr>
<tr>
<td>ART155</td>
<td>Figure Drawing</td>
<td>3</td>
</tr>
<tr>
<td>ART180</td>
<td>Sculpture</td>
<td>3</td>
</tr>
<tr>
<td>ART181</td>
<td>Traditional Chinese Brush Stroke I</td>
<td>3</td>
</tr>
<tr>
<td>ART200</td>
<td>The Contemplative Artist</td>
<td>3</td>
</tr>
<tr>
<td>ART215</td>
<td>Watercolor</td>
<td>3</td>
</tr>
<tr>
<td>ART233</td>
<td>Thangka Painting I: Appreciation of Himalayan Buddhist Art</td>
<td>3</td>
</tr>
<tr>
<td>ART245</td>
<td>Introduction to Painting: Realism</td>
<td>3</td>
</tr>
<tr>
<td>ART260</td>
<td>Calligraphy and Book Arts</td>
<td>3</td>
</tr>
<tr>
<td>ART311</td>
<td>Mixed Media</td>
<td>3</td>
</tr>
<tr>
<td>ART325</td>
<td>Advanced Drawing</td>
<td>3</td>
</tr>
<tr>
<td>MUS208</td>
<td>Naropa Chorus</td>
<td>3</td>
</tr>
<tr>
<td>MUS215</td>
<td>Rhythm Hemispheres: World Percussion Traditions</td>
<td>3</td>
</tr>
<tr>
<td>MUS230</td>
<td>Improvisation</td>
<td>3</td>
</tr>
<tr>
<td>MUS265</td>
<td>Jazz Ensemble</td>
<td>2</td>
</tr>
<tr>
<td>MUS270</td>
<td>Guitar Ensemble</td>
<td>2</td>
</tr>
<tr>
<td>PAR210</td>
<td>Acting Studio I</td>
<td>3</td>
</tr>
<tr>
<td>PAR220</td>
<td>Dance Studio I</td>
<td>3</td>
</tr>
<tr>
<td>PAR222</td>
<td>Dance of Africa I</td>
<td>3</td>
</tr>
<tr>
<td>PAR231</td>
<td>Articulating Sound: Voice and Speech</td>
<td>3</td>
</tr>
<tr>
<td>PAR301</td>
<td>Acting Ensemble</td>
<td>3</td>
</tr>
<tr>
<td>PAR302</td>
<td>Dance Ensemble</td>
<td>3</td>
</tr>
<tr>
<td>PAR330</td>
<td>Verse Interpretation</td>
<td>3</td>
</tr>
<tr>
<td>PAR331</td>
<td>Prose Interpretation</td>
<td>3</td>
</tr>
<tr>
<td>REL250</td>
<td>Spirituality and Creative Expression</td>
<td>3</td>
</tr>
<tr>
<td>TRA114</td>
<td>Indian Devotional and Raga Singing</td>
<td>3</td>
</tr>
<tr>
<td>TRA120</td>
<td>Ikebana/Kado I</td>
<td>3</td>
</tr>
<tr>
<td>WRI234</td>
<td>Creative Writing and Literature</td>
<td>3</td>
</tr>
<tr>
<td>WRI300</td>
<td>Poetry Workshop: Finding Your Fire</td>
<td>3</td>
</tr>
<tr>
<td>WRI351</td>
<td>SWP Week I</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI352</td>
<td>SWP Week II</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI353</td>
<td>SWP Week III</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI354</td>
<td>SWP Week IV</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI360</td>
<td>Writing Poetry: Only the Narrow Present Is Alive</td>
<td>3</td>
</tr>
<tr>
<td>WRI362</td>
<td>Writing Workshop: Fiction</td>
<td>3</td>
</tr>
<tr>
<td>WRI386</td>
<td>Writing Prose: Narrative and Architecture</td>
<td>3</td>
</tr>
<tr>
<td>WRI451</td>
<td>SWP Week I</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI452</td>
<td>SWP Week II</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI453</td>
<td>SWP Week III</td>
<td>1.5</td>
</tr>
<tr>
<td>WRI454</td>
<td>SWP Week IV</td>
<td>1.5</td>
</tr>
</tbody>
</table>

#### Body/Mind Practice (choose 3 credits)

The knowledge of life that comes from the experience of the unified wholeness of mind and body is both dynamic and direct. This is the meaning of “yoga”—that which fully joins mind and body. We train in developing this knowledge through disciplines emphasizing both stillness and movement, sound and silence. This training strengthens our capacity to feel sensation, heighten perception, appreciate impermanence, and remain open and responsive equally to pleasure and discomfort. Through such training, students deepen clarity of awareness, our kindness towards ourselves, and empathy for others. These gifts will support the aspiration to contribute to the world in a creative and skillful way.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAR100</td>
<td>Wisdom of the Body</td>
<td>3</td>
</tr>
<tr>
<td>PAR222</td>
<td>Dance of Africa I</td>
<td>3</td>
</tr>
<tr>
<td>PAR230</td>
<td>Preparing the Voice: Breathing is Meaning</td>
<td>3</td>
</tr>
<tr>
<td>PSYB208</td>
<td>Embodying Process and the Individual</td>
<td>3</td>
</tr>
<tr>
<td>PSYB255</td>
<td>Body-Mind Centering</td>
<td>3</td>
</tr>
<tr>
<td>REL160</td>
<td>Meditation Practicum I: Freeing the Mind</td>
<td>3</td>
</tr>
<tr>
<td>REL271</td>
<td>Centering Prayer as Christian Contemplation</td>
<td>3</td>
</tr>
<tr>
<td>TRA100</td>
<td>Shambhala Meditation Practicum</td>
<td>3</td>
</tr>
<tr>
<td>TRA105</td>
<td>Tai-chi Ch’uan: Level I</td>
<td>3</td>
</tr>
<tr>
<td>TRA110</td>
<td>Aikido I</td>
<td>3</td>
</tr>
<tr>
<td>TRA133</td>
<td>Yoga I</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Cultural & Historical Studies (choose 3 credits)

Understanding both our common humanity and our different histories is critical for effective living in today’s world. Cultural and Historical Studies courses examine complex cultural practices—the meaning and practices of everyday life—and their relationship to power in historical and contemporary contexts. Courses in this area explore a range of diverse cultural experiences while building understanding and respect for profound political and social differences.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ART301</td>
<td>World Art I: Ancient to Middle Ages</td>
<td>3</td>
</tr>
<tr>
<td>ART351</td>
<td>World Art II: Medieval and Modern Transformations</td>
<td>3</td>
</tr>
<tr>
<td>EDU245</td>
<td>Education, Culture, and Critical Pedagogy</td>
<td>3</td>
</tr>
<tr>
<td>ENV207</td>
<td>History of the Environmental Movement</td>
<td>3</td>
</tr>
</tbody>
</table>
Science and Sustainability (choose 3 credits)
Science connects us to the world in meaningful ways, expanding horizons of understanding and engaging the mystery of our universe. Courses in science and sustainability invite students to experience the complexity and beauty of natural systems through diverse modes of inquiry including empirical, observational, and quantitative/mathematical investigation. Science emphasizes direct observation, the importance of evaluating evidence to guide theory, as well as the application of theory to promote sustainability. Scientific literacy is essential to mature and active citizenship.

World Wisdom Traditions (choose 3 credits)
Through courses in World Wisdom Traditions, students inquire into the wisdom that resides in the religions of many different human communities. They investigate the relationship between their own experience and ancient and contemporary teachings, exploring the relevance of those teachings for their lives. Students in world wisdom courses develop knowledge of the complex histories, lineages, sacred texts and stories, rituals and ethics of the world’s wisdom traditions.

Core Curriculum Course Descriptions

COR110
Writing Seminar I: Art of the Engaged Writer (3)
This course is designed to meet students where they are as writers and stretch their thinking and writing in new directions. Students focus on the creative alongside the critical, the imaginative next to the academic. Conducted in workshop format, the course helps students develop skills in both first-person inquiry and formally constructed essays. Students explore a number of generative and probative writing experiments to locate, identify, and develop ideas, employing different registers of critical thinking and reasoning about the topics. Finally, each written piece goes through multiple drafts as students become objective workshop readers who critique in a supportive manner.

COR113
First-Year Seminar: Self and Community in a Complex World (6)
An integrative introduction to contemplative education at Naropa University. In this course, students explore the basic perspectives and practices of contemplative education, and how this approach can be applied to real world problems. Students are asked to grow their self-awareness and understanding of the world through introspection, academic reflection and through encountering difference. Students develop a solid foundation for success in this introduction to college life and the specific methods and disciplines of a Naropa education.

COR115
Writing Seminar II: Art of the Scholar (3)
In Writing Seminar I, students focused their writing on “starting where you are,” what Chogyam Trungpa Rinpoche calls “having to meet yourself,” and then developed critical thinking and writing skills. In Writing Seminar II, students meet themselves not only as writers, but also as burgeoning scholars and as engaged learners to explore the richness of our humanity. They practice the art of scholarly investigation that will support their undergraduate education. We read one key humanities-oriented text that spurs a multidisciplinary research investigation, incorporating research strategies and presentation skills along the way. Students in all sections practice the basics of scholarly investigation and argumentation, building a set of skills they will need and will refine throughout their undergraduate education. The semester culminates in a ten- to twelve-page research paper, the topic of which is suggested through class discussions. Students enrolling in Writing Seminar II must have taken and passed Writing Seminar I or the equivalent.

COR130
Contemplative Learning Seminar: Naropa’s Roots and Branches (3)
The Contemplative Learning Seminar introduces the tradition of contemplative education as it has been developed at Naropa University, with an emphasis on its vision, purpose, and application to the academic, artistic, and psychological disciplines taught in the various majors. Students are introduced to contemplative practices that have shaped these disciplines, especially emphasizing mindfulness-awareness and sitting meditation practice. This course is designed to integrate the personal journey of entering students with the rest of their Naropa educational experience.

COR150
Diversity Seminar (3)
The Diversity Seminar emphasizes the development of knowledge, critical thinking, analytical skills, and interpersonal and intergroup interactions necessary for living and working in a society characterized by diversity. Students engage in inquiry and analysis of the complexities of multiple and competing theories of race, class, gender, ethnicity, disability, age, sexuality, nationality, and religion, and how they shape and are shaped by social and cultural life in the United States. Through diversity and contemplative education, students can awaken a greater understanding of others, develop self-understanding, and develop understanding of self in relation to others in order to promote ethical behaviors and values that support a diverse world.

COR205
Orientation Leadership Training (3)
This course provides a unique opportunity for current students to learn lifelong skills and co-create an intimate community by helping new Naropa
students begin their journey. Prior to fall orientation, students become skilled at communicating and group facilitating, building intimate communities, discussing diversity issues, and activity planning. Upon completion of training, students serve as orientation peer leaders and facilitate groups of new students for one week by providing support, resources, and activities during their transition.

**COR220**

*Community-based Learning and Action [3]*

The purpose of this course is to engage “big questions” and issues through community-based learning. The course is designed as a laboratory for students to identify and articulate their own values, commitments and gifts and to deepen their understanding of local and global initiatives that foster social justice, innovation and environmental sustainability. Joining theory and practice, we explore practices that range from bearing witness and loving kindness to social entrepreneurship, storytelling, service-learning and political participation. We extend the classroom into the community through field trips and partnerships with local community groups and invite scholars, activists and community leaders from diverse locations into the classroom. Assignments are designed to cultivate inner resources such as curiosity, courage, and resilience and to enhance knowledge and skills to address real-world challenges. While the topics may vary by semester, class projects aim for reciprocity, maximizing the potential for student learning and benefitting local communities.
The mission of the Graduate School of Psychology is to offer graduate psychology degree programs that are engaged, embodied, contemplative, and informative. Each program offers students a process of learning, reflection, integration, and mindful practice in relation to service in the world. Drawing from a rich diversity of traditional and innovative theories, students learn to apply compassion and discernment to specific situations.

Students are introduced to and encouraged to deepen contemplative practices that enhance self-awareness and inform relationship. These practices serve as a potent means for holding the tension for perceived opposites, including emptiness and form, stillness and movement, body and mind.

Curricula are rooted in experientially based, embodied ways of knowing, including empathetically based critical thinking, community practices, and inclusive and pluralistic values. From this ground of experience, students naturally discover their personal expression of responsible service in the world.

**Graduate Degrees**
- Master of Arts in Contemplative Psychotherapy
- Master of Arts in Somatic Counseling Psychology
  - Body Psychotherapy
  - Dance/Movement Therapy
- Master of Arts in Transpersonal Counseling Psychology
  - Counseling Psychology
  - Art Therapy
  - Wilderness Therapy
- Master of Arts in Transpersonal Psychology: Ecopsychology
Psychology: Contemplative Psychotherapy is a unique clinical training program integrating Western psychotherapy and Buddhist psychological insights. The practice of mindfulness-awareness meditation, together with traveling through a specific sequence of classes as a cohort, leads to an increasing ability to be with oneself and others and provides the ground for entering into genuine relationships with therapy clients. The maitri retreats are an opportunity for students to deepen their relationship to mindfulness-awareness practice and with each other in community. Because the program is directed toward careers in the clinical professions, the semester-long clinical practicum and the nine-month supervised internship in the third year of study is vital. Along with the internship, students participate in small group clinical tutorials with the clinical faculty. Students participate in group process groups throughout the program. These groups support the students’ journeys and provide a place to explore some of the issues and feelings that arise during the training.

Licensure
Learners are strongly encouraged to carefully research the educational requirements for the intended licensure or certification in the state(s) where they intend to seek licensure or certification. Please see the licensure section of the Graduate School of Psychology for further information about the curriculum of the various Graduate School of Psychology counseling programs and licensure/certification eligibility.

Student Success
Because of the professional nature of this training program, students are evaluated on an ongoing basis to assess their readiness for maitri retreats, internship, and continuing in the program altogether. The program may deny a student permission to continue in the program. Although grades are one indication of progress, other criteria for evaluation include how the students interact with each other, with faculty and administration, as well as how they handle obstacles that arise and how they work with feedback based on any of the above criteria. Please see the program handbook for details.

MA Contemplative Psychotherapy Requirements
First year, fall
PSYC600 Opening Retreat (noncredit)
PSYC608 Introduction to Buddhist Psychology (2)
PSYC609 Group Process I (0.5)
PSYC618 Human Growth and Development: Contemplative View (3)
PSYC650 Community, Interdependence, & Multicultural Foundations (3)
PSYC660 Maitri I (1)
PSYC778 Transitions, Lifestyles, and Career Development (3)
SUBTOTAL 12.5

First year, spring
PSYC605 Large Group Process (0.5)
PSYC619 Group Process II (0.5)
PSYC658 Buddhist Psychology II: Abhidharma and the Psychology of Confusion (2)
PSYC675 Maitri II (1)
PSYC678 Lineages of Understanding: Buddhist and Western Perspectives on Well-being and Disorder (3)
PSYC728 Therapeutic Relationships I: Theory and Practice (3)
SUBTOTAL 10

Second year, fall
PSYC629 Group Process III (0.5)
PSYC668 Family Process (2)
PSYC669 Buddhist Psychology III: Compassion and the Heart of Emptiness (2)
PSYC760 Maitri III (1)
PSYC798 Theory and Practice of Group Psychotherapy (3)
PSYC864 Contemplative Psychotherapy Practicum (3)
SUBTOTAL 11.5

Second year, spring
PSYC639 Group Process IV (0.5)
PSYC700 Research and Statistics (2)
PSYC708 Buddhist Psychology IV: The Practice of Psychotherapy and the Path of the Bodhisattva (2)
PSYC738 Psychopathology, Psychosis, and Ordinary Mind (2)
PSYC758 Therapeutic Relationships II: Professional Orientation (3)
PSYC775 Maitri IV (1)
SUBTOTAL 10.5

Third year, fall
PSYC702 Assessment and Appraisal (2)
PSYC709 Contemplative Psychotherapy Seminar: Mandala and Clinical Applications (2)
PSYC719 Group Process V (0.5)
PSYC808 Field Placement I (3–5)
PSYC818 Clinical Tutorial I (2)
SUBTOTAL 9.5

Third year, spring
PSYC729 Group Process VI (0.5)
PSYC739 The Art of Practicing Contemplative Psychotherapy (3)
PSYC858 Field Placement II (3–5)
PSYC860 Maitri V (0.5)
PSYC868 Clinical Tutorial II (2)
SUBTOTAL 9

TOTAL CREDITS 63

MA in Contemplative Psychotherapy Course Descriptions
PSYC600 Opening Retreat (noncredit)
An introduction to fundamental principles of Contemplative Psychotherapy, this weekend intensive provides the opportunity for community building, an introduction to meditation, and the marking of the transition into the MA Psychology: Contemplative Psychotherapy program.

PSYC605 Large Group Process (0.5)
Students participate in large group process. Key theoretical concepts, individuals’ experience within the group, and the group’s dynamics are examined.

PSYC608 Introduction to Buddhist Psychology (2)
Contemplative Psychotherapy is based on the view of “brilliant sanity” or buddha nature, the idea that health is intrinsic and unconditional. This course presents teachings from Buddhist psychology on the mind in both
sanity and confusion. In particular, we examine the mistaken notion of a solid separate self as the foundation of suffering and misunderstanding. The importance of impermanence and transition is highlighted. We begin an exploration of how habitual patterns of mind may lead to addictive patterns of behavior. Meditation practice is introduced both as a method of self-care and of self-awareness and inquiry. Self-understanding is emphasized as the basis for ethical and helpful counseling relationships. Additional fee for one-on-one meditation instruction.

**PSYC609**
*Group Process I (0.5)*
A cohort of students participates in a small group throughout their tenure in the program. Emphasis is on providing support for the students’ journey while providing the students the opportunity to study the many dimensions of small group dynamics as these develop in their respective groups.

**PSYC618**
*Human Growth and Development: Contemplative View (3)*
An exploration of human experience and psychological development throughout the trajectory of a lifetime is the focus of study in this course. Key events, life passages, human nature, needs, and development are explored. Seminal theories of Western psychology, together with key concepts and practices of Buddhism, provide a context within which we consider an integrative view of human development. Understanding of these subjects is deepened through self-reflection, meditation, observation, and a consideration of what supports health and development. A major goal of the class is to arouse interest in human experience and development.

**PSYC619**
*Group Process II (0.5)*
A continuation of PSYC609.

**PSYC629**
*Group Process III (0.5)*
A continuation of PSYC619.

**PSYC639**
*Group Process IV (0.5)*
A continuation of PSYC629.

**PSYC650**
*Community, Interdependence, & Multicultural Foundations (3)*
A learning community that offers a wealth of opportunities to learn about and experience oneself in relationship. In this class students explore theories of community; work with the skills and qualities necessary to understand and foster a cohesive, compassionate, and creative learning community; and establish the ground for studying oneself in relationship. Particular attention is paid to the role of diversity and multicultural competence. This course provides the theoretical and experiential ground for working skillfully with diverse identities including race, ethnicity, nationality, education, class, gender, sexual orientation, age, and ability. Buddhist principles of nonduality and the coexistence of relative and absolute truth provide the conceptual basis from which students learn to bring a sense of maitri and nonaggression to their work.

**PSYC658**
*Buddhist Psychology II: Abhidharma and the Psychology of Confusion (2)*
The Abhidharma teachings on the five skandhas and the six “realms” provide precise understanding of the development of a false sense of self and how this mistaken view leads to a variety of styles of confusion and suffering. The study of karmic cause and effect leads to an understanding of how habitual patterns of mind develop and may be interrupted. Pratityasamutpada is studied as an approach to understanding interdependence and systems thinking. The early ethical teachings of the Buddha are studied, and the practice of mindfulness-awareness sitting meditation is explored further, both experientially and intellectually. Additional fee for one-on-one meditation instruction.

**PSYC660**
*Maitri I (1)*
A two-week residential intensive focusing on the practice of intensive sitting and walking meditation. Students refine their understanding of meditation practice. Self-understanding is emphasized as the basis for ethical and helpful counseling relationships. Additional fee for one-on-one meditation instruction. Additional fee for room and board.

**PSYC668**
*Family Process (2)*
An introduction to family process and family systems. The purpose of the course is to assist students in experiencing the shift in perception that comes from seeing a family as a system—within its own organization and life—beyond that of the individual. In addition, students explore their families of origin as a ground for working with others. The course consists of lectures, student presentations, class discussions, and experiential exercises.

**PSYC669**
*Buddhist Psychology III: Compassion and the Heart of Emptiness (2)*
An introduction to the Mahayana teachings with their emphasis on skillfully helping others, the teachings on bodhicitta, awakened mind and the four brahmaviharas, as methods for cultivating compassion. The Buddhist teachings on sunyata, emptiness, are explored with respect to their implications for clinical work. Students apply these teachings both to their own personal experience and to clinical work. Additional fee for one-on-one meditation instruction.

**PSYC675**
*Maitri II (1)*
A two-week residential intensive focusing on the practice of intensive sitting and walking meditation. Students refine their understanding of meditation practice. The practices of intensive sitting meditation, walking meditation and Maitri space awareness are directed toward becoming increasingly at home with oneself and with others. Students are introduced to the Five Buddha Families of Tibetan Buddhist teachings as a way of understanding how the seeds of clarity are often hidden within the manifestations of confusion and suffering. This residential class requires full participation in all aspects of the program. Additional fee for one-on-one meditation instruction. Additional fee for room and board.

**PSYC678**
*Lineages of Understanding: Buddhist and Western Perspectives on Well-being and Disorder (3)*
An examination of how we think about health and psychopathology. Drawing upon both history and current approaches, it includes the study of a variety of mental disorders as they are understood in contemporary clinical work including anxiety, depression, addiction, personality disorders, and the impact of sexual abuse and domestic violence. All of these topics are further examined within the context of the Buddhist understanding of interdependence. In particular, the way in which we conceptualize experiences, in contrast to the raw material of such experiences, is scrutinized. Western language and Buddhist language for the processes that support or distort the experience of well-being and clear perception are also explored, including such concepts as transference, counter-transference, and resistance.

**PSYC699**
*Independent Study (1–3)*

**PSYC700**
*Research and Statistics (2)*
A survey of research methods and statistics as they apply to counseling psychology and psychotherapy. Topics include philosophical issues, rigor, types of psychological research, descriptive and inferential statistics, experimental and correlational methods, qualitative methods, test construction, needs assessments, program evaluation, research ethics, the structure of research reports, and strategies for literature searches.
The course seeks to be applicable and useful for both professional and personal growth and includes lecture, discussion, and practice exercises.

PSYC701W
Research and Psychological Testing (1)
Designed to be as experiential as possible, this course covers psychological testing and assessment in the context of counseling psychology and psychological research. Course work seeks to be applicable and useful for both professional and personal growth and includes lecture, discussion, and exercises.

PSYC702
Assessment and Appraisal (2)
This course provides students with a broad understanding of important topics in appraisal and its application to counseling. Included are group and individual psychometric theories and approaches to appraisal; data and information-gathering methods; validity and reliability; psychometric statistics; and factors influencing appraisals. Students also explore the possible implications of a contemplative counseling model in applying appraisal methods.

PSYC708
Buddhist Psychology IV: The Practice of Psychotherapy and the Path of the Bodhisattva (2)
The Mahayana ideal of the bodhisattva, one who dedicates his or her life to the welfare of others, can be an inspiration for the psychotherapist. This course focuses on the example of the bodhisattva and the practice of the six paramitas, or transcendent actions, as they apply both to the students’ own development and to working with therapy clients. Understanding compassion as the basis for ethical behavior and the appropriate setting of boundaries in the clinical relationship is stressed. Classical texts, contemporary commentaries, and clinical writings are studied. Additional fee for one-on-one meditation instruction.

PSYC709
Contemplative Psychotherapy Seminar: Mandala and Clinical Applications (2)
Teachings on the mandala principle are introduced as they apply to clinical work, including advanced study of the five “Buddha Families” as potent resources available to therapy clinicians and clients. The course explores mandala vision of wholeness and interconnectedness as a ground for understanding clinical dynamics and as a clinician’s awareness practice in the therapeutic setting. Taken during the internship year, the course has a format that includes group meditation and exploration of contemporary intervention approaches and clinical topics in light of Buddhist teachings. Additional fee for one-on-one meditation instruction.

PSYC719
Group Process V (0.5)
A continuation of PSYC 639.

PSYC728
Therapeutic Relationships I: Theory and Practice (3)
Introductory exploration of the professional practice of psychotherapy, which is seen as the joining of the personal discipline of mindfulness-awareness practice that cultivates self-understanding with the interpersonal discipline of cultivating healing relationships. The course includes both experiential and intellectual components, and emphasizes current counseling theories and their applications, a culturally sensitive orientation to the fundamental health of the human mind, and contemplative self-care strategies for working with human suffering and cultivating wellness. The course utilizes experiential training and practice in clinical skills and on-the-spot feedback.

PSYC729
Group Process VI (0.5)
A continuation of PSYC 719.

PSYC738
Psychopathology, Psychosis, and Ordinary Mind (2)
This course examines psychosis through clinical material and a discussion of Buddhist and other understandings of mind. Strategies for facilitating optimum development and wellness over the life span are discussed. Assessment and diagnosis of psychotic disorders are included. The class emphasizes selected approaches to treatment and the journey of recovery. This allows counselors and therapists to cultivate new social and individual treatments that provide the advocacy processes needed to address institutional and social barriers that impede access, equity, and success for clients.

PSYC739
The Art of Practicing Contemplative Psychotherapy (3)
An opportunity for students to review and integrate Buddhist teachings while engaging in their internship experiences. The format of the class includes group meditation and individual presentations of clinical interests, together with group discussion aimed at integrating Buddhist, clinical, and other contemporary approaches to the art of practicing contemplative psychotherapy. Written work is designed to further the conceptual and clinical acumen of the developing psychotherapist. Additional fee for one-on-one meditation instruction.

PSYC758
Therapeutic Relationships II: Professional Orientation (3)
Providing continuing training in clinical skills, this course emphasizes the study of professional roles and standards including ethics, legal issues, and credentialing.

PSYC760
Maitri III (1)
A two-week residential intensive focusing on the relationship between individual contemplative practice and working with others both in the Maitri community and in clinical practice. Intensive sitting meditation, walking meditation, and community living provide opportunities for increased self-understanding, self-acceptance, and openness to differences. These learnings continue to form the ground upon which ethical and healing relationships may be cultivated. The academic portion of the program focuses on the Lojong teachings of the Buddhist Mahayana tradition and their application to clinical work. Additional fee for one-on-one meditation instruction. Additional fee for room and board.

PSYC775
Maitri IV (1)
A two-week residential intensive focusing on the relationship between individual contemplative practice and working with others both in the Maitri community and in clinical practice. Intensive sitting meditation, walking meditation, Maitri space awareness practice, and community living provide opportunities for increased self-understanding, self-acceptance, and openness to differences. These learnings continue to form the ground upon which ethical and healing relationships may be cultivated. The academic portion of the program focuses on the Lojong teachings of the Buddhist Mahayana tradition and their application to clinical work. Additional fee for one-on-one meditation instruction. Additional fee for room and board.

PSYC778
Transitions, Lifestyles, and Career Development (3)
Major life transitions are explored, including lifestyle choices, career selection, identity shifts, relational transitions, and transitions between life and death. Beginning with an exploration of transitional space, paradox, and play, students are encouraged to integrate impermanence, interdependence, and groundlessness. A significant focus of the class is major career theories and the foundations and practice of career counseling. Students are also encouraged to apply the class material to their own major life transitions, including the changes involved in beginning their graduate study.
**PSYC798**
Theory and Practice of Group Psychotherapy (3)
A comprehensive introduction to the theoretical and practical aspects of group theory and effective group leadership. Theories of group dynamics and approaches to group therapy are studied. Issues considered include the factors that affect group dynamics, such as selection criteria, group size, composition, and group theme. Group leadership is discussed in regard to style and approach to the contract, resistance, transference, countertransference, cohesion, diversity, aggression, and acting out. The group dynamic underpinnings of community and diversity are also explored, paying particular attention to the hierarchical issues, which are not always explored in the psychotherapy group milieu. Students have the opportunity to lead practice groups and receive feedback from the instructors.

**PSYC808**
Field Placement I (3-5)
During this nine-month internship, students work twenty to thirty hours per week (minimum of 700 hours required) in a psychological fieldwork setting. While studying and working alongside mental health professionals, students bring the principles of Contemplative Psychotherapy to the practices of counseling, therapy, group work, and patient care.

**PSYC818**
Clinical Tutorial I (2)
During the internship year, students meet weekly in small groups with members of the clinical faculty and use a contemplative approach to case presentation. These presentations are directed toward a deeper understanding of how the principles of Contemplative Psychotherapy manifest in clinical work. Group members also practice clinical skills in these groups.

**PSYC858**
Field Placement II (3–5)

**PSYC860**
Maitri V (0.5)
A weeklong retreat held during spring break, the third-year Maitri program brings attention to endings: the ending of the three-year program for the students and the termination process in therapy. Students are encouraged to bring mindfulness and awareness to the experiences that arise during termination. The traditional teachings on death and dying found in The Tibetan Book of the Dead provide surprisingly relevant guidance for the contemporary therapist in dealing with endings of all kinds. Additional fee for room and board.

**PSYC864**
Contemplative Psychotherapy Practicum (3)
The Contemplative Psychotherapy Practicum is designed to provide a supportive and instructional forum for students’ initial experiences counseling clients in clinical settings. The practicum provides for the continued development of counseling and therapeutic skills with consultation and supervision, utilizing both group and triadic models. Students discuss professional and personal issues as they relate to their development as beginning counselors. Topics include understanding client issues for a specific theoretical orientation, including a contemplative therapeutic approach, case planning, clinical decision making, client transference and therapist countertransference, as well as dynamics of the student-supervisory relationship, organizational issues at the site, and balancing personal and professional responsibilities.

**PSYC868**
Clinical Tutorial II (2)
A continuation of PSYC818.

**PSYC874**
Extended Clinical Tutorial (0.5–2)
Students who have not completed internship may be required to register for extended clinical tutorial. See Special Student Status in the Academic Information section. May be repeated.
The 60-credit MA Somatic Counseling Psychology program provides students with the theoretical, clinical, and professional skills to be effective psychotherapists grounded in the integration of body, mind, and movement. The program integrates personal and professional learning in a contemplative and somatic framework, stressing the interwoven nature of sensation, emotion, thought, and movement. The curriculum focuses on awareness practices, movement disciplines, counseling techniques, multicultural perspectives, and scholarly pursuits that prepare students to be of service both to themselves and others. Students train in Attachment Theory, Object Relations and Self Psychology Theory, Creative Systems Theory, and Gestalt-based modalities as well as science-based and intuitively-based forms that blend clinical neuroscience and behavioral medicine with Somatic Counseling Psychology. In addition, both concentrations focus on the power of the creative experience, coupled with the healing properties of conscious movement sequencing. Both the Dance/Movement Therapy and the Body Psychotherapy concentrations learn the foundational principles of the Kestenberg Movement Profile (KMP), Laban Movement Analysis (LMA), and Body-Mind Centering™ (BMC) as evaluative tools that establish a common language for assessing the body at rest and in motion.

The program prepares graduates for a career that makes use of recent research advances that validate and extend their field. To facilitate this type of learning, students are required to complete thirty, one-hour sessions in a counseling/therapy relationship with a qualified psychotherapist of their choice (cost of sessions is not included in tuition cost). This component emphasizes the importance of self-reflection, external monitoring, and firsthand experience as a client in individual counseling or psychotherapy.

Internship
Students in the Somatic Counseling Psychology program are required to complete a 200-hour clinical practicum placement (100 hours of which must be completed before program entrance) and a 700-hour clinical internship. This requirement involves 70 hours of both group and individual clinical mentorship by a registered dance/movement therapist or body psychotherapist. If the student has not completed the clinical practicum after completing the required course work or is completing clinical internship hours at a site during the summer, the student must enroll in PSYS877, Extended Internship Placement, for every semester (including summer) until degree completion or clinical internship completion.

Master’s Project
Students in both concentrations are required to complete a scholarly master’s project or paper which is a written document that demonstrates the student’s clinical excellence, academic scholarship, and understanding of research concepts and writing proficiency. The master’s paper must be written in APA format and approved by the program in order for the student to graduate. If a student has not completed the master’s paper after taking the required master’s project course work, the student must enroll in PSYS882, Extended Master’s Project, every semester (including summer) until degree completion.

Program Support and Student Success
It is essential that students understand that acceptance into the program does not guarantee its completion. Over the course of a student’s journey, the student and/or the program faculty may find that the student is not able to meet or sustain the level of clinical skill or professionalism that the program or the field requires. While the program has structures to support the students’ efforts to achieve success, it cannot be guaranteed.

Licensure
Students are strongly encouraged to carefully research the educational requirements for the intended licensure or certification in the state(s), province(s), or country(ies) where they intend to seek licensure or certification. Please see www.naropa.edu/licensure for further information about the curriculum of the various Graduate School of Psychology counseling programs and licensure/certification eligibility.

International Somatic Movement Education and Therapy Association
It is possible for a student graduating from the Somatic Counseling Psychology program to use core and elective classes to fulfill many of the requirements for the International Somatic Movement Education and Therapy Association’s (ISMETA) certification as a Registered Somatic Movement Therapist (RSMT) and/or Registered Somatic Movement Educator (RSME).

BODY PSYCHOTHERAPY CONCENTRATION
The Body Psychotherapy concentration draws upon the diverse field of body-centered psychotherapy and trains students to integrate bodywork, movement, and somatic education principles with counseling and psychotherapy skills. Formed alongside modern Western psychotherapy through the work of Reich, Lowen, Pierrakos, Keleman, Perls, Kurtz, Gendlin, and others, it integrates traditional therapeutic practices with attention to sensation and body states, allowing unconscious material to manifest and be worked with using breath, touch, movement, sensation, and imagery. The Body Psychotherapy concentration focuses on the classical energy model of body psychotherapy, as well as object relations and self-psychology, the Gestalt-based Moving Cycle, and other modern models of sensorimotor tracking, conscious movement, and relational techniques.

MA in Somatic Counseling Psychology: Body Psychotherapy Requirements Three-Year Plan

First year, fall
- PSYS500 MASC Program Orientation Seminar [noncredit]
- PSYS506 Counseling Relationships I: Verbal and Nonverbal Skills [2]
- PSYS511 Body/Movement Observation and Assessment I [3]
- PSYS523 Group Community Skills I [noncredit]
- PSYS526 Foundations of Body Psychotherapy [3]
- PSYS546 The Body in Meditation and Psychotherapy I [1]
- PSYS557 Clinical Neuroscience [3]

SUBTOTAL 12

First year, spring
- PSYS613 Social and Multicultural Foundations [3]
- PSYS637 Body/Movement Observation and Assessment II [3]
- PSYS653 Group Community Skills II [noncredit]
- PSYS656 Counseling Relationships II: Verbal and Nonverbal Skills in Counseling & Psychotherapy [3]
- PSYS683 Group Process and Dynamics [3]

SUBTOTAL 14

Graduate School of Psychology 41
Second year, fall
PSYS605  Advanced Clinical Skills I (2)
PSYS682  Human Growth and Development (3)
PSYS687  Clinical Orientation (3)
PSYS715  Specialized Approaches in Body Psychotherapy: Trauma, Resilience, and Change (2)
PSYS723  Group Community Skills IV (noncredit)
PSYS736  Current Methods and Skills in Psychotherapy (3)
SUBTOTAL  13

Second year, spring
PSYS607  Appraisal: Clinical Assessment (3)
PSYS649  The Body in Meditation and Psychotherapy II (1)
PSYS701  Research and Program Evaluation (3)
PSYS753  Group Community Skills IV (noncredit)
PSYS756  Advanced Clinical Skills II (3)
SUBTOTAL  13

Third year, fall
PSYS862  Lifestyles and Career Development II: Theory and Counseling Strategies (1)
PSYS816  Internship Placement I (0.5)
PSYS823  Group Community Skills V (noncredit)
PSYS827  Internship Seminar I: Body Psychotherapy (2)
PSYS834  Master’s Project Seminar I (1)
PSYS856  Professional Orientation (3)
SUBTOTAL  10

Third year, spring
PSYS833  Master’s Project Seminar II (1)
PSYS853  Group Community Skills VI (noncredit)
PSYS866  Internship Placement II (0.5)
PSYS875  Internship Seminar II: Body Psychotherapy (2)
SUBTOTAL  3.5

TOTAL CREDITS 60

DANCE/MOVEMENT THERAPY CONCENTRATION

Approved by the American Dance Therapy Association since 1987, the Dance/Movement Therapy program concentrates on the power of the creative experience, coupled with the healing properties of conscious movement sequencing. Students in the Dance/Movement Therapy concentration are trained in classical as well as innovative forms of Dance/Movement Therapy, specializing in the work of the pioneers Chace, Evan, Whitehouse, Espenak, Schoop, and Hawkins. In addition, the Dance/Movement Therapy concentration focuses on object relations and self-psychotherapy as well as the Gestalt-based Moving Cycle, Authentic Movement, and the interface of Dance/Movement Therapy with modern models of sensorimotor tracking. Dance/Movement Therapy students are also invited to dive deeply into the creative process using the tools of imagery, improvisation, rhythm, spontaneity, metaphor, and presence to activate expressivity and aliveness in themselves and thereby in those with whom they will ultimately work.

MA in Somatic Counseling Psychology: Dance/Movement Therapy Requirements Three-Year Plan

First year, fall
PSYS500  MASCP Program Orientation Seminar (noncredit)
PSYS606  Counseling Relationships I: Verbal and Nonverbal Skills (2)
PSYS616  Foundations of Dance/Movement Therapy (3)
PSYS621  Body/Movement Observation and Assessment I (3)
PSYS623  Group Community Skills I (noncredit)
PSYS646  The Body in Meditation and Psychotherapy I (1)
PSYS657  Clinical Neuroscience (3)
SUBTOTAL  12

First year, spring
PSYS613  Social and Multicultural Foundations (3)
PSYS632  Lifestyles and Career Development I: Identity, Transitions, and Career Selection (2)
PSYS637  Body/Movement Observation and Assessment II (3)
PSYS653  Group Community Skills II (noncredit)
PSYS656  Counseling Relationships II: Verbal and Nonverbal Skills in Counseling & Psychotherapy (3)
PSYS683  Group Community Skills III (noncredit)
SUBTOTAL  14

Second year, fall
PSYS605  Advanced Clinical Skills I (2)
PSYS682  Human Growth and Development (3)
PSYS687  Clinical Orientation (3)
PSYS706  Specialized Approaches in Dance/Movement Therapy: Therapist as Artist (2)
PSYS723  Group Community Skills III (noncredit)
PSYS736  Current Methods and Skills in Psychotherapy (3)
SUBTOTAL  13

Second year, spring
PSYS607  Appraisal: Clinical Assessment (3)
PSYS649  The Body in Meditation and Psychotherapy II (1)
PSYS701  Research and Program Evaluation (3)
PSYS753  Group Community Skills IV (noncredit)
PSYS756  Advanced Clinical Skills II (3)
SUBTOTAL  10

Third year, fall
PSYS762  Lifestyles and Career Development II: Theory and Counseling Strategies (1)
PSYS816  Internship Placement I (0.5)
PSYS823  Group Community Skills V (noncredit)
PSYS826  Internship Seminar I: Dance/Movement Therapy (2)
PSYS834  Master’s Project Seminar I (1)
PSYS856  Professional Orientation (3)
SUBTOTAL  7.5

Third year, spring
PSYS835  Master’s Project Seminar II (1)
PSYS853  Group Community Skills VI (noncredit)
PSYS866  Internship Placement II (0.5)
PSYS876  Internship Seminar II: Dance/Movement Therapy (2)
SUBTOTAL  3.5

TOTAL CREDITS 60

MA in Somatic Counseling Psychology Course Descriptions

PSYS500
MASCP Program Orientation Seminar (noncredit)
A two-part orientation to the Somatic Counseling Psychology Department: A daylong retreat immerses new students in opportunities to get acquainted with each other, with the degree program, and with our mission as a university from an experiential perspective; and an all-day writing skills workshop focusing on academic writing using Creative Systems Theory and APA Format. Special fee of $75.

PSYS605
Advanced Clinical Skills I (2)
Through experiential and theoretical exercises, students learn how counselors, dance and movement therapists, and body psychotherapists apply somatically based clinical skills to advanced clinical theory. Developmental theory is explored through the lens of Object Relations, Self-Psychology, and Attachment Theory, and their implications for clinical practice. As an extension of these theories, the ethics, strategies, and practices for the use of touch in somatically oriented sessions will be introduced. Students continue to develop and refine clinical skills through...
classroom practice sessions, assessment of outside session videos, and written assignments.

**PSYS606**
Counseling Relationships I: Verbal and Nonverbal Skills in Counseling & Psychotherapy (2)
Introduction to the basic forms and practices of facilitating body and movement-centered therapy and counseling sessions with individuals. Emphasis is on the stages of counseling, basic counseling skills, attitudes, and values of the counselor and the importance of the counseling relationship. Skills covered include facilitating a client through the developmental stages of individual process; basic attendance; finding unconscious associations; identifying and working with sensation and movement; cultivation of empathic, compassionate, non-judgmental states; and sensitivity to and methods for working with diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the students’ learning.

**PSYS607**
Appraisal: Clinical Assessment (3)
Student clinicians are provided a working knowledge of the skills and tools used in the clinical process of assessing, diagnosing, and treating psychiatric syndromes and populations. The course content explores the basic aspects of psychometric testing, including validity, reliability, and professional and ethical considerations associated with assessment and testing. In addition, students are introduced to the major diagnostic categories within the DSM-5 as a tool for understanding states of individual psychopathology. Prerequisite: Abnormal Psychology or Psychopathology requirement and PSYS687. Somatic Counseling Psychology students only.

**PSYS613**
Social and Multicultural Foundations (3)
Psychotherapists work with clients who, in many cases, come from vastly different cultures than those of themselves, whether measured by ethnicity, gender, sexual orientation, age, class, or race. This course introduces the student to the basic theories and practices of culturally competent counseling by examining the student’s own culture, biases, and internalized oppressions. Somatic Counseling Psychology students only.

**PSYS616**
 Foundations of Dance/Movement Therapy (3)
An experiential and didactic introduction to the field of Dance/Movement Therapy, including its historical roots and evolution, the contributions of major pioneers in the field, and the beginning exploration of various theoretical models and their implications for clinical practice based on a commitment to diversity, service, and contemplative practice. Designed to introduce students to the diversity of the work of dance/movement therapists with both groups and individuals, and to begin to prepare students to facilitate dance/movement therapy with a wide range of clients.

**PSYS621**
Body/Movement Observation and Assessment I (3)
In this course, students look at how the mind is expressed through the body. The focus is placed on gathering the basic terms and concepts necessary to cultivate the skill of seeing the body descriptively both in stillness as well as in motion. A range of observation and assessment models specific to dance/movement therapy and body psychotherapy is introduced, including morphological, developmental, energetic, segmented, process-oriented, and archetypal frameworks. The overarching context for encapsulating these concepts is through the lens of Laban Movement Analysis (LMA) and Body-Mind Centering (BMC).

**PSYS623**
 Group Community Skills I (noncredit)
This course is designed as a laboratory for students to learn experientially about group dynamics and leadership. Through personal exploration, communication skills practice, and integration of and participation in group relationship, this course serves as a clearinghouse for student questions, conflicts, and problem-solving regarding group dynamics. Somatic Counseling Psychology students only. $125 special fee.

**PSYS626**
 Foundations of Body Psychotherapy (3)
Students learn the theoretical and practical roots of body psychotherapy, beginning with the Freudian era and sequencing through current times. The field is viewed from the perspective of the contributions of its founders as well as from the therapeutic paradigms they represent. Demonstrations and practical exercises give students a chance to experience these modalities in action and to learn basic clinical techniques. Somatic Counseling Psychology students only.

**PSYS632**
Lifestyles and Career Development I: Identity, Transitions, and Career Selection (2)
The first of two Lifestyles and Career Development courses, this course provides a first look into career development theory and decision-making models. Students learn career development program planning, placement, organization, implementation, administration, and evaluation. Students address the symbiotic relationship between learning in the classroom and clinical applications in the community as they explore and reflect on their own career development. This course serves as preparation for students to study the relevance of Counseling Psychology to marginalized and oppressed as well as privileged populations through a Practicum Placement in Fall Semester.

**PSYS637**
Body/Movement Observation and Assessment II (3)
Students learn to appraise how ego structures such as self-image, identity, object relations, and superego manifest in the body as patterns of alignment, proportion, and strategies for balance. Methods are explored for gathering information to clarify the relationship between observed physical patterns and clients’ inner physical and psychological experience as the basis for developing a treatment plan. Concepts from the movement education systems are applied to treatment strategies. Somatic Counseling Psychology students only.

**PSYS646**
The Body in Meditation and Psychotherapy I (1)
Explores mindfulness-awareness meditation practice: how we work with ourselves, and how this informs and supports our training as body-based psychotherapists. The course also explores the application of mindfulness-awareness practice in contemporary psychotherapies, and how this practice has influenced individual therapists’ work. The body in stillness is the ground to work directly with our moment-to-moment experience of body, speech, and mind. Includes practice sessions, lecture, discussion, experiential exercises, and in-class writing.

**PSYS649**
The Body in Meditation and Psychotherapy II (1)
Further topics in the areas of somatically based contemplative practices are explored.

**PSYS653**
Group Community Skills II (noncredit)
A continuation of PSYS623. Somatic Counseling Psychology students only. $125 special fee.

**PSYS656**
Counseling Relationships II: Verbal and Nonverbal Skills in Counseling & Psychotherapy (3)
Using direct experiences to develop clinical counseling skills, this advanced course works with the basic forms and practices of facilitating body and movement-centered therapy and counseling sessions with individuals. The skills covered include working with resistance, emotional arousal, therapeutic transference/countertransference, character strategy,
relationship issues, and energy states. Examples will be given of how the skills apply in various settings to diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the students’ learning.

**PSYS657**
Clinical Neuroscience (3)
This course investigates the relationship between the nervous system and other body systems, and cognitive, emotional, and behavioral processes. By understanding the relationship of body structures—such as the brain, the heart, and the gut—with thinking, feeling, sensing, and moving, students can construct a continuum from theory to practice that scholars and scientifically sound treatment options for the field of somatic counseling psychology.

**PSYS682**
Human Growth and Development (3)
An overview of the major theories of psychological development across the lifespan. Information from a broad range of perspectives is covered including biological, psychoanalytic/dynamic, cognitive, social learning, and cross-cultural. Somatic Counseling Psychology students only.

**PSYS683**
Group Process and Dynamics (3)
Introduces beginning dance/movement therapists and body psychotherapists to the skills they need to lead clinically focused therapy groups. These skills include an understanding of group formation, the developmental stages of groups, group norms, multicultural issues in groups, methods for soliciting and integrating minority member influences, styles of communication among group members, group dynamics, group leadership styles, and group productivity. Specific movement-oriented, body-based interventions are discussed and practiced in experientials and student-led group facilitations.

**PSYS687**
Clinical Orientation (3)
Lectures, discussion, guest speakers, experiential activities, and assignments on clinical issues in mental health care: standards of practice, counseling skills, documentation, ethics, diversity issues, and multi-disciplinary team collaboration. The course addresses professional identity development and the role of the DMT and BP within various mental health settings and systems. Prepares students to plan clinical internship and to develop a professional vision that is multicultural sensitive, socially relevant, nurtured by contemplative practice, and informed by current standards and practices. A supportive forum for integrating academic with experiential and clinical learning in the concurrent clinical fieldwork/practicum.

**PSYS699**
Independent Study (1–3)

**PSYS701**
Research and Program Evaluation (3)
An introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research and opportunities and methodologies for conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action, and outcome based are surveyed. Principles, models, and applications of needs assessment, program evaluation, and use of findings to effect program modification are discussed. Technology, statistical methods, ethics and legal concerns, result report, and methodologies that centralize diversity and inclusion are also topics of importance.

**PSYS706**
Specialized Approaches in Dance/Movement Therapy: Therapist as Artist (2)
An exploration of the creative healing arts and the therapist’s role as artist. Theories of imagination and creativity, and their relevance to personal creative process and clinical skill-building are examined. In addition, this course focuses on the therapeutic value of the creative art therapy modalities: art, drama, dance, poetry/writing, and music. Students explore how the imagination heals and renews itself through each modality. Readings, discussion, in-class experientials, and in-class activities include practice and considerations for special populations. Emphasis is on the integration and application of creative modalities, the artistic experience, and therapeutic skills in working with clients.

**PSYS715**
Specialized Approaches in Body Psychotherapy: Trauma, Resilience, and Change (2)
An advanced theory and skills course that studies both developmental and traumatic wounding, and the adult patterns of thought, emotion, and behavior these wounds create. Using various methodologies, students gain a somatic understanding of trauma and its physiological and psychological effects. Practical somatic techniques for contacting, accessing, deepening, processing, transforming, and integrating developmental and traumatic experiences are taught.

**PSYS723**
Group Community Skills III (noncredit)
A continuation of PSYS653, Group Community Skills II. Somatic Counseling Psychology students only. $ 125 special fee.

**PSYS736**
Current Methods and Skills in Psychotherapy (3)
Major current approaches in psychotherapy theory and practice including Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Solution Focused Therapy are explored. Students have the opportunity to examine how each of these methods operates independently and also how they interface with more traditional approaches. Students also begin to work with these approaches in a way that builds clinical skill development in alignment with a somatic psychotherapy orientation.

**PSYS753**
Group Community Skills IV (noncredit)
A continuation of PSYS723, Group Community Skills III. Somatic Counseling Psychology students only. $ 125 special fee.

**PSYS756**
Advanced Clinical Skills II (3)
The objective of this course is to support students in refining the basic elements of their therapeutic skill set in preparation for clinical placements. In addition, several advanced clinical skills are also introduced. In particular, students refine their skills in identifying and working with resistance or therapeutic ambivalence, develop greater facility in tracking transference and countertransference in the therapeutic relationship, and cultivate greater facility in using touch, imagery, music, rhythm, props, somatic tracking, and verbalizations to help clients move toward a further level of intrapsychic and interpersonal integration.

**PSYS762**
Lifestyles and Career Development II: Theory and Counseling Strategies (1)
A continuation of Lifestyles and Career Development I, this course further addresses career development theories, techniques, counseling, guidance and education strategies. Students learn and become familiar with occupational and educational information sources and systems, effectiveness evaluation, and assessment tools and resources. Attention is paid both to the students’ personal experience and also to the implications for counseling others. Prerequisite: PSYS632.

**PSYS816**
Internship Placement I (0.5)
Internship is defined as basic and intermediate clinical and education exposure in an approved treatment setting. The intern is an active member of the treatment team, contributing his or her specific areas of
Further practice of the skills and techniques covered in Group Community Skills I–V, with an emphasis on students' professional development in group process and leadership. Somatic Counseling Psychology students only. $50 special fee.

**PSYS825**
Research Project Seminar (2)
This seminar supports the student to engage in an original research study. The study can be qualitative or quantitative, though certain forms of experimental research cannot be supported. The student enters the course after completing 3 credits of Research & Statistics. In addition, the student must receive permission of the instructor, via submission of a written research proposal outlining research question or hypothesis, methodology, and data analysis. Students receive advanced instruction in the specific designs that will be used, and the methods of analyzing results and writing up these results for publication. Students are mentored in the IRB process, as well as recruitment, ethics, and procedures.

**PSYS826**
Internship Seminar I: Dance/Movement Therapy (2)
After completing second-year requirements, each Dance/Movement Therapy student enters a clinical internship, and under Board Certified Dance Movement Therapist [BC-DMT] mentorship leads dance therapy sessions and groups. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Dance/Movement Therapy students only.

**PSYS827**
Internship Seminar I: Body Psychotherapy (2)
This course is for Body Psychotherapy students who have completed their second-year requirements. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Body Psychotherapy students only.

**PSYS834**
Master's Project Seminar I (1)
This course prepares students to write a culminating scholarly paper that reflects the student's integrative and synthetic critical thinking in Somatic Counseling Psychology. Students choose to either write an extensive case study taken from their internship, or a theoretical/research paper formatted and submitted for publication in a professional journal. If the student chooses to do original research, PSYS 825, Research Project Seminar, must be taken at the same time. The course helps the student to select and refine a topic, review the existing literature, organize their writing, and begin working with an assigned reader. Course fee.

**PSYS835**
Master's Project Seminar II (1)
A continuation of PSYS834 designed to assist students in writing their master's project paper. Class content addresses the student's particular needs as the project develops. Particular emphasis is placed on scholarly writing and publication requirements. The course culminates in an oral presentation of the student's work on Master's Project Presentation Day, designed to be a capstone experience of the student's time in the program. Course fee.

**PSYS853**
Group Community Skills VI (noncredit)
Further practice of the skills and techniques covered in Group Community Skills I–V, with an emphasis on students' professional development in group process and leadership. Somatic Counseling Psychology students only. $50 special fee.

**PSYS856**
Professional Orientation (3)
A concluding seminar to help prepare the student for what to expect after graduation, the course focuses on ethical and legal issues, relationships to professional organizations, and employment realities. Students develop awareness and skills in ethical decision making through review of professional and ethical codes, relevant legal statutes, and case scenarios. Students also prepare written theoretical frameworks and résumés and do mock interviews to assist them with postgraduate employment and professional communication. American Dance Therapy Association registry and general licensure issues are also discussed. Prerequisite: PSYS687. Somatic Counseling Psychology students only.

**PSYS866**
Internship Placement II (0.5)
A continuation of PSYS816. Students receive credit that may be included in their applications for fulfilling the 700 hours of internship required to fulfill current state of Colorado licensure (LPC) requirements, and for clinical mentorship.

**PSYS875**
Internship Seminar II: Body Psychotherapy (2)
A continuation of PSYS827, this course is for Body Psychotherapy students who have completed their second-year requirements. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Body Psychotherapy students only.

**PSYS876**
Internship Seminar II: Dance/Movement Therapy (2)
A continuation of PSYS826. After completing second-year requirements, each Dance/Movement Therapy student enters a clinical internship and under ADTR mentorship, leads dance/movement therapy sessions and groups. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Dance/Movement Therapy students only.

**PSYS877**
Extended Internship Placement (0.5)
The purpose of this course is to provide continued support and clinical mentorship for students who have not completed their required clinical internship placement(s) during the sequence of Internship Placement I and Internship Placement II. Required for any student who has completed Internship Placement I and II and who still remains in a clinical internship placement.

**PSYS882**
Extended Master's Project (0.5)
Required for all Somatic Counseling Psychology students who have finished five semesters of course work and who have yet to finish their theses, this class is to be taken the fifth semester of study, and subsequent semesters, until the thesis is completed. Somatic Counseling Psychology students only.
MA IN TRANSPERSONAL COUNSELING PSYCHOLOGY
WITH CONCENTRATIONS IN COUNSELING PSYCHOLOGY, ART THERAPY, AND WILDERNESS THERAPY

The Transpersonal Counseling Psychology program offers rigorous and personally transformative programs that cultivate learning through focused self-exploration, contemplative practice, individual support, small class size, and experiential activities. This three-year, full-time program is composed of four key elements: transpersonal and contemplative orientation; theoretical, experiential, and clinical training courses; the counseling experiential; and the internship.

Transpersonal and contemplative courses survey the interplay between psychology and spiritual paths, provide training in moment-to-moment awareness, offer opportunities for the development of compassion, and introduce various body awareness disciplines. Students maintain a contemplative practice throughout the program.

The counseling experiential requires participation in a counseling relationship with documentation of a minimum of thirty one-hour sessions with a qualified psychotherapist.

Student Success
Because of the professional nature of our training programs for licensure, students are evaluated on an ongoing basis to assess their readiness for practicum, internship, and progression in the overall program. Based on these assessments, the department may deny a student permission to continue in the program. Although grades are one indication of progress, other criteria for evaluation include how a student interacts with peers, faculty, and administration, as well as how a student handles ongoing situations and feedback during the program.

Counseling Practicum
All second-year students are required to complete a Counseling Practicum, which provides for the continued development of counseling skills through fieldwork at a community agency with on-site consultation and supervision. The Counseling Practicum class is designed to provide a supportive and instructional forum for students’ initial experiences working with clients in community settings. Students also become familiar with ethical guidelines relating to the counseling profession. Within a supportive classroom environment, students discuss professional and personal issues as they relate to their development as beginning counselors. Topics include discussion of client populations served, client transference, and therapist countertransference, case presentation, agency structure and organization, and community resources.

Internship for Clinical Programs
The MA program in Transpersonal Counseling Psychology is directed toward careers in the clinical professions. For this reason, the 700-hour supervised internship is a core element of the curriculum. Clinical field placements are arranged through Naropa University and provide students with an opportunity to experience work in an area of specialization such as child and family therapy, crisis intervention, outpatient or inpatient care, or alcohol and drug abuse counseling. On-site supervision and classroom seminars provide support and opportunities for self-examination. Please be aware that students with a criminal background may find that some agencies require additional information prior to acceptance for clinical placement and may have fewer site choices for placement.

Licensure for Clinical Programs
Learners are strongly encouraged to carefully research the educational requirements for the intended licensure or certification in the state(s) where they intend to seek licensure or certification. Please see www.naropa.edu/licensure for further information about the curriculum of the various Graduate School of Psychology counseling programs and licensure/certification eligibility. The Art Therapy concentration within the Transpersonal Counseling Psychology (TCP) program has been approved by the American Art Therapy Association since 1998. Art Therapy graduates are eligible to apply to become a Registered Art Therapist (ATR) with the American Art Therapy Association (AATA) after completing the necessary postgraduation requirements.

Concentration Areas
There are three areas of concentration within the Transpersonal Counseling Psychology program: Counseling Psychology, Art Therapy, and Wilderness Therapy. Each concentration has its own admissions process and a number of specialized courses for enrolled students. However, all three areas share a commitment to a transpersonal vision and excellence in counseling training.

COUNSELING PSYCHOLOGY CONCENTRATION
The Counseling Psychology concentration offers experiential and theoretical study that joins spirituality and psychology through methods such as meditation, Gestalt awareness, psychodynamic approaches, and client-centered therapy. Together these media challenge students to deepen inner personal exploration as well as focused relational work with others. Exploration of the psychotherapeutic process is balanced with personal reflection and shared observations with peers and instructors. Students choose from a variety of electives including specialized transpersonal approaches, meditation, marriage and family therapy, Jungian psychology, and Gestalt therapy. The counseling concentration emphasis on integrating traditional and innovative methods provides students with a rich foundation for future service.

MA in Transpersonal Counseling Psychology Requirements
First year, fall
- PSYT610 Human Growth and Development through the Life Span (3)
- PSYT611 Helping Relationships I (3)
- PSYT621 Psychology of Meditation I: Mindfulness Training (3)
- PSYT721 Social and Cultural Foundations in Counseling (3)
-SUBTOTAL 12

First year, spring
- PSYT660 Assessment and Appraisal in Counseling (3)
- PSYT661 Helping Relationships II (3)
- PSYT670 Transpersonal Psychology I (3)
- PSYT720 Meditation Practicum I: Cultivating Awareness (1)
-SUBTOTAL 10

First year, summer
Electives: Intensives and/or others (0–3)

46 Graduate School of Psychology
Second year, fall
PSY601 Gestalt I: Awareness (3)
PSY668 Counseling Practicum (3)
PSY671 Psychology of Meditation II: Applications to Counseling (2)
PSY680 Group Dynamics and Leadership (Lecture) (1)
PSY682 Group Dynamics and Leadership (Experiential) (2)
SUBTOTAL 8–11

Second year, spring
PSY651 Gestalt II: Experiment (3)
PSY700 Research and Program Evaluation (3)
PSY740 Diagnostic Psychopathology (2)
PSY770 Meditation Practicum II: Developing Compassion (1)
Electives (0–3)
SUBTOTAL 9–12

Second year, summer
Electives: Intensives and/or others (0–3)

Third year, fall
PSY800 Internship I (2)
PSY810 Professional Orientation and Ethics I (2)
Electives (0–3)
SUBTOTAL 4–7

Third year, spring
PSY859 Transitions, Lifestyles, and Career Development (3)
PSY850 Internship II (2)
PSY860 Professional Orientation and Ethics II (2)
Electives (0–3)
SUBTOTAL 7–10
TOTAL CREDITS 60

Body awareness course (2 credits) may be taken at any time.

ART THERAPY CONCENTRATION
As a hybrid profession, art therapy involves intensive studies in the visual arts, the behavioral sciences, and the development of adept counseling skills. Naropa’s innovative experiential approach to training art therapists and counselors integrates transpersonal psychology with mindfulness meditation practice, the acquisition of clinical skills and applied community-based studio methods. Our goal is for our students to become culturally competent, clinically astute, socially engaged counselors and art therapists.

This 62-credit Art Therapy concentration, approved by the American Art Therapy Association, consists of 29 credits of art therapy course work combined with 33 credits of transpersonal counseling psychology and contemplative studies. Throughout the program, students also participate in 190 direct art contact hours of studio-based work.

MA in Transpersonal Counseling Psychology: Art Therapy Requirements
First year, fall
PSY604 Foundations of Art Therapy: Studio and Practicum (3)
PSY611 Helping Relationships I (3)
PSY621 Psychology of Meditation I: Mindfulness Training (3)
PSY634 History and Theory of Art Therapy (3)
SUBTOTAL 12

First year, spring
PSY661 Helping Relationships II (3)
PSY665 Civic Engagement Studio Practicum (noncredit)
PSY670 Transpersonal Psychology I (3)
PSY704 Group Dynamics and Leadership (for art therapy students) (3)
PSY720 Meditation Practicum I: Cultivating Awareness (1)
SUBTOTAL 10

Second year, fall
PSY610 Human Growth and Development through the Life Span (3)
PSY621 Helping Relationships (WT) I (3)
PSY622 Psychology of Meditation I: Mindfulness Training (3)
PSY660 Assessment and Appraisal in Counseling (3)
SUBTOTAL 14

Second year, spring
PSY762 Helping Relationships (WT) II (3)
PSY700 Research and Program Evaluation (3)
PSY720 Meditation Practicum I: Cultivating Awareness (1)
PSY721 Social and Cultural Foundations in Counseling (3)
PSY740 Diagnostic Psychopathology (2)
SUBTOTAL 12

WILDERNESS THERAPY CONCENTRATION
The Wilderness Therapy concentration (a 60-credit, three-year program) synthesizes clinical and theoretical course work in counseling psychology, contemplative practice, adventure therapy, and ecopsychology. The first year, students study the theoretical foundations of transpersonal counseling psychology, wilderness therapy, and a variety of counseling skills. Second-year classes are woven through a series of intensives, primarily in outdoor and wilderness settings, integrating therapeutic practice with environmental awareness and outdoor skills. The third year, students complete an internship. Courses, which combine online work and an on-campus intensive each semester, support the internship experience.

MA in Transpersonal Counseling Psychology: Wilderness Therapy Requirements
First year, fall
PSY609 Wilderness Therapy Intensive: Introduction to Wilderness Therapy (2)
PSY610 Human Growth and Development through the Life Span (3)
PSY612 Helping Relationships (WT) I (3)
PSY621 Psychology of Meditation I: Mindfulness Training (3)
PSY660 Assessment and Appraisal in Counseling (3)
SUBTOTAL 14

First year, spring
PSY762 Helping Relationships (WT) II (3)
PSY700 Research and Program Evaluation (3)
PSY720 Meditation Practicum I: Cultivating Awareness (1)
PSY721 Social and Cultural Foundations in Counseling (3)
PSY740 Diagnostic Psychopathology (2)
SUBTOTAL 12
Second year, fall
PSYT629 Family Systems Interventions: Equine-Assisted Settings (2)
PSYT706 Group Dynamics and Leadership I: WT (2)
PSYT707 Special Populations Interventions: Wilderness Therapy Settings (2)
PSYT708 Outdoor Skills I: Equine, Mountains, Climbing, Canyons, and Ropes Courses (2)
PSYT719 Ecopsychology: Transpersonal Perspectives (2)
SUBTOTAL 10

Second year, spring
PSYT627 Contemplative Perspectives and Practice (1)
PSYT668 Counseling Practicum (3)
PSYT726 Group Dynamics and Leadership II: WT (3)
PSYT728 Outdoor Skills II: Horticulture, River, and Rites of Passage (2)
PSYT743 Transitions Throughout the Life Span (3)
SUBTOTAL 12

Third year, fall
PSYT755 Theories and Practice in Career Counseling I (1.5)
PSYT806 Internship I: Wilderness Therapy (2)
PSYT816 Professional Orientation and Ethics I: Wilderness Therapy (2.5)
SUBTOTAL 6

Third year, spring
PSYT765 Theories and Practice in Career Counseling II (1.5)
PSYT856 Internship II: Wilderness Therapy (2)
PSYT866 Professional Orientation and Ethics II: Wilderness Therapy (2.5)
SUBTOTAL 6
TOTAL CREDITS 60

MA in Transpersonal Counseling Psychology
Course Descriptions

PSYT306 Jungian Dream Work (2)
This course lays the foundation and develops an understanding of Jungian dream work from both a theoretical and a practical perspective. Emphasis is placed on the practical use of dreams in therapy and in one’s own personal life. Students look at the structure and process of dreams, objective and subjective interpretations, associations, and amplification complexes as seen in dreams. Cross-listed as PSYT506.

PSYT332 Storytelling and Mythology: Jungian Perspectives (2)
This course examines the history and present use of the telling of stories as a healing method for individuals, families, and groups. Case material is used to describe the value of telling stories in therapy and of listening to the mythological themes, which so often weave in and out of a client’s personal story. Cross-listed as PSYT332.

PSYT369 Art Therapy Perspective (For Non-Majors) (2)
Providing a detailed survey of the field of art therapy, this course covers a wide range of topics and offers broad-based exposure to the theory and practice of art therapy. Open to all graduate students and undergraduate seniors with permission of the instructor. BA seniors and MA only. Materials fee. Cross-listed as PSYT369.

PSYT375 Taming the Wild Horse: Riding the Energy of Emotions (2)
Learning to work with emotions can be challenging, even for experienced meditators. This five-day residential rural group retreat is designed to strengthen meditative tools for understanding and healing emotional struggle. Especially applicable for people working in the helping professions who wish to deepen compassion for self and others, the retreat includes “sending and taking” meditation (tonglen); mindfulness-awareness sitting practice (shamatha); contemplative interactive exercises; periods of silence; mindful eating practice; and outdoor walking meditation. Individual meditation instruction, as well as daily lectures and discussions, are included. This retreat can be challenging because practicing with emotions can be challenging. The instructor strongly recommends that participants have some prior meditation intensive experience (e.g., a weekend meditation program) prior to attending this retreat. Extra fees apply. Cross-listed as PSYT575.

PSYT504e Meditation Practicum I (3)
Drawing from both the Shambhala and Buddhist traditions, this course introduces students to the sitting practice and psychology of meditation. In these traditions, sitting meditation is the most direct means of training in mindfulness-awareness, which is the basis of Contemplative Psychotherapy and healing.

PSYT306 Jungian Dream Work (2)
This course lays the foundations and develops an understanding of Jungian dream work from both a theoretical and a practical perspective. Emphasis is placed on the practical use of dreams in therapy and in one’s own personal life. Students look at the structure and process of dreams, objective and subjective interpretations, associations, and amplification complexes as seen in dreams. Cross-listed as PSYT306.

PSYT510 Yoga and the Chakras: A Therapeutic Practice (2)
Chakra awareness is intrinsic to the ancient discipline of Hatha yoga. Modern studies reveal how these centers are gateways to understanding core imprints and fundamental aspects of our physical, emotional, and spiritual health. In this class, we practice a gentle form of traditional yoga as we cultivate a felt sense of the quality of flow of life force through each chakra. We learn to support the release and rebalancing of somatically held developmental patterns that no longer serve us. Class includes lecture and experiential exercises to enhance the relevance of this practice for self-healing and enrichment.

PSYT511e Meditation Practicum II (3)
In this class we explore the Mahayana [Great Path] Buddhist teachings on compassion, loving-kindness, emptiness (the non-existence of a separate self), and the interconnectedness of all things. Students are introduced to the meditation practice of tonglen (exchanging oneself for others), and the warrior discipline of lojong (mind training)–first introduced in Tibet one thousand years ago and brought to the West by Naropa’s founder, Chogyam Trungpa Rinpoche. This training is very direct and practical rather than philosophical, and emphasizes gentleness and skillful action in our everyday dealings with other people. Prerequisite: PSYT504e.

PSYT514e The Diamond Approach (3)
The Diamond Approach is an original, thorough, and precise spiritual path developed and taught by A. H. Almaas. Introducing the main insights and concepts of the Diamond Approach, this course draws on modern psychology as well as timeless spiritual wisdom, offering a fresh approach to living fully and deeply. It provides precise descriptions of the characteristics of spiritual realization and its barriers. By understanding and working with these barriers, we are better able to fulfill our potential for a life of engagement, service, contentment, richness, depth, and mystery. Online fees apply.

PSYT516e Transitions and Rites of Passage (3)
An exploration of life transitions, both predictable and unexpected, and the role of rites of passage in giving them meaning and support. Developmental psychology, transpersonal psychology, anthropology, and
ecopsychology provide foundations as the course helps students integrate theoretical and experiential perspectives. This course is taught online. Online fees apply.

**PSYT517e**

**Multicultural Issues: Contemplative Approaches (3)**

In traditional cultures, healing occurs within community. There is a deep understanding of shared wounds and the shared responsibility as well as a desire to work together toward healing. We begin our work from within, looking to the past for aid and guidance. From there we return to the present to bring understanding to our own personal and cultural wounds. We explore our own cultural backgrounds and, from this place, sit as compassionate witnesses to the pain and struggle of others. In community, we facilitate healing, using storytelling, ritual, meditation, and guided imagery. We explore new ways to experience our shared humanness through deep wisdom, caring, and understanding. Required for MATP students. Online fees apply.

**PSYT520**

**Psychology of Wilderness Experience (3)**

Through group process, experiential activities, and ritual, participants experience an ancient, pan-cultural, earth-centered rite of passage in a wilderness setting. This course follows the traditional stages of a rite of passage: Severance (leaving behind what is familiar); Threshold (three days and nights of solitude/lasting); and Reincorporation (bringing back gifts or insights to the community). Open to the transformative power of nature, participants have the opportunity to inquire deeply and directly into themselves and their relationship to the natural world and their community. Participants provide their own camping equipment and share food and transportation. Course is open to MATP students and others by permission of instructor. Activity fee.

**PSYT521**

**Touching the Moment: Indelible Presence (2)**

Mindfulness meditation—the art of “coming home to ourselves”—is both a method of restoring our connection to the vitality of our own life, and a way to develop presence for our work with others. This five-day residential rural group retreat, appropriate for beginning as well as experienced meditators, includes shamatha sitting meditation, contemplative movement practice, experiential dharma art, periods of silence, work practice, mindful eating, and outdoor walking meditation. Individual meditation instruction, daily lectures, and discussion are included. Extra fees apply.

**PSYT528**

**Counseling Loss, Grief, and Life Transitions (2)**

This class familiarizes the student with grief and transition theory and trains them in individual and family grief counseling skills. Through lecture, discussion, and experiential exercises, the class supports students as they explore both their personal and family loss histories and develop a theoretical working basis for serving clients facing illness, aging, and bereavement.

**PSYT532**

**Storytelling and Mythology: Jungian Perspectives (2)**

This course examines the history and present use of the telling of stories as a healing method for individuals, families, and groups. Case material is used to describe the value of telling stories in therapy and of listening to the mythological themes, which so often weave in and out of a client’s personal story. Cross-listed as PSYT332.

**PSYT543**

**Human Sexuality: From Birth to Therapy (2)**

Too often, sexuality suffers the same fate in therapy as it does in this culture: it is hidden, not to be discussed, treated as irrelevant. Students examine issues related to sexuality that clients might bring to therapy, consciously or unconsciously. Students start by looking at what they as therapists bring to their work and explore personal and cultural aspects of sex, touch, intimacy, passion, the body, erotica and pornography, developmental issues, alternative lifestyles, transpersonal elements, and more. Guest speakers are included.

**PSYT569**

**Art Therapy Perspective (for Non-Majors) (2)**

Providing a detailed survey of the field of art therapy, this course covers a wide range of topics and offers broad-based exposure to the theory and practice of art therapy. Open to all graduate students and undergraduate seniors with permission of the instructor. BA seniors and MA only. Materials fee. Cross-listed as PSYT369.

**PSYT575**

**Taming the Wild Horse: Riding the Energy of Emotions (2)**

Learning to work with emotions can be challenging, even for experienced meditators. This five-day residential rural group retreat is designed to strengthen meditative tools for understanding and healing emotional struggle. Especially applicable for people working in the helping professions who wish to deepen compassion for self and others, the retreat includes “sending and taking” meditation (tonglen); mindfulness-awareness sitting practice (shamatha); contemplative interactive exercises; periods of silence; mindful eating practice; and outdoor walking meditation. Individual meditation instruction, as well as daily lectures and discussions, are included. This retreat can be challenging because practicing with emotions can be challenging. The instructor strongly recommends that participants have some prior meditation intensive experience (e.g., a weekend meditation program) prior to attending this retreat. Extra fees apply. Cross-listed as PSYT375.

**PSYT596W**

**Transpersonal Counseling Psychology Conference (1)**

The Transpersonal Counseling Psychology program offers a one-weekend conference in the fall or spring featuring leaders in transpersonal psychology. Previous conferences have focused on the state of the art in transpersonal psychology, ecopsychology, psychotherapy and contemplative practice, initiation, creativity, and community and have included such esteemed faculty as Frances Vaughan, Roger Walsh, Laura Sewall, Cassandra Katz, Pat Ogden, David Abram, Angeles Arrien, Malidomme Some, Stan Grot, Don Campbell, Pat Allen, and Shaun McNiff. Topics and faculty vary from year to year.

**PSYT601**

**Gestalt I: Awareness (3)**

The foundations of Gestalt awareness are explored experientially with individual, dyadic, and group exercises. Central concepts of wholeness, present-centered awareness, self-responsibility, body awareness, contact, and boundary disturbances are introduced. The basic form of a Gestalt experiment is demonstrated and the stages of the process are learned. Transpersonal roots, community building, and development of the I-Thou relationship as the basis of therapeutic work are emphasized. Program students only. Prerequisite: PSYT 661.

**PSYT603e**

**Engaged Contemplative Practices: Ecological and Societal Transformation (3)**

Students develop skills that cultivate mindfulness, awareness, and compassion for social engagement. The course presents approaches and practices (e.g., sitting meditation, sensory awareness, and nature based exercises) that involve personal as well as societal transformation. It includes models of engagement drawing on the work of Joanna Macy, the nonviolent tradition of Thich Nhat Hanh (or others), and the practice of bearing witness. This is a blended course with both online and face-to-face components.

**PSYT604**

**Foundations of Art Therapy: Studio and Practicum (3)**

This course focuses on studio foundations in art therapy by investigating numerous in-class art assignments in conjunction with a community-based studio practicum. The in-class studio foundations coursework examines
practical applications of art therapy that focus on the therapeutic alliance and various artistic techniques that support change and transformation within the counseling relationship. Development of observation and therapeutic communication and counseling skills are stressed throughout the semester. The out-of-class studio practicum consists of 50 service hours in the Naropa Community Art Studio. Active participation in socially engaged community-based arts along with service learning values is a key aspect of the course. Course and materials fee.

**PSYT607e**

Integral Psychology (3)
A course designed to take the student on a three-dimensional journey toward a deep understanding of this meta-theoretical approach to psychology. First, it involves an examination of the theory of Integral Psychology as the Fifth Force or Wave in the historical development of the discipline of psychology. Second, it includes a critical analysis of integral theory as it evolved in Ken Wilber’s body of work. Throughout the course, students apply this evolutionary theory of consciousness in their own lives through the development of an ongoing Integral Life Practice.

**PSYT608**

Transpersonal Psychology Intensive I (3)
This weeklong course held on campus introduces students to the program and field of transpersonal ecopsychology. It also provides the opportunity for community building, face-to-face instruction in transpersonal processes such as meditation and ritual, and application of topics from the online courses. Students are expected to prepare for the course prior to attending and to complete a written assignment after the course. Required for MATP-ECOC.

**PSYT609**

Wilderness Therapy Intensive: Introduction to Wilderness Therapy (2)
The distinct disciplines that define Wilderness Therapy in the Transpersonal Counseling Psychology program are examined. We explore how diverse disciplines can be combined in an effective therapy model that serves people and environment. Students gain understanding of how their personalities and experience influence their role as therapists. The class format is a combination of experiential activities, lectures, discussion, and reflection. WT only. Field fees.

**PSYT610**

Human Growth and Development through the Life Span (3)
This course provides an advanced study of human development from prenatal experience through the life span, including individual and family development and theories of learning and personality development. Students develop an intellectual and theoretical knowledge of human behavior, including an understanding of developmental crisis, disability, exceptional behavior, addiction, and psychopathology. Additionally, situational, cultural, and environmental factors that affect both normal and abnormal behavior are explored. Legal and ethical considerations are discussed throughout the course. Students deepen their understanding and use of human development in the therapeutic setting.

**PSYT611**

Helping Relationships I (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession, theoretical orientations including family systems, ethics, counseling skills, development and stages of a therapeutic relationship, and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions.

**PSYT612**

Helping Relationships (WT) I (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession; theoretical orientations including family systems, ethics, counseling skills, development and stages of a therapeutic relationship; and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions.

**PSYT618**

Transpersonal Psychology Intensive II (3)
These weeklong courses introduce students to transpersonal psychology and provide in-depth exposure to current issues and developments in the field. They also provide the opportunity for community building, face-to-face instruction in transpersonal processes such as meditation and ritual, and application of topics from the online courses. Students are expected to prepare for the course prior to attending and to complete a written assignment after the course. MATP-ECOC only.

**PSYT620**

Authentic Movement/Transpersonal (2)
Authentic Movement, a self-directed movement process employing the wisdom of the body as a pathway to awareness, provides direct experience of the individual and collective body as a vessel for integration, healing, transformation, and creative process. This course explores the ground form of Authentic Movement: the mover, witness, and the relationship between them. Students explore their own process while experiencing this therapeutic movement form. Through learning how to increase the authenticity of presence, students explore the ground of the healing relationship. Authentic Movement provides a model for life lived in authentic relationship to self, others, and community.

**PSYT621**

Psychology of Meditation I: Mindfulness Training (3)
Mindfulness, the ability to be fully present, is essential for the skillful counselor. This course introduces the practice of mindful breathing (shamatha-vipashyana) sitting meditation drawn from the Buddhist tradition as a means of developing moment-to-moment awareness. Methods for cultivating wakefulness within daily life situations are explored.

**PSYT624**

Art Therapy Studio: Process and Materials (2)
Art-based research combined with contemplative practice are carefully integrated into the investigation of various art processes and materials throughout the semester. Commitment to personal and transpersonal imagery is encouraged as an essential part of understanding one’s identity as an artist, the purpose of the therapeutic community and contemplative models for practicing studio art therapy. Prerequisite: PSYT604 and PSYT634. AT only. Materials fee.

**PSYT627**

Contemplative Perspectives and Practice (1)
The course supports students in continuing their training in mindfulness practice and explores the use of contemplative practice in the context of personal development and working with others, particularly in wilderness settings. In addition to group sitting practice, students engage in several periods of extended silent activity in order to deepen mindfulness in wilderness settings. WT only.

**PSYT629**

Family Systems Interventions: Equine-Assisted Settings (2)
This course examines the clinical applications of family systems theoretical knowledge in wilderness therapy with a focus on equine-assisted settings. Students experience various interventions and develop skill through hands-on practice. Specific family issues (e.g., divorce, blended families, abuse) are explored using family systems approaches. Students select one family therapy approach for more in-depth study. Must be taken concurrently with PSYT 708. WT only.

**PSYT634**

History and Theory of Art Therapy (3)
Students explore various historical and current theoretical trends in art therapy, focusing on the contributions of early pioneers and contemporary practitioners. Various approaches to the practice of counseling and art
therapy are highlighted (depth psychology, humanistic, gestalt, cognitive/behavioral, phenomenological, developmental, archetypal) with specific attention devoted to models of contemplative and transpersonal art therapy, creativity, future trends, and strategies to employ when looking at and responding to artwork within the therapeutic relationship. AT only.

**PSYT646**
Contemplative Voice Work: Sounding the Body-Mind (2)
Each person’s voice is a unique energetic “fingerprint” and has the potential to form a bridge between the physical and nonphysical and the realms of inner and outer experience. Students use contemplative approaches to bring awareness to the connection between the voice and body and to experience the energy of the body through sound. This course is for all students who want to explore their voice. Singing ability not required.

**PSYT651**
Gestalt II: Experiment (3)
Demonstrations of individual and group experiments are followed by didactic learning that further explores the central Gestalt themes. The concepts of organicity, figure-ground perceptual fields, polarities, topdog/underdog, the four explosions, contract boundary, and satisfaction/frustration are explored. The process of a therapeutic experiment is introduced, and students learn to identify stages of a Gestalt working. Students work under the supervision of the teacher. If this class is not successfully completed, both Gestalt I and Gestalt II must be retaken together. Prerequisite: PSYT601.

**PSYT660**
Assessment and Appraisal in Counseling (3)
An overview of individual and group approaches to assessment and evaluation, as these have developed historically from a traditional educational and psychological perspective through a more focused counseling perspective, with suggested applications appropriate for transpersonal and contemplative practitioners. The course covers basic topics of standardized and nonstandardized testing and other assessment techniques, including inventories, observations, and computer-managed methods. Topics include psychometric statistics, factors related to the assessment and evaluation of individuals, groups, and special populations; case conceptualization; assessment; and diagnosis. Ethical and legal considerations are integrated throughout the course. Issues of diversity related to the development of and selection of assessment instruments are also explored. Course fee.

**PSYT661**
Helping Relationships II (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession; theoretical orientations including family systems, ethics, counseling skills, development, and stages of a therapeutic relationship; and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions. Prerequisite: PSYT611.

**PSYT662**
Helping Relationships (WT) II (3)
This course provides an introduction to the theory and skills of counseling and consultation. Topics include history of the profession; theoretical orientations including family systems, ethics, counseling skills, development, and stages of a therapeutic relationship; and diversity. Self-awareness in relationship to counseling is developed. Students do videotaped practice sessions. WT only. Prerequisite: PSYT612.

**PSYT665**
Civic Engagement Studio Practicum (noncredit)
A 50-hour practicum that allows students to work with various groups from the local community in the Naropa Community Art Studio. Civic responsibility, service learning values, and cultural/social interventions through art and the mentorship role are stressed throughout the semester. Course and materials fee.

**PSYT668**
Counseling Practicum (3)
Required of all second-year students, the practicum provides for the continued development of counseling skills through field work at a community agency with on-site consultation and supervision, and is designed to provide a supportive and instructional forum for students’ initial experiences working with clients in community settings. Students also become familiar with ethical guidelines relating to the counseling profession. Students discuss, within a supportive classroom environment, professional and personal issues as they relate to their development as beginning counselors. Discussion topics include client populations served, client transference and therapist countertransference, case presentations, agency structure and organization, and community resources. Prerequisite: PSYT661 or PSYT662.

**PSYT670/670e**
Transpersonal Psychology I (3)
An introduction and examination of central concepts, theories, practices and applications of transpersonal psychology. The on-campus sections are designed for students in the transpersonal counseling programs. These sections extend counseling and psychology into transpersonal areas. The theories of the central figures in the field are discussed and compared as well as the roots of transpersonal psychology in the world wisdom traditions and multicultural considerations. Students learn counseling applications of transpersonal psychology. The online section of this course explores foundations of transpersonal psychology and applications to meditation, ritual, ecopsychology, psychological research, multicultural diversity, and other areas. All sections blend intellectual exploration, practice, and self-reflection. Online fees apply (670e).

**PSYT671**
Psychology of Meditation II: Applications to Counseling (2)
This course builds on the foundation provided by PSYT621. Topics presented through lectures and readings deepen the understanding of essential principles of meditative awareness. The specific focus of the course is the way meditation can support the counseling relationship.

**PSYT672e**
Transpersonal Psychology II: Theorists and Applications (3)
This course serves as a continuation of Transpersonal Psychology I and focuses on particular theorists and applications of transpersonal psychology in a variety of areas. Prerequisite: PSYT670e or an equivalent introduction to transpersonal psychology. Online fees apply.

**PSYT680**
Group Dynamics and Leadership (Lecture) (1)
Working with groups is both an art and a science; therefore, this lecture course is taught in conjunction with PSYT682, an experiential course. This course teaches a combination of techniques drawn from Gestalt, existential, psychodynamic, systems, and other approaches to group therapy. Topics discussed include the following: general group theory; varieties of group therapy; issues involved in starting a group; stages of group development; levels of intervention in groups (interpersonal, intrapersonal, and group); transference, countertransference, and authentic relatedness in groups; resistance and defenses in groups; use of dreams in groups; group maintenance; multicultural issues in groups; and closure exercises and experiences. Prerequisite: PSYT661.

**PSYT681**
Gestalt Community Intensive (2)
Designed as a summer intensive in an off-campus setting, this course provides further opportunities for the integration of the Gestalt approach for the beginner and mastery of skills for the more advanced learner. Students are provided the opportunity to explore their own process in a community setting. Special fees apply. [Off-campus setting may include retreat, equine, and wilderness.]
PSYT682
Group Dynamics and Leadership (Experiential) (2)
In this course, students practice a combination of techniques drawn from Gestalt, existential, psychodynamics, systems, and other approaches to group therapy. Skills to be practiced and/or discussed follow the themes concurrently taught in PSYT680. Themes include general theory; varieties of group therapy; group start-up issues; stages of group development; levels of intervention in groups; transference, countertransference, and authentic relatedness; resistance and defenses; use of dreams; group maintenance, multicultural issues; and closure exercises and experiences. Prerequisite: PSYT661. Corequisite: PSYT680.

PSYT685
Ecopsychology Training (3)
Ecopsychology explores human-nature relationships and the implications of a deeper connection between human and nature for mental health, personal growth, environmental action, and sustainable lifestyles. This advanced course assumes an understanding of the theory and practices of ecopsychology. It is directed toward the interface of ecology, transpersonal psychology, and contemplative practice (i.e., nature, psyche, and spirit); critical evaluation of ecopsychological thinking; and the development and use of ecopsychology practices in personal and professional applications.

PSYT700
Research and Program Evaluation (3)
This course is an introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research, and opportunities and difficulties of conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action, and outcome based are surveyed. Principles, models, and applications of needs assessment, program evaluation, and use of findings to effect program modification are discussed. Technology, statistical methods, ethics and legal concerns, result reporting, and diversity are also topics of importance.

PSYT704
Group Dynamics and Leadership (for art therapy students) (3)
This course addresses the theory and practice of group counseling through various didactic and experiential methods. The following counseling and art therapy topics are addressed throughout the semester: group ethics, group dynamics and process, stages of group development; levels of intervention, curative factors of group work, contemplative practice applications, group resistance and defenses, cultural competency, termination practices, and the use of art-based interventions and processes for specific populations. Additionally, special attention is devoted to the family as a group. Prerequisites: PSYT604, PSYT611, and PSYT634. Course and materials fee. AT only.

PSYT706
Group Dynamics and Leadership I: WT (2)
Group Dynamics and Leadership I provides theoretical and experiential understandings of group purpose, development, dynamics, counseling and therapy theories, approaches, methods, and skills. Studies include comparative models, evaluation methods, research, professional preparation, ethical and legal considerations, and applications for working creatively in outdoor and wilderness settings. Must be taken concurrently with PSYT708.

PSYT707
Special Populations Interventions: Wilderness Therapy Settings (2)
This course explores therapeutic interventions, primarily from adventure therapy and ecotherapy. Focus is on issues related to trauma and addictions and substance abuse. We examine various models of addiction recovery, specifically as they apply to diverse populations. Learning happens initially through demonstration and participation, followed by students practicing with peers. Must be taken concurrently with PSYT708.

PSYT708
Outdoor Skills I: Equine, Mountains, Climbing, Canyons, and Ropes Courses (2)
Students learn and practice basic outdoor skills for backcountry travel and camping; review physical and emotional risk-management techniques; and learn how to logistically prepare food and gear for an expedition. Students learn technical and ecological identification skills associated with a variety of outdoor settings and seasons. Prerequisite: PSYT662. Field fee.

PSYT710
Family Systems (2)
An entry-level examination of family process and family counseling. Drawing from a systems approach, the student learns how to shift his or her focus from the individual to the dynamic interplay between members of a couple or family. Major schools of family therapy are studied. Experiential exercises and role-playing complement the theoretical learning. Students explore their own family of origin as a ground for working with others. Trauma in the family, such as child abuse and domestic violence, is also covered. Prerequisite: PSYT610.

PSYT711
Transforming Addictions (2)
The physical, mental, emotional, and spiritual nature of alcohol and drug dependency and other addictive behaviors is explored. Assessment, therapeutic techniques, intervention, and in-patient and out-patient treatment are discussed. Students explore the contributions, as well as the strengths and weaknesses, of 12-step and other self-help recovery groups. The interrelationship of alcohol and drug abuse and other addictive behaviors with attachment and bonding disruptions in early childhood and childhood trauma is also investigated. Lectures, guest lectures, discussions, role-play, and other experiential techniques are used.

PSYT718
Transpersonal Counseling Service Learning Practicum (for art therapy students) (3)
This service-learning practicum provides students the opportunity to learn about international social justice organizations during a 3 week trip to Cambodia and particularly in partnership with Transitions, an organization in Phnom Penh that shelters and rehabilitates girls rescued from the sex trafficking industry. Emphasis is to study the diverse issues in the Cambodian culture, to learn about international NGOs and particularly to learn about the trafficking industry so prevalent there. Students and faculty pair up with clinical staff with the intention to bring knowledge about art therapy and its usefulness to the clients they serve as well as provide information to staff about the usefulness of art therapy for self-care. Students become familiar with ethical guidelines relating to the counseling profession in general but especially as it relates to multicultural issues. Students meet during the spring semester to prepare for this 3-week trip. Pre-requisites: All student participants must go through the application process and be accepted to participate in this trip. Only 2nd or 3rd year students entering the spring semester are eligible.

PSYT719
Ecopsychology: Transpersonal Perspectives (2)
Transpersonal psychology in the field of ecopsychology is addressed. Major themes of ecopsychology we explore include the human-nature relationship; disconnection from the natural world; practices for reestablishing and deepening our connection with the natural world; and ecotherapy. Students are exposed to diverse perspectives in the field and are asked to develop and articulate their own point of view. Must be taken concurrently with PSYT708. WT only.
Meditation Practicum I: Cultivating Awareness [1]
This course is designed to support students in continuing the practice of mindfulness-awareness meditation begun in PSYT621. Specific topics include applications of mindful-awareness to creativity, healing, and social action. Students meet in small groups for sitting and walking meditation sessions and discussion. Individual meditation instruction is provided. Prerequisite: PSYT621. Materials fee.

Social and Cultural Foundations in Counseling [3]
This survey course explores the role of the counselor embedded in the milieu of the social and cultural realities of society. Issues concerning work with families from diverse cultures are discussed, including the counselor’s role in social justice, advocacy and conflict resolution, cultural awareness, the nature of biases, prejudices, processes of intentional and unintentional oppression and discrimination, and other culturally supported behaviors that are detrimental to the growth of the human spirit, mind, or body.

Group Dynamics and Leadership II: WT [3]
Group Dynamics and Leadership II provides further theoretical and experiential understanding of group purpose, development, dynamics, counseling and therapy theories, approaches, methods, and skills. Studies include comparative models, evaluation methods, research, professional preparation, ethical and legal considerations, and applications for working creatively in outdoor and wilderness settings. Must be taken concurrently with PSYT728.

Outdoor Skills II: Horticulture, River, and Rites of Passage [2]
In the second semester of this yearlong class, students continue to hone outdoor skills associated with specific setting on an horticulture therapy. Topics include physical and emotional safety, risk management, technical skills applicable to the setting, equipment use and maintenance, planning and organization, travel, and living within the setting. Prerequisite: PSYT708. WT only. Field fee.

Incest and Sexual Abuse [2]
An introduction to working with clients who have the experience of sexual abuse or incest in their history. We look at the definition, assessment, history, causes, effects, and treatment of sexual abuse and incest. Students explore their own process, the process of the client, and the process of healing in this area from both a personal and systemic perspective.

Counseling with Child and Adolescent Populations [3]
An examination of the psychological, psychosocial, cultural, cognitive, creative, and spiritual development of children from birth through adolescence to age nineteen as it relates to the practice of counseling and art therapy. Through readings, discussion, practice sessions with children, experiential exercises, and assignments, students focus on understanding development, assessment, including art-based assessments, attachment theory, approaches to treatment, cultural competency, and the practice of counseling and art therapy with a variety of child and adolescent populations. AT only. Materials fee. Prerequisite: PSYT704.

Diagnostic Psychopathology [2]
An advanced overview of clinical thinking, perspective, and comprehension related to assessment, diagnosis, and treatment planning tasks required of a psychological professional working with clients representing a wide range of distress, disorders, mental illness, life crises, spiritual dilemmas, personal and developmental transitions, and sociocultural challenges.

Transitions Throughout the Life Span [3]
An examination of counseling individuals through major life transitions. The modality of rites of passage, its appropriateness with both adolescent and adult clients, and its cross-cultural dimensions are a focus. Students gain firsthand experience with ceremony, ritual, expressive arts, and vision fasts in natural settings as modalities for addressing transitions. Must be taken concurrently with PSYT728. WT only.

Diagnostic Psychopathology II [1]
Continuation of PSYT740 coursework focused on refining assessment and diagnostic skills and clinical case construction. Emphasis is on contextual, spectrum, and dimensional perspectives of psychological distress and dysfunction, differential diagnosis, and related treatment plan construction. Ethical, cultural, gender, and factors and dilemmas are addressed.

Counseling for Adult Populations [3]
This course addresses adult development, family material, and clinical approaches to case conceptualization when working with various adult populations from specific DSM categories. Population-specific lectures address case material and clinical counseling/art therapy interventions. Organization of treatment plans, treatment implementation, documentation methods, adult development, cultural competency, and assessment for adult populations are examined throughout the semester. Prerequisite: PSYT734. Materials fee. AT only.

Theories and Practice in Career Counseling I [1.5]
This course addresses students enrolled in the Wilderness Therapy concentration with an introduction to career counseling, career development, and adult transition from a transpersonal point of view. Students learn the central theories of career development and decision-making models. Interrelationships among and between work, family and other life roles, and factors including the role of diversity and gender in career counseling are explored. Key assessment instruments for life and career planning and decision-making are explored through client-based practices. Technology-based applications and the utilization of the Internet in career exploration are explored. Students learn career counseling processes and techniques, including those applicable to specific populations. Ethical guidelines and legal consideration are also reviewed. Taught as a four-day intensive. WT only.

Transitions, Lifestyles, and Career Development [3]
Study of career counseling, career development, and adult transition from a holistic and transpersonal point of view. Students learn the central theories of career development. Key assessment instruments for life and career planning and decision making are reviewed. Career counseling skills and processes are explored, including those applicable to specific populations. The course explores the interrelationships between work, family, spirituality, and other life roles, including the role of diversity and gender in career development. Ethical and legal considerations, networking, informational interviewing, resume writing, interviewing skill, occupational and labor market information, and web-based resources are studied.

Gestalt Therapy and Breathwork [1]
Inhalation and exhalation, expansion and contraction, emulate the movement of all life. In Gestalt theory, we utilize breath in awareness and in deepening the use of breath in dealing with resistance, bringing about emotional presence, sustaining life’s vitality, energizing, and bringing about calmness.
PSYT765
Theories and Practice in Career Counseling II (1.5)
Taught as a four-day intensive, this course addresses students enrolled in the Wilderness Therapy concentration with advanced instruction in career counseling, career development, and adult transition from a transpersonal point of view. Students learn the central theories of career development and decision-making models. Interrelationships among and between work, family, and other life roles and factors including the role of diversity and gender in career counseling are explored. Key assessment instruments for life and career planning and decision-making are explored through client-based practices. Technology-based applications and the utilization of the Internet in career exploration are explored. Students learn career counseling processes and techniques, including those applicable to specific populations. Ethical guidelines and legal consideration are also reviewed. Prerequisite: PSYT755. WT only.

PSYT770
Meditation Practicum II: Developing Compassion (1)
The development of compassion as the basis of the counseling relationship is explored in this course through the practice of tonglen [exchange of self and other] from the Buddhist tradition. Specific topics include the application of tonglen to the healing process, death and bereavement, social action, and preventing burnout. Group sessions of sitting and walking meditations, discussions, and individual instruction are provided.

PSYT771
Marriage and Couples Therapy (2)
This course focuses on developing a working knowledge of marriage therapy using different models, with emphases on diversity and Jungian couple’s therapy, as well neurobiology and gender research. Students are asked to draw from their own knowledge as they prepare to work supporting couples.

PSYT780
Therapy with Children and Adolescents (2)
This course focuses on essentials of therapy with children, adolescents, and the family system in which they live. Diagnostic treatment techniques that pertain directly to working with children are covered. Students look at children from a developmental perspective, tying developmental issues to emotional issues for the involved children and their “parents.” Students explore and practice treatment techniques: where, how, and why they can be used. The class examines issues such as learning disabilities, adoption, suicide, guardianship, ADD and ADHD, child abuse, reporting issues, and related issues. Prerequisite: PSYT610.

PSYT 782
Approaches to Couples Counseling (1)
Intensive two-day workshop featuring various methods of couples counseling: Imago, Existential, Gottman, Object Relations, and other approaches. One approach is featured each semester—topics to be announced. Both didactic information and experiential exercises are presented; including concrete and effective tools for working with couples. Students gain confidence in their ability to understand and deal with relationship dynamics, including their origins in early childhood. Prerequisites: PSYT611.

PSYT791
Advanced Child and Adolescent Therapy (1)
This advanced course for working with children, adolescents, and their families focuses on turning the theory of previous classes into the practical. Many case studies and demonstrations with class members as family members are used. Students receive the opportunity to practice with other students as well as present their own “cases.” The instructor uses a model that integrates developmental process, Gestalt, psychodrama, and family therapy. Prerequisite: PSYT780.

PSYT800
Internship I (2)
The student works a total of 700 hours in community agency settings. Prerequisite: PSYT668.

PSYT804
Internship I: Art Therapy (2)
Students work as art therapy interns for a minimum of 700 hours in community agencies, hospitals, schools, and other institutions according to AATA guidelines. At least 350 hours of direct client contact is supplemented by treatment team meetings, documentation, clinical supervision, and in-service training. Prerequisite: PSYT668 and all required Art Therapy and Transpersonal Counseling Psychology courses.

PSYT806
Internship I: Wilderness Therapy (2)
The student works a total of 700 hours in community agency settings. WT only. Prerequisite: PSYT668.

PSYT810
Professional Orientation and Ethics I (2)
Professional Orientation and Ethics I supports the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship such as therapeutic technique and style, diversity issues, transferance, and countertransference. Prerequisite: PSYT668. Must be taken concurrently with PSYT800.

PSYT814
Professional Orientation and Ethics I (for art therapy students) (3.5)
Professional Orientation and Ethics I provides an instructional, supportive forum for students practicing counseling and art therapy skills in agency settings. Students study the ethical codes, legal, and advocacy considerations of counseling and art therapy, including standards of practice and client’s rights; confidentiality and mandatory reporting; informed consent; assessment and treatment planning; documentation and record keeping; boundary violations/dual relationships; therapeutic technique and style; cultural competency; transferance and countertransferance; and ownership of artwork. Students demonstrate the applied integration of theoretical material by presenting case material during class and by preparing a written case study for their Final Clinical Paper. Prerequisite: PSYT668 and all Art Therapy and Transpersonal Counseling Psychology courses. AT only.

PSYT816
Professional Orientation and Ethics I: Wilderness Therapy (2.5)
Professional Orientation and Ethics I supports the learning experience of students enrolled in internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship such as therapeutic technique and style, diversity issues, transferance, and countertransference. Prerequisite: PSYT668.
PSYT824  
Internship Studio Methods I (0.5)  
This course complements the work covered in Professional Seminar and Ethics I by using various studio methods and virtual art techniques to explore the fieldwork experience in terms of transference and countertransference, parallel process, projective identification response, art making, self-care, ethics, and professional role identity. AT only. Materials fee.

PSYT844  
Internship Studio Methods II (0.5)  
This course complements the work covered in Professional Orientation and Ethics II by using various studio methods and techniques to explore the fieldwork experience in terms of transference and countertransference, parallel process, projective identification, ethics and professional role identity. AT only.

PSYT850  
Internship II [2]  
A continuation of PSYT800.

PSYT854  
Internship II: Art Therapy [2]  
A continuation of PSYT804. If one fails to successfully complete this class, both Internship I and II must be retaken in sequence.

PSYT856  
Internship II: Wilderness Therapy [2]  
A continuation of PSYT806. WT only.

PSYT860  
Professional Orientation and Ethics II [2]  
Professional Orientation and Ethics II completes the learning experience of students enrolled in the internship placement. The class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference. Prerequisite: PSYT810. Must be concurrently enrolled in PSYT 850.

PSYT864  
Professional Orientation and Ethics II (for art therapy students) [3.5]  
This weekly seminar further investigates professional standards of practice related to assessment, cultural competency, treatment planning, documentation, applied theoretical methods, and various legal and ethical topics related to counseling and art therapy. Throughout the semester, students present case material, eventually formulating a comprehensive case study research project to be presented at the departmental orals. If one fails to successfully complete this class, both professional orientation seminars I and II must be retaken in sequence. Prerequisite: Successful completion of all required Art Therapy and Transpersonal Counseling Psychology courses. AT only.

PSYT866  
Professional Orientation and Ethics II: Wilderness Therapy [2.5]  
This course completes the learning experience of students enrolled in the internship placement. The Professional Orientation and Ethics II class is designed to provide an instructional and supportive forum for students practicing counseling and psychotherapy in agency settings. The class provides an understanding of professional roles, organizations, and credentialing. Students are exposed to the ethical, legal, and advocacy considerations of counseling. The history and philosophy of the counseling profession are considered in relation to current trends and case studies. We are concerned with professional, theoretical, and personal issues related to the internship, such as therapeutic technique and style, diversity issues, transference, and countertransference.

PSYT867  
Extended Internship Placement [0.5]  
The purpose of this course is to provide continued clinical support and guidance to students who have not completed their required clinical internship hours during the sequence of PSYT800, PSYT804, or PSYT806, and PSYT 850, PSYT 854, or PSYT856. This course is required for any student who has completed PSYT 800, PSYT804, or PSYT806, and PSYT 850, PSYT 854, or PSYT856, but has more than 50 hours left of clinical internship to complete by the last day of classes in the Spring Semester.
MA IN TRANSPERSONAL PSYCHOLOGY: ECOPSYCHOLOGY

Ecopsychology integrates psychology with ecology in the study of human-nature relationships. At Naropa University, contemplative practice and transpersonal psychology provide a foundation for this integration. The result is a unique contemplative and transpersonal orientation to the field of ecopsychology. The low-residency Ecopsychology program is a two-year, 38-credit program that begins in the summer with a residential intensive. It then continues with students learning from their own home places online during the fall and winter semesters. Students also attend a short intensive course in Boulder each winter and a second summer intensive that includes a rites-of-passage wilderness camping trip. Course work integrates theory, experiential learning, and contemplative practice in the study of ecopsychology, which includes transpersonal psychology and ecoresilience strategies. This is not a clinical licensure program. Students complete both written and service-learning projects.

MA in Transpersonal Psychology: Ecopsychology Requirements

First year, summer
PSYT603e Engaged Contemplative Practices: Ecological and Societal Transformation (3)
PSYT608 Transpersonal Psychology Intensive I (3)
SUBTOTAL 6

First year, fall
PSYT567e Ecopsychology (3)
PSYT670e Transpersonal Psychology I (3)
SUBTOTAL 6

First year, spring
PSYT527e Ecopsychology in Context (3)
PSYT617e Ecology Concepts and Applications (3)
PSYT656W Ecopsychology Intensive I (1)
SUBTOTAL 7

Second year, summer
PSYT520 Psychology of Wilderness Experience (3)
PSYT685 Ecopsychology Training (3)
SUBTOTAL 6

Second year, fall
PSYT738e Transpersonal Service Learning I (1.5)
PSYT839e Master’s Paper Online I (1.5)
Elective (3)
SUBTOTAL 6

Second year, spring
PSYT667W Ecopsychology Intensive II (1)
PSYT748e Transpersonal Service Learning II (1.5)
PSYT880e Master’s Paper Online II (1.5)
SUBTOTAL 7

TOTAL CREDITS 38

MA in Transpersonal Psychology: Ecopsychology Course Descriptions

PSYT504e Meditation Practicum I (3)
Drawing from both the Shambhala and Buddhist traditions, this course introduces students to the sitting practice and psychology of meditation.

In these traditions, sitting meditation is the most direct means of training in mindfulness-awareness, which is the basis of contemplative psychotherapy and healing. Elective. Online fees apply.

PSYT511e Meditation Practicum II (3)
In this class, we explore the Mahayana (Great Path) Buddhist teachings on compassion, loving-kindness, emptiness (the non-existence of a separate self), and the interconnectedness of all things. Students are introduced to the meditation practice of tonglen (exchanging oneself for others), and the warrior discipline of lojong (mind training)—first introduced in Tibet one thousand years ago and brought to the West by Naropa’s founder, Chogyam Trungpa Rinpoche. This training is very direct and practical rather than philosophical, and emphasizes gentleness and skillful action in our everyday dealings with other people. Prerequisite: PSYT504e. Elective. Online fees apply.

PSYT514e The Diamond Approach (3)
The Diamond Approach is an original, thorough, and precise spiritual path developed and taught by A. H. Almaas. Introducing the main insights and concepts of the Diamond Approach, this course draws on modern psychology as well as timeless spiritual wisdom, offering a fresh approach to living fully and deeply. It provides precise descriptions of the characteristics of spiritual realization and its barriers. By understanding and working with these barriers, we are better able to fulfill our potential for a life of engagement, service, contentment, richness, depth, and mystery. Elective. Online fees apply.

PSYT516e Transitions and Rites of Passage (3)
This course explores life transitions, both predictable and unexpected, and the role of rites of passage in giving them meaning and support. Developmental psychology, transpersonal psychology, anthropology, and ecopsychology provide foundations as the course helps students integrate theoretical and experiential perspectives. Elective. Online fees apply.

PSYT517e Multicultural Issues: Contemplative Approaches (3)
In traditional cultures, healing occurs within community. There is a deep understanding of shared wounds and the shared responsibility as well as a desire to work together toward healing. We begin our work from within, looking to the past for aid and guidance. From there we return to the present to bring understanding to our own personal and cultural wounds. We explore our own cultural backgrounds and, from this place, sit as compassionate witnesses to the pain and struggle of others. In community, we facilitate healing, using storytelling, ritual, meditation, and guided imagery. We explore new ways to experience our shared humanness through deep wisdom, caring, and understanding. Elective. Online fees apply.

PSYT520 Psychology of Wilderness Experience (3)
Through group process, experiential activities, and ritual, participants experience an ancient, pan-cultural, earth-centered rite of passage in a wilderness setting. This course follows the traditional stages of a rite of passage: Severance (leaving behind what is familiar); Threshold (three days and nights of solitude/fasting); and Reincorporation (bringing back
in examining ecopsychological theory and practices. Required for MATP-COC students and open to others by permission of instructor. Activity fee.

PSYT527e
Ecopsychology in Context (3)
This online course offers an introduction to ecopsychology in historical, cultural, and philosophical contexts, including contemporary issues and currents of eco-philosophical thought such as eco-spirituality, whole-systems thinking, resilience, bioregionalism, and voluntary simplicity. Ecopsychological alternatives for addressing current ecological problems are examined along with options for effective and compassionate action. Required for MATP-COC. Online fees apply.

PSYT567e
Ecopsychology (3)
Ecopsychology is concerned with human and ecological health, and proposes that the well-being of both is intimately linked. Ecopsychology places psychology in an ecological context and draws on psychological insight for effective and sustainable environmental action. This online course integrates academic, experiential, and contemplative approaches in examining ecopsychological theory and practices. Required for MATP-COC. Online fees apply.

PSYT603e
Engaged Contemplative Practices: Ecological and Societal Transformation (3)
Students develop skills that cultivate mindfulness, awareness, and compassion for social engagement. The course presents approaches and practices (e.g., sitting meditation, sensory awareness and nature-based exercises) that involve personal as well as societal transformation. It includes models of engagement drawing on the work of Joanna Macy, the nonviolent tradition of Thich Nhat Hanh (or others), and the practice of bearing witness. This is a blended course with both online and face-to-face components. Required for MATP-COC.

PSYT607e
Integral Psychology (3)
A course designed to take the student on a three-dimensional journey toward a deep understanding of this meta-theoretical approach to psychology. First, it involves an examination of the theory of Integral Psychology as the Fifth Force or Wave in the historical development of the discipline of psychology. Second, it includes a critical analysis of integral theory as it evolved in Ken Wilber’s body of work. Throughout the course, students apply this evolutionary theory of consciousness in their own lives through the development of an ongoing Integral Life Practice. Elective. Online fees apply.

PSYT608
Transpersonal Psychology Intensive I (3)
This weeklong course held on campus introduces students to the program and the field of transpersonal ecopsychology. It also provides the opportunity for community building, face-to-face instruction in transpersonal processes such as meditation and ritual, and application of topics from the online courses. Students are expected to prepare for the course prior to attending and to complete a written assignment after the course. Required for MATP-ECOC.

PSYT617e
Ecology: Concepts and Applications (3)
This online course reviews fundamental concepts in ecology and explores their relevance to ecopsychology. We explore organisms in their environment, population dynamics, community ecology, ecosystem dynamics, and Gaia theory. A field component involves natural history investigations in each students’ local bioregion. As a group, we develop a place-based perceptual ecology and inquire into the dynamic interrelationships between local ecology, global change, and the human psyche. Required for MATP-ECOC. Online fees apply.

PSYT670/670e
Transpersonal Psychology: Foundations & Central Concepts (3)
An introduction to the field of transpersonal psychology, this course explores central concepts of transpersonal psychology and its applications to ecopsychology, meditation, ritual, psychological research, multicultural diversity, and other areas. The theories of central figures in the field are discussed and compared, as are transpersonal psychology’s roots in the world wisdom traditions. The course blends intellectual exploration, practice, and self-reflection. PSYT670e required for MATP-ECOC. Online fees apply (PSYT670e).

PSYT656W
Ecopsychology Intensive I (1)
The course focuses on advanced topics within ecopsychology, further builds community within the program, and aims to teach specific skills for working with individuals and groups in an ecopsychological context. The students’ meditation practice and an understanding of its importance in ecopsychology are deepened. Prerequisite: Completion of PSYT608 and PSYT567e. Required for and only open to first-year MATP-COC students.

PSYT667W
Ecopsychology Intensive II (1)
Building on previous courses, this course teaches theories and techniques of specific applications and practices for ecopsychology facilitators. Students have a chance to both observe these practices and practice them in the intensive course. A second purpose of this course is face-to-face community-building in the MATP Ecopsychology program. An in-depth self-assessment paper is required. Prerequisite: PSYT656w. Required for MATP-ECOC.

PSYT685
Ecopsychology Training (3)
Ecopsychology explores human-nature relationships and the implications of a deeper connection between human and nature for mental health, personal growth, environmental action and sustainable lifestyles. This advanced course assumes an understanding of the theory and practices of ecopsychology. It is directed toward the interface of ecology, transpersonal psychology, and contemplative practice (i.e., nature, psyche, and spirit); critical evaluation of ecopsychological thinking; and the development and use of ecopsychology practices in personal and professional applications. Prerequisite: PSYT567e.

PSYT738e
Transpersonal Service Learning I (1.5)
Students apply and deepen their learning through service. With guidance from program faculty, students arrange a service-learning project in an area of their choice. Course lectures, reading, and discussion support this learning by examining the nature of transpersonal approaches to service and by providing a forum for interaction and support among students and faculty. MATP-ECOC only. Online fees apply.

PSYT748e
Transpersonal Service Learning II (1.5)
This is the second of a two-semester sequence in which students apply and deepen their study of transpersonal psychology through service. This semester, students complete the service-learning project begun in Transpersonal Service Learning I and complete a written paper integrating their learning with theory and research in their area of service and with understanding of transpersonal service. Online lectures, reading, and discussion support this learning. MATP-EEOC only. Online fees apply.

PSYT839e
Master’s Paper Online I (1.5)
The first of a two-course sequence in which students apply and deepen their learning of transpersonal psychology through completion of a major
written paper. The final paper should provide a literature review of a particular ecopsychological topic, and critical and creative inquiry into a transpersonal approach to the topic. The paper should also include self-reflection of the students’ relationship to the topic. Students work closely with the instructor, an expert reader, and classmates. The online course environment provides support for the process of writing this paper. In the first-semester course, students produce an outline and proposal for their paper and a 10–20 page literature review of their chosen topic. Online fees apply.

**PSYT880e**
Master’s Paper Online II (1.5)
The second of a two-course sequence in which students complete a major written paper on a topic of their choice. In the second-semester course, students complete the paper. Online fees apply.

**PSYT881e**
Extended Master’s Paper Online (0.5)
Online fees apply.
The Jack Kerouac School of Disembodied Poetics was founded in 1974 by Allen Ginsberg and Anne Waldman. The School consists of the Undergraduate Core Writing Seminars; a BA in Writing & Literature; an MFA in Writing & Poetics; a low-residency MFA in Creative Writing; and the internationally renowned Summer Writing Program, a four-week symposium of writers, artists, activists, and editors.

The Jack Kerouac School emphasizes innovative approaches to literary arts. Our programs problematize genre while cultivating contemplative and experimental writing practices. Each year, we invite more than sixty guest writers and artists, including the Allen Ginsberg Visiting Fellow and the Leslie Scalapino Lecturer in Innovative Poetics. This distinguishing feature fosters an intensely creative environment for students to develop their writing projects in conversation with a community of writers.

Our curriculum includes courses in poetry, prose, nonfiction, translation, film, theory, pedagogy, and letterpress printing, as well as those that explore hybrid, cross-genre, and collaborative forms. We offer rigorous training in critical/creative explorations, encompassing the sociopolitical context of contemporary writing. Students are encouraged to take courses across genres and to take part in Naropa’s contemplative and somatic curricular practices, such as sitting meditation, yoga, ikebana, and other dharma arts. Such experiences allow students to absorb new skills for their integrative creative processes. For nearly four decades, our rich combination of experimentation, contemplative awareness, and student mentorship has generated innovation inside and outside the classroom.

All classes are taught by active, publishing writers who are widely anthologized, have received numerous grants and awards, and perform and lecture internationally. Dedicated to a dynamic and diverse classroom experience, our faculty asks how disciplines such as ecology, somatic psychology, philosophy, and visual art relate to literary forms. We bring forward new questions that both invigorate and challenge the current dialogue in writing today.

Undergraduate Major and Minor
Bachelor of Arts in Writing & Literature
Minor in Writing & Literature

Graduate Degrees
Master of Fine Arts in Creative Writing
Master of Fine Arts in Writing & Poetics

Summer Writing Program
The Bachelor of Arts in Writing & Literature is a 36-credit major with a curriculum that balances writing workshops and literary studies. This balance reflects the school’s conviction that creative writing, reading, and critical analysis must be involved in a writer’s growth. In addition to the practice and study of writing, Writing & Literature students can acquire skills in letterpress printing through the Harry Smith Print Shop and book binding through the Book Arts course. Through Project Outreach, students develop teaching skills in local schools and institutions.

Writing workshops and literature classes at Naropa University are taught by active writers with the purpose of deepening students’ practice of writing. Writing & Literature majors produce creative work on a weekly basis throughout the academic year and engage in critical discussions on literature.

**Entering the Major, Minor, or Interdisciplinary Studies: Concentration in Writing & Literature**

In accordance with University policy, students can declare their major at any time. In order to progress through the coursework in this major, students must take the following course pre-requisites at the earliest opportunity:

- WRi115, Writing Seminar II, WRi210 Literary Studies, and WRi234 Creative Reading and Writing. After completing these 200-level courses with a “C” or better,
  - students earning a minor fulfill the remaining 6 credits through 300-level literature courses and/or writing workshops,
  - students earning a concentration in W&L (INTD) take 12 credits in the major, which must derive from 300-level courses or higher
  - students earning the major take 6 credits of 300-level literature courses and 6 credits of 400-level literature courses; 6 credits of 300-level writing workshops and 6 credits of 400-level writing workshops, including WRi429, Writing Workshop: Contemplative Poetics, 3 credits of professional development, and 3 thesis credits.

For entry into 300 and 400 level courses, students must have taken:

- WRi210 and COR115 to register for 300-level literature courses
- WRi234 and COR115 to register for 300-level writing workshop courses
- 9 credits of 300-level courses to register for 400-level courses
- WRi210, WRi234, and 3 credits of 300-level courses to register for professional development courses

**BA in Writing & Literature Requirements**

**Writing Workshops: 15 credits**

Writing workshops train in various genres and include poetry, fiction, and cross-genre. Workshops require the regular submission of original work for critique, oral presentation, and editing.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>WRi300</td>
<td>Poetry Workshop: Finding Your Fire (3)</td>
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<tr>
<td>WRi310</td>
<td>Reading and Writing: The Magic of Realism (3)</td>
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<tr>
<td>WRi311</td>
<td>Reading and Writing Seminar: Poetic Operation (3)</td>
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<tr>
<td>WRi312</td>
<td>Writing Workshop: Poetry (3)</td>
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<tr>
<td>WRi314</td>
<td>Writing Prose: Memoir/Anti-Memoir (3)</td>
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<tr>
<td>WRi320</td>
<td>Writing Poetry: from Gloucester Out (3)</td>
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<tr>
<td>WRi321</td>
<td>Writing Prose: Navigations in Narrative (3)</td>
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<tr>
<td>WRi323</td>
<td>Writing Poetry: The Prose Poem (3)</td>
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<tr>
<td>WRi325</td>
<td>Writing Poetry: From Sonnet to Projective Verse (3)</td>
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<td>WRi334</td>
<td>Reading and Writing: The Hybrid (3)</td>
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<tr>
<td>WRi360</td>
<td>Writing Poetry: Only the Narrow Present Is Alive (3)</td>
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<tr>
<td>WRi362</td>
<td>Writing Workshop: Fiction (3)</td>
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<td>WRi363</td>
<td>Reading and Writing: Literatures of Exile and Diaspora (3)</td>
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<td>WRi364</td>
<td>Reading and Writing: Passage in Prose (3)</td>
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<tr>
<td>WRi369</td>
<td>Writing Workshop: Narrative Forms (3)</td>
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<tr>
<td>WRi375</td>
<td>Writing Poetry: Wild Form (3)</td>
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<tr>
<td>WRi385</td>
<td>Reading and Writing: Close Readings in Surrealism and Dada (3)</td>
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<tr>
<td>WRi386</td>
<td>Writing Prose: Narrative and Architecture (3)</td>
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<tr>
<td>WRi389W</td>
<td>Fall Writing Practicum (1)</td>
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<td>WRi391W</td>
<td>Spring Writing Practicum (1)</td>
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<tr>
<td>WRi394W</td>
<td>Writing Practicum with Anne Waldman (1)</td>
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<tr>
<td>WRi395W</td>
<td>Writing Practicum with Allen Ginsberg Visiting Fellow (1)</td>
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<tr>
<td>WRi400</td>
<td>Poetry Workshop: Extending Your Voice (3)</td>
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<tr>
<td>WRi407</td>
<td>Reading and Writing: Currency of the New Millennium (3)</td>
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<tr>
<td>WRi419</td>
<td>Reading and Writing: Exploring Your Source (3)</td>
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<tr>
<td>WRi428</td>
<td>Writing Workshop: Innovative Fiction (3)</td>
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<tr>
<td>WRi429</td>
<td>Writing Workshop: Contemplative Poetics (3)</td>
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<td>WRi431</td>
<td>The Art of the Essay (3)</td>
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<td>WRi443</td>
<td>Writing Workshop: Translation (3)</td>
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<tr>
<td>WRi446</td>
<td>Reading and Writing: American Beauty (3)</td>
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<tr>
<td>WRi466</td>
<td>Reading and Writing: Experimental Women Writing (3)</td>
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<tr>
<td>WRi490</td>
<td>Special Topics: Writing Workshop (3)</td>
</tr>
</tbody>
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**Literature Courses: 15 credits**

Literature courses examine selected writers’ works, topics, or periods in literary history and require critical papers in standard academic format.

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<td>WRi334</td>
<td>Reading and Writing: The Hybrid (3)</td>
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<tr>
<td>WRi344</td>
<td>Literature Seminar: Shakespeare (3)</td>
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<td>WRi347</td>
<td>Literature Seminar: Kerouac’s Road (3)</td>
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<tr>
<td>WRi349</td>
<td>Literature Seminar: Classic Modernism (3)</td>
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<tr>
<td>WRi350</td>
<td>Literature Seminar: Midnight Angels (3)</td>
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<tr>
<td>WRi355</td>
<td>Literature Seminar: World Lit (3)</td>
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<tr>
<td>WRi356</td>
<td>Literature Seminar: Points of Departure (3)</td>
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<td>WRi363</td>
<td>Reading and Writing: Literatures of Exile and Diaspora (3)</td>
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<td>WRi364</td>
<td>Reading and Writing: Passage in Prose (3)</td>
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<tr>
<td>WRi366</td>
<td>Reading and Writing: Fade to Black (3)</td>
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<tr>
<td>WRi380</td>
<td>Writing Workshop: Eco-Poetics (3)</td>
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<tr>
<td>WRi385</td>
<td>Reading and Writing: Close Readings in Surrealism and Dada (3)</td>
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<tr>
<td>WRi407</td>
<td>Reading and Writing: Currency of the New Millennium (3)</td>
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<tr>
<td>WRi408</td>
<td>Literature Seminar: Beatnik 101 (3)</td>
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<tr>
<td>WRi419</td>
<td>Reading and Writing: Exploring Your Source (3)</td>
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<tr>
<td>WRi431</td>
<td>The Art of the Essay (3)</td>
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<tr>
<td>WRi433</td>
<td>Literature Seminar: Tracks Along the Left Coast (3)</td>
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<tr>
<td>WRi436</td>
<td>Introduction to Feminist Theory (3)</td>
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<tr>
<td>WRi440</td>
<td>Literature Seminar: The Reflexive Novel (3)</td>
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<tr>
<td>WRi441</td>
<td>Literature Seminar: Women Writers (3)</td>
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<tr>
<td>WRi443</td>
<td>Practice of Translation (3)</td>
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<tr>
<td>WRi446</td>
<td>Reading and Writing: American Beauty (3)</td>
</tr>
<tr>
<td>WRi450</td>
<td>Literature Seminar: Radical Prosody (3)</td>
</tr>
<tr>
<td>WRi465</td>
<td>Reading and Writing: Experimental Women Writing (3)</td>
</tr>
</tbody>
</table>

BA IN WRITING & LITERATURE
Professional Development courses connect students to a vocation and career path.

WRI307W Professional Development: Teaching Practicum (2)
WRI326 Professional Development: Small Press Publishing (3)
WRI381 Professional Development: Project Outreach (3)
WRI382 Professional Development: Letterpress Printing (3)
WRI383 Professional Development: Letterpress Printing: (3)
WRI387 Professional Development: Book Arts (3)
WRI492 Special Topics: Professional Development (3)

TOTAL CREDITS 36

BA in Writing & Literature Course Descriptions

WRI210 Literary Studies (3)
This writing-intensive course serves as an introduction to literary studies and prepares students to be astute readers, aware of the multiplicity of critical stances that inform the reading process. We will discuss and analyze a variety of literary texts (fiction, poetry, essay, etc.) in order to better understand the historical, political, cultural, and formalistic aspects of the works. A final research paper is required.

WRI234 Creative Writing and Literature (3)
This class broadens our repertoire and abilities as readers and writers. The readings explore literature from several genres: poetry, fiction, and drama. The class also functions as a workshop undertaking writing experiments. Students develop the ability to analyze and speak articulately about literature, learn to identify the characteristics of discrete literary genres, strengthen their writing skills in multiple genres, and produce creative writing.

WRI300 Poetry Workshop: Finding Your Fire (3)
An eclectic collection of the poems and texts of twelve very distinct poets is introduced, read, discussed, and drawn on for inspiration. The study of each poet includes biographical information, class members reading aloud from the texts, and an in-depth discussion of the individual poems with emphasis on the inspiration factor, i.e., where inspiration comes from. While class members take turns reading from the text, the rest of the class participates in an automatic writing exercise. This “wall of words” becomes the material for a rough draft that, through class discussion contributes to the making of each student’s poems. Students are required to keep a notebook of their “wall of words,” their in-class rough draft, class suggestions toward their completed poem, revisions of the poem, and notations on how they worked with the “wall of words” for inspiration. A final portfolio of completed poems is required.

WRI307W Professional Development: Teaching Practicum: Designing a Writing Workshop (2)
This professional training practicum instructs writing students in the skills necessary for conceiving, organizing, and teaching writing workshops on two levels: public schools and colleges. The course covers the goals and methods of creating a syllabus and course description, recognition and evaluation of student writing abilities, and relating the writing workshop to existing curriculum. Techniques for working within school systems are stressed, along with how to stay happy and productive as a writer. Students design and submit two syllabi. Prerequisite: COR115 and WRI234. Cross-listed as WRI607W.

WRI310 Reading and Writing: The Magic of Realism (3)
How does narrative fiction push the boundaries of realism to engage the writer’s imagination? How does a realistic voice turn inventive and nearly magical? In this class, we explore the magic of realism, as seen in writers like Cortazar, Calvino, and Marquez, as well as in myth and fairy tales, and learn, in describing the ordinary, how to craft the fantastic in our own work.

WRI311 Reading and Writing Seminar: Poetic Operation (3)
This course challenges traditional assumptions about how poems are created by isolating the operations in play to produce texts. We begin with Gertrude Stein’s Tender Buttons and then read contemporary writers who question the authority of poetic practice through innovative uses of language, form, syntax, and meaning. We immerse ourselves in the laboratory of literary structures and examine how writers confront convention and experiment with process. In addition, we examine the writer’s historical context and how it informs the “poetic operation.”

WRI312 Writing Workshop: Poetry (3)
This is a workshop, i.e., a place of production, where constructive advice on, and criticism of, the works produced by the participants is given both by the instructor and the participants. While producing new and original work, the participants acquire a sense of how to talk about their own and others’ poetic writings. Materials include poetry and considerations of poetry, and we look at and discuss the work of both modern and postmodern authors along with participants’ writing. Prerequisite: COR115 and WRI234.

WRI314 Writing Prose: Memoir/Anti-Memoir (3)
Reading contemporary memoir: memoir as method of traveling between representations of the self, autobiography that veers from confessionalism, documents that take as their subject the complications of the body (an I) negotiating with a history, or family (you are). In our own writing, we try to write an I that is both a conversation with assigned texts and a method to dissolve the assumptions about the making of a self on paper.

WRI320 Writing Poetry: From Gloucester Out (3)
Reading assignments sample the North American constellation of postmodern poetics. Students research practitioners of their own choosing for in-class discussion and are encouraged to access the Naropa Audio Archive in doing so. Classes split time between presentation and discussion of readings and “work-shopping” of weekly writing assignments. The course title is taken from Edward Dorn and refers to poet Charles Olson’s sense of the “projective” as a launch pad for postmodern poetics.

WRI321 Writing Prose: Navigations in Narrative (3)
This class is an investigation and production of alternative narrative strategies. Readings from contemporary world fiction are a source of dialogue, though our emphasis is on inventing worlds for our characters/
dissolving characters to navigate. What happens to our fiction if these navigations fail? What does “narrative” itself mean to us as writers engaged with prose? This class is an opportunity for you to develop your sense of where you stand in relation to the page.

WRJ323
Writing Poetry: The Prose Poem (3)
A workshop devoted to reading and writing prose poems. The narrative of a prose poem is often compared to that in dreams, involving sudden shifts of development and evocative tonal and atmospheric shading. The prose poem invites one to consider and explore possibilities for poetic experiment within the broad range of prose frames and formats. The semester’s project will be a manuscript of prose poems selected from the work written each week.

WRJ325
Writing Poetry: From Sonnet to Projective Verse (3)
An exploration of poetic forms based on reading examples of the forms and in students’ writing. Contemporary poetic verse forms are introduced in the context of their formal precedents. These are poetic forms with a vigorous history of application in the world in which the students will be writing and, as such, this course also provides a basic introduction to the field of contemporary poetry. We look at and discuss the work of both modern and postmodern authors along with writing by participants.

WRJ326
Professional Development: Small Press Publishing (3)
The course serves as an introduction to various facets of the small press, including its history and practical concerns around submissions and editing. This is an experiential class, in which students learn by doing. Through hands-on study, students learn what a small press is as well as its role in forging community, promoting diversity and experimentation, and innovating publishing practices. Working individually and collaboratively, students curate, design, distribute, and market one issue of Bombay Gin, as well as hone their individual professional development by developing submissions and cover/query letters. Prerequisites: COR115, WRJ120, WRJ1234, 3 credits of 300-level work in Writing and Literature. Cross-listed as WRJ705.

WRJ334
Reading and Writing: The Hybrid (3)
We research hybridity to create both a vocabulary and an environment for our own projects and concerns. What is a hybrid form? Answering this question depends upon research across and into other disciplines. To this end, the course includes reading works by writers who occupy or navigate or devour or think the space where one way of writing is becoming another, or joining with another, in diverse ways. In our own writing, we generate a template for, then build, a hybrid project. The method of instruction for this class combines short lectures with class discussion, workshops, and in-class writing experiments.

WRJ344
Literature Seminar: Shakespeare (3)
Through the examination of a selection of Shakespeare’s dramatic tragedies, comedies, and histories, as well as his sonnets, students gain knowledge of Shakespeare’s works in their literary, historical, and artistic contexts. In addition to explication of Shakespearean language and performance of short excerpts from the plays, the course emphasizes critical approaches to reading Shakespeare, including those that focus on race, gender, sexuality, and class. Prerequisite: COR115 and WRJ1210

WRJ347
Literature Seminar: Kerouac’s Road (3)
In this class, we examine selected primary texts of Kerouac’s narrative canon (what he called the Vanity of Duluoz), as well as his first novel and primary critical and personal biographies and oral history. His letters and journals are also included. Through these varied filters we come to a better understanding of his compositional techniques, spiritual, and emotional make-up and, ultimately, Kerouac’s place in the context of his time and in the gallery of American letters. We probe beyond the myth of the namesake of the Kerouac School, until he reveals himself through his multidimensional life and work. Cross-listed as WRJ1647.

WRJ349
Literature Seminar: Classic Modernism (3)
In this survey course, we read and discuss many of the great innovations in literary style and composition in prose and verse in the period between 1910 and 1930. Writers include Gertrude Stein, Ezra Pound, Jean Toomer, T. S. Eliot, William Carlos Williams, James Joyce, Langston Hughes, and Marianne Moore. The final third of the term is spent on a close reading of Joyce’s Ulysses. Accompanying the primary texts are essays by the above authors and others on specific features of modernist poetry and narrative. Requirements include response papers and a substantial final paper on some aspect(s) of Ulysses. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRJ1649.

WRJ350
Literature Seminar: Midnight Angels (3)
Students study the history of the Beat Generation with special attention to the writings of Allen Ginsberg, Jack Kerouac, Gregory Corso, William Burroughs, Diane di Prima, Amiri Baraka, Joanne Kyger, Lawrence Ferlinghetti, Bob Dylan, Anne Waldman, Philip Whalen, Alan Watts, Michael McClure, Gary Snyder, and others. The class thoroughly investigates the provocative essence and force of Beat literature. Students write their own visions in the multiple forms of these singular and enduring writers. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRJ1650.

WRJ355
Literature Seminar: World Lit (3)
We research world literature to create both a vocabulary and an environment for our own engagement with national and cultural frames. This course is designed to foster an understanding of the texts, contexts and concerns which shape the various aesthetic, social, political, and ideological functions of the works we are looking at. The works are chosen from three different world regions, and through a linked theme or subject matter. We look at how aesthetic issues are addressed in each work, and examine the interconnectedness between emerging social issues and the function of the work in the era it is written in. The method of instruction for this class combines short lectures with class discussion, research, workshops, and in-class writing/reading experiments. Prerequisites: COR115 and WRJ1210.

WRJ356
Literature Seminar: Points of Departure (3)
The course covers modern literary works that are either groundbreaking or intensely reflective of their moment. We read an expansive selection of texts. The majority of class time is spent discussing the current text, and there are four critical papers covering race and gender, as well as social and cultural breakthroughs. In addition, there are video presentations of selected works. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRJ1656.

WRJ360
Writing Poetry: Only the Narrow Present is Alive (3)
We do weekly readings in poetry and poetics and consult the poets’ voices in the Kerouac School audio archive. Our choice of source materials depends on our collective background, needs, and inclinations. These materials inform our weekly writings. Is the poem given by the world, or is the world given by the poem? Find out. Open to W&L students only; others by permission of the program.
WR1362
Writing Workshop: Fiction (3)
This introductory fiction workshop explores techniques and aspects of craft such as structure, story, plot, character, voice, point of view, setting, description, and the possibilities offered by different narrative forms. Reading selections of classic and contemporary writing for inspiration and points of departure, we generate new writing of our own through weekly writing investigations and in-class assignments. With feedback from our colleagues, we take this work through drafts and revisions with the aim of producing a final portfolio. We also think about practical aspects of how fiction is edited, published, and read, and consider how or why we might want our own work to be published. Prerequisite: COR115 and WR1234.

WR1363
Reading and Writing: Literatures of Exile and Diaspora (3)
An opportunity to engage with fiction, poetry, and critical texts regarding exile and diaspora, with an emphasis on the mid-twentieth century to the present time. Thematic enquiries through reading and writing engage the relationship of characters and subjects to national and regional space, terrain, and borderlands, as well as questions of displacement and belonging. Aesthetic enquiries on what happens to language and the intactness (or not) of form in literatures engage a continuum of voluntary and involuntary trajectories. Readings and research provide a political, historical, and cultural context for literary work covered. As writers, students create work that engages and extends the themes and aesthetics of the reading assignments.

WR1364
Reading and Writing: Passage in Prose (3)
Marking passage from childhood to adulthood provides great fodder for fiction. Often, the initiation involves a journey from home, a sexual awakening, or very simply, a recognition that a larger world exists beyond that of the child’s. Using childhood memory as a springboard for fiction, we write and explore coming of age stories, using as guides works by writers like Joyce, Morrison, Hurston, and Kingston. Open to W&L students only; others by permission of the program.

WR1366
Reading and Writing: Fade to Black (3)
An examination of plot and character development in the works of noir nonfiction, fiction, or screenplays, such as Wollf’s memoir, This Boy’s Life, Mason’s Shiloh, and in Baei’s Kiss Me, Judas. The course also explores the adaptation of novels into screenplays through one of the many examples in the noir genre (for example, Cain’s novel, Double Indemnity and the film by Wilder and Chandler). Students explore these issues through both creative and critical written responses.

WR1369
Writing Workshop: Narrative Forms (3)
This workshop explores the art of generating, editing, and ultimately realizing original works of fiction. Works are regarded critically in a rigorous but supportive atmosphere. Elements of narrative prose are broken down and approached as separate elements that contribute to a realized piece of writing. Prerequisites: COR115 and WR1234.

WR1375
Writing Poetry: Wild Form (3)
Jack Kerouac coined the term “wild form” to refer to poems that emerge from spontaneous unbriddled states of mind. This course extends the implications by examining poetry’s relationship to archaic or primitive thought, and to the self-regulating ecosystems of wild nature. We write poetry weekly, exploring perception, intuition, clear vocabulary, and forms free of pre-set assumptions. We examine ancient poetries as well as the vocabulary of modern poetics in order to enrich each other’s poems.

WR1380
Writing Workshop: Eco-Poetics (3)
Eco means house: our larger house has come to be the whole global ecology, in detail. Students study and write poetry and prose, as well as unclassifiable experiments and collaborations that tend to direct attention to surroundings, especially “nature.” Course includes a wide range of authors, from Thoreau to Annie Dillard, Orpíngalk—the Inuit singer—to Rachel Carson and Stephen Jay Gould, Mba Shole to Gary Snyder. We try to discover and invent new ways of representing nature’s rich variety in language. Prerequisites: COR115 and WR1234. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1722.

WR1381
Professional Development: Project Outreach (3)
This course sends students into local schools, retirement homes, shelters, at-risk youth groups, and so on, to lead creative writing sessions. A portion of the weekly class times occurs in these community settings. Field logistics, practice writing experiences, teaching techniques, and field experiences are discussed. Students act as literary activists, teaching and lending inspiration. Prerequisite: COR115, WR1210, WR1234, and 3 credits of 300-level coursework in Writing and Literature. Cross-listed as WR1781.

WR1382
Professional Development: Letterpress Printing: Well Dressed Word (3)
This course introduces students to letterpress printing using the facilities in the Harry Smith Print Shop. Students are instructed in basic techniques as well as in the proper use of materials. Students also learn about basic design principles and the history and aesthetics of fine printing. Course requirements include working on a letterpress-printed project; weekly readings, written assignments, and participation in group critiques and tasks. Prerequisites: COR115, WR1210, WR1234, and 3 credits of 300-level coursework in Writing and Literature. Materials fee. Cross-listed as WR1602.

WR1383
Professional Development: Letterpress Printing: First Impressions (3)
As writers, the practice of setting movable type and printing texts by hand is an invaluable aesthetic and practical resource. This class explores letterpress printing from the writer’s point of view, bringing literary considerations to those of typography, bookmaking, visual design, and layout. As writers and printers, students investigate the letterpress possibilities for poetry and fiction through the production of broadsides, postcards, and a limited-edition chapbook. Open to W&L and W&P students only; others by permission of the program. Materials fee. Cross-listed as WR1603.

WR1385
Reading and Writing: Close Readings in Surrealism and Dada (3)
An introduction to the basic premises of Surrealism and Dadaism. This course excavates these influential literary movements through close readings of significant, albeit often neglected, practitioners, such as Aimé Cesaire, Leonora Carrington, Remedios Varo, and Else von Freytag-Loringhoven. The course begins with an orientation to the ideals of Surrealism and Dadaism with close attention to how these ideas were interpreted and exploited by a variety of artists, especially in relation to how these movements moved from a centralized European and masculinist orientation. Students are given the opportunity to try out Surrealist and Dadaist artistic projects and evaluate the relevance of these movements to the 21st century.

WR1386
Writing Prose: Narrative and Architecture (3)
Architectural form and aesthetics is our resource as we develop different kinds of spaces in our writing and imagine the movements, passages, and thresholds that bring those spaces to life. How can we envision narrative space and structure as a site of unfolding and transformation? What is an architecture of loss or desire, but also how can we make an architecture to have encounters we have never had before? This class focuses on “work-shopping” prose works, but also develops a language, through diverse short readings, with which to speak about the construction of original spaces and the extension of existing ones.
WR1387
Professional Development: Book Arts (3)
In this course students learn the basics of book arts by creating a series of blank journals utilizing a variety of binding techniques. After foundational skills are explained and mastered, students create 5 major projects: a linoleum block book, a handmade book, a book as map, a book sculpture, and a text-off-the-page installation. Additional assignments include writing a manifesto, a critical essay on an aspect of book arts (an artist, a technique, an aesthetic, etc.), a review, and an artist’s statement. The final exam takes place in a gallery setting where students present their work from the semester. Prerequisites: COR115, WR1210, WR1234, and 3 credits of 300-level course work. Materials fee.

WR1389W
Fall Writing Practicum (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WR1789W.

WR1391W
Spring Writing Practicum (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WR1791W.

WR1394W
Writing Practicum with Anne Waldman (1)
Study and analysis of selected literary and compositional issues and elements with visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Prerequisites: COR115 and WR1234. Cross-listed as WR1794W.

WR1395W
Writing Practicum with Allen Ginsberg Visiting Fellow (1)
Study and analysis of selected literary and compositional issues and elements with visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Prerequisites: COR115 and COR234. Cross-listed as WR1795W.

WR1400
Poetry Workshop: Extending Your Voice (3)
This workshop focuses on creating a poem of extended length. Drawing inspiration from poets working in the long or series poem form, students work with various texts, including historical, cultural, and contemporary. Sections of the selected works are read aloud in class to facilitate experimental writing exercises. These provide material to draw from for the weekly assignments that become the student’s longer work. Informed by the works studied, students research a topic and incorporate in-class writing, assignments, and discussion to create their own version of an extended poem. A final portfolio of the completed manuscript is required.

WR1407
Reading and Writing: Currency of the New Millennium (3)
Currency: a medium of exchange; the quality or state of belonging to the present time. An examination of the currency of young experimental poets in the new millennium. Students develop lines of inquiry while focusing on books published after the year 2000. What do these writers value? How do they negotiate the role of the author? What are their influences? How do they push beyond them? And how does this affect writers in the 21st century?

WR1408
Literature Seminar: Beatnik 101 (3)
An interdisciplinary introduction to Naropa lineages and American culture. Novelist/memoirs W.S. Burroughs, Joyce Johnson, Jack Kerouac; poets Diane DiPrima, Ginsberg, Corso; artists Joan Brown, and Bruce Conner of art and films are the artistic focus. Steven Taylor’s punk music memoir False Prophets updates artistic strategies for survival by both men and women in America’s sociopolitical climate in the 1950s through the 1990s. Social class and gender are covered. Students keep a folder of poetry and prose assignments and write a research essay. Techniques for character and narrative development in fiction, poetry, and nonfiction are stressed.

WR1419
Reading and Writing: Exploring Your Source (3)
Concentrating on the radically divergent poetics of several poets and writers culled from a wide swath of history, classwork includes reading and discussion of both selected and critical texts, research on the lives of the writers, and writing our own works inspired and informed by these discoveries. Participation involves investigation into, and discourse on, the importance of each writer’s life situation, cultural milieu, literary genre, historical context, geography, and place among his or her contemporaries. By exploring the works of these writers in conjunction with and in relation to their biographical particulars, students develop their own independent writing methods and the skills to respond fully as poets creating in their own historical consequence.

WR1428
Writing Workshop: Innovative Fiction (3)
Through writing exercises, reading assignments, discussion, and workshop, this writing course focuses on the creation of innovative prose fiction with attention to contemporary literary works that self-consciously push the boundaries of traditional narrative and form. Experiments with constraint, metfiction, intertextuality, collage, and other postmodern methods of producing fiction challenge students to innovate their previous habits and writing practices. Prerequisite: 9 credits of 300-level course work in Writing and Literature.

WR1429
Writing Workshop: Contemplative Poetics (3)
This course explores writing as a contemplative practice joining mindful attention with imaginative letting-go. We explore the meeting of Buddhist and Asian meditative and aesthetic traditions with examples of the poetics of the U.S. and European literary tradition, and the particular way in which their meeting took place at Naropa University. Reading emphasizes modern and contemporary U.S. poets and the teachings of Chögyam Trungpa Rinpoche, and others on dharma art and contemplative poetics. Course work includes substantial sitting meditation, reading and discussion, and weekly creative writing exercises. Prerequisite: 9 credits of 300-level coursework in Writing and Literature. Required for BA Writing and Literature. Cross-listed as WR1739.
WR1431
The Art of the Essay (3)
“Myself,” said Montaigne, “am the groundwork of my book.” An essay is a foray into such groundwork to produce personal or formal inquiries and assessments of any given topic, whether about hunting elephants, the death of a moth, or girls in Des Moines. In this course, we both read and write short prose works encompassing autobiography, travel sketches, and book reviews, demystifying and engaging a process that produces provocative and entertaining literature. Writers we look at may include Didion, Orwell, Baldwin, and Woolf. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1725.

WR1433
Literature Seminar: Tracks Along the Left Coast (3)
West Coast writings, particularly those of California, of the twentieth century. A look at Pacific Rim culture, its unique geographic situation, Native American background, and the mix of Hispanic, Asian, Anglo, and African American settlers. Then to focus on three distinct but overlapping literary scenes: San Francisco Renaissance, West Coast Beat, and Language poetry. Bay Area arts hold a distinct flavor—jazz, rock, Zen, Gnosticism, letterpress printing, camp, and collage. Readings include Indian song, haiku by Japanese American internees of WW II detention camps, and writers de Angulo, Snyder, Scalapino, Helen Adam, Duncan, Hejinian, Mackey. Each student writes three papers and makes one classroom presentation. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1633.

WR1436
Trends in Contemporary Literature: Introduction to Feminist Theory (3)
Is it possible for a woman to be? Is femininity definable? What have been the consequences of variously addressing these questions? What has been the impact of psychoanalytic theory, linguistics, critical theory, and cultural studies on feminist thought? And what impact has feminist theory had in the academy, the literary arts, and popular culture? The course examines these and related questions through reading and discussing a few dead white males and the works of, among others, Goldman, Beauvoir, Irigaray, Kristeva, and Butler. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1736.

WR1440
Literature Seminar: The Reflexive Novel (3)
In this course, we read short stories and novels with a special attention to the reflexive style and structure of their narrative. Beginning with Plato’s distinction between mimetic (showing) and diegetic (telling) presentations, we examine the complications for reading offered when the telling of the story itself becomes a dynamically ambiguous aspect of the work’s overall effect and sense of meaning.

WR1441
Literature Seminar: Women Writers (3)
An examination of the works of women writers who write what poet Lyn Hejinian calls “open texts,” that is, prose, poetry, creative nonfiction, and hybrid works that are open to the world and to the reader, invite participation, foreground process, resist reduction, and examine authority. We look at these works in their own right, as well as in relation to the literary movements of the time. Prerequisite: 9 credits of 300-level coursework in Writing & Literature.

WR1443
Writing Workshop: Translation (3)
This is a workshop based on the idea that “translation” equals “transformation.” How do the choices we make in vocabulary, style, and conceptual approach, when we write anything at all, “translate our thoughts into words,” affect the result? How do we know that the literature in translation is an accurate reflection of the original? Can translated literature ever reach the aesthetic and emotional immediacy of texts we are able to read in their original (or “our”) language? These are some of the questions we examine while also attempting to create our own translations. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1629.

WR1446
Reading and Writing: American Beauty (3)
This workshop is for those who want to write better. The student’s prose is the focus for half of each workshop. To improve awareness and provide subject matter, we examine social class in American fiction. Drawing on such authors as Lorraine Moore, Charles Bukowski, Grace Paley, Richard Brautigan, Ray Carver, Jhumpa Lahiri, A.M. Homes, and others, the course demonstrates how race, gender, and age impact the writer, his or her works, and class. The American social lie of a classless society undergoes loving scrutiny and high hilarity.

WR1450
Literature Seminar: Radical Prosody (3)
Prosody is the study of verse structure through its phonic, rhythmic, and semantic elements. Syllable and sound, syntax and grammar, form and meaning all interact within the weave of poetic “making.” In this course, we begin to see and feel the ways in which poetry written in English has gone about patterning linguistic elements and artfully drawing attention to imaginative rhythmic expression. We track the most important prosodic innovations that have revolutionized poetic form and content over the past five hundred years in British and American poetry. Requirements include response papers and a substantial final paper. Open to W&L majors and MFA W&P students only; others by permission of the program. Cross-listed as WR1750.

WR1455
Literature Seminar: Literary Theory (3)
The class aims at developing our understanding of basic issues in contemporary literary theory. Readings are taken from continental philosophy, anthropology, linguistics, literary criticism, psychoanalytic theory, and gender and ethnic studies. Open to W&L and W&P students only, others by permission of the program. Prerequisite: 9 credits of 300-level coursework. Cross-listed as WR1677.

WR1465
Reading and Writing: Experimental Women Writing (3)
This course examines experimental women writers and how they investigate the margins of their condition while participating in the center of the poetic. We explore language and meaning; the nature of subjectivity, persona, and self, as well as the feminine, the body, and community. All genders welcome. Prerequisites: 9 credits of 300-level coursework in Writing & Literature.

WR1475
BA Thesis (3)
As the culminating completion requirement of the Writing and Literature degree, each candidate must complete a BA thesis, which includes creative and critical components. This course serves as a workshop for these final projects. Additional information about the BA thesis is available in the Jack Kerouac School office. Open to W&L students in their final semester.

WR1490
Special Topics: Writing Workshop (3)
Topics explore various creative writing methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, prose, poetry, cross-genre, hybrid forms, performance poetics, film and media studies, translation, and various other themes driven toward production of creative work. Prerequisites: COR115 and WR1234. Cross-listed as WR1793/7793e.
**WRI491**  
**Special Topics: Literature Seminar (3)**  
Topics explore various literature based methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, New American Poetry, New Narrative Writing, Black Arts Movement, Women Writers, Hybrid Texts, image and text, film and media studies, as well as various other themes driven by critical analysis of literature. Prerequisites: COR115 and WRI210. Cross-listed as WRI796/796e.

**WRI492**  
**Special Topics: Professional Development (3)**  
Topics explore various professional development based methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, book arts, 21st century publishing practices, project outreach, small press editing, pedagogy theory and praxis, and various other themes driven by the development of professional skills. Prerequisites: COR115, WRI210, WRI234, and 3 credits of 300-level coursework in Writing and Literature. Cross-listed with WRI797/797e.
MFA IN CREATIVE WRITING

The MFA in Creative Writing is a low-residency, 49-credit degree program. Courses are taken online during the regular academic year, and 16 credit hours of the Summer Writing Program (spread out over two or three summers) are completed at Naropa University’s Boulder campus. The curriculum balances online writing workshops and literature seminars. Technical support is provided. Students are part of a community from all over the country as well as overseas.

Low-residency students typically enroll for 6 credit hours per semester to realize their degree in three years or less and to qualify for financial aid. If students do receive financial aid, they must enroll for 9 credit hours during one academic semester over the course of their degree.

The MFA in Creative Writing offers courses and workshops in poetry and prose, and each student writes an MFA thesis in the genre of his or her choice.

MFA in Creative Writing Requirements
Summer Writing Program: 16 credits
Two four-week summer semesters (or some combination totaling 16 credits) are completed at Naropa’s Boulder campus.

WRi651–654 Summer Writing Program I [8]
WRi751–754 Summer Writing Program II [8]
SUBTOTAL 16

Writing Workshops: 9 credits
Writing workshops require regular submissions of original work for critique and editing. Courses include reading and online discussion of modes of composition. Workshop participation encourages student peer critique and develops editing skills and an informed vocabulary.

WRi625e Creative Reading and Writing: Dramatic Measures [3]
WRi637e Practice of Fiction: Characterization/Monologue [3]
WRi639e Practice of Poetry: Great Companions [3]
WRi641e Practice of Fiction: Sculpting Prose [3]
WRi667e Creative Reading and Writing: Inspired by Inspiration [3]
WRi688e Practice of Fiction: Toward Accumulating a Larger Text [3]
WRi669e Creative Reading and Writing: Collaborations, Crossings, and Collision [3]
WRi688e Literature Seminar: Kerouac’s Road [3]
WRi785e Practice of Fiction: Flash Fiction, Make It New [3]
WRi785e Practice of Fiction: Building Blocks [3]
WRi790e Creative Reading and Writing: Investigative Poetics [3]
WRi792e Book Matters: An Introduction to Publishing [3]
WRi793e Special Topics: Writing Workshop [3]
SUBTOTAL 9

Literature Courses: 9 credits
Literature seminars focus on the works of particular authors, literary history, and culture, as well as contemporary trends in literary theory. They are titled Literature Seminar, Creative Reading and Writing, and Trends in Contemporary Literature. All literature courses require critical papers in standard academic format.

WRi600e Literature Seminar: Midnight Angels [3]
WRi634e Literature Seminar: One’s Own Language [3]
WRi667e Creative Reading and Writing: Inspired by Inspiration [3]
WRi677e Poetics Seminar: Critical Theory [3]
WRi688e Literature Seminar: Kerouac’s Road [3]
WRi736e Trends in Contemporary Literature: Introduction to Feminist Theory [3]
WRi788e Creative Reading and Writing: The Art of Nonfiction [3]
WRi790e Creative Reading and Writing: Investigative Poetics [3]
WRi793e Special Topics: Writing Workshop [3]
WRi796e Special Topics: Poetics Seminar [3]
WRi797e Special Topics: Professional Development [3]
SUBTOTAL 9

MFA Thesis: 6 credits
In their last semester, MFA students submit an MFA thesis, which includes creative and critical components. Additional information about the MFA thesis is available in the JKS office.

WRi880e MFA Thesis
SUBTOTAL 6

Elective Requirement: 6 credits
Students can choose from the array of online courses offered by other programs at Naropa University. For those students who can attend class at Naropa, we also offer the following weekend electives. These classes can include in-resident undergraduate and graduate students and low-residency graduate students.

WRi705 Professional Development: Small Press Publishing [3]
WRi789W Fall Writing Practicum [1]
WRi791W Spring Writing Practicum [1]
WRi794W Writing Practicum with Anne Waldman [1]
WRi795W Writing Practicum with Allen Ginsberg Visiting Fellow [1]
SUBTOTAL 6

Contemplative Requirement: 3 credits
WRi680e Mind Moving [3]
SUBTOTAL 3

TOTAL CREDITS 49

MFA In Creative Writing Course Descriptions
WRi600e Literature Seminar: Midnight Angels [3]
This course covers the history of the Beat Generation with special emphasis on the writings of this phenomenal era produced. Students use as models Allen Ginsberg, Jack Kerouac, Gregory Corso, William Burroughs, Neal Cassady, Peter Orlovsky, Diane Di Prima, John Wieners, Amiri Baraka, Joanne Kyger, Lawrence Ferlinghetti, Lew Welch, Lenore Kandel, Philip Whalen, Bob Kaufman, Michael McClure, Gary Snyder, and others. Students come to understand the provocative nature and durability of Beat literature. They write poems and short fiction, complete reading assignments, participate in discussions, write in-class assignments, and critique other students’ work.

WRi625e Creative Reading and Writing: Dramatic Measures [3]
For prose writers who want to achieve familiarity with dramatic structure and for dramatists looking to infuse more lyricism into their work. The course explores the singular demands of dramatic writing, determining
the form in which a story can be most effectively presented. Revealing character through action and the dynamics of dialogue, as well as what constitutes a scene. There are five weeks devoted to writing for the stage and ten weeks on writing for the screen. At the end of the course, each writer possesses a much stronger command of their craft. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI634e**
Literature Seminar: One’s Own Language [3]
We work with the basic elements of language: sound, vowels and consonants, letters, syllables, words and etymologies, symbols, translation, rhyme, and meter. We explore issues, such as how to locate the self in the poetry of one’s adult life. Through a structured journey, we navigate from A through Z of One’s Own Language. Elements such as dialogue, harmony, and myth are included. Also rhetoric, speech, and voice. We call upon the collective wisdom of the canon of world poetry. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI637e**
Practice of Fiction: Characterization/Monologue [3]
The speaking voice and the telling moment are the basis for the writing that students do in this online class. We work on creating and presenting characters, using the monologue format. Improvisation and exercises are directed toward arriving at text. We read or watch performances on videotape by writers/performers who excel at creating characters on paper. The focus throughout is to move from the voice onto the page. Ultimately, the principle focus is the creation of characters who prove their reality by telling their own story or revealing their true essence through speech.

**WRI639e**
Practice of Poetry: Great Companions [3]
The focus of this workshop is poetic lineage, imitation, and influence. We look at specific examples (Allen Ginsberg and William Blake, Frank O’Hara, Bernadette Mayer, etc.), as a starting point for discussions. Our goal for the semester is to focus on student poetry as much as possible. We also introduce the ideas of lineage and influence in poetry, and trace lineages in one’s own work, and give students an opportunity to present their own work to the class for discussion. Another objective is to make use of electronic sources as a way of keeping up with current trends in poetry. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI641e**
Practice of Fiction: Sculpting Prose [3]
This course explores the demands of narrative writing. We examine the overall structure of the work we create, focusing on beginnings, endings, and effective development. Sculpting Prose functions as an online workshop. Work is generated, assessed, and revised with the goal of realizing material that has been honed to its most effective degree. The paramount focus is on the writing itself. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI667e**
Creative Reading and Writing: Inspired by Inspiration [3]
The focus of this class is to write using the study of the work of five international and five American women poets. The poets included come from extremely divergent situations and geographies and work in styles substantially different from one another. We look at each poet’s bio and discuss how it is reflected in their poetics as a starting point to understanding the poet’s work. The students study the poems and consider how they can expand their own work by using the genre and direction of the poet upon whom we are focused. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI668e**
Practice of Fiction: Toward Accumulating a Larger Text [3]
The focus of this class is on accruing, through episodes and exercises, the first draft of a larger text, a novel or novella. The work begins in this class and moves through outlines and specifics toward the first draft of a book length manuscript. Note: We will not be working with novels you may already have in progress. It is essential that everyone in the class be working simultaneously with the same specific underlying principles. Required books will be on the syllabus and announced at the first class.

**WRI669e**
Creative Reading and Writing: Collaborations, Crossings, and Collisions [3]
What happens when you open up your work to another mind, or two or three? We explore possibilities for collaborations between writer and writer, visual artist, musician, dancer, filmmaker, set designer; the possibilities are endless. Through examining collaborations by contemporary writers, we explore collaboration theory and practice in order to apply it to our own work. In addition to exploring various forms of collaboration with classmates, students embark on a project in their home community. With a member of the community, the student engages in a collaboration of his or her choice, culminating in a public and class presentation during the final two weeks of the semester. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI677e**
Poetics Seminar: Critical Theory [3]
The class aims at developing our understanding of basic issues in contemporary literary theory. Readings are taken from continental philosophy, anthropology, linguistics, literary criticism, psychoanalytic theory, and gender and ethnic studies. Open to W&L and W&P students only; others by permission of the program.

**WRI680e**
Mind Moving [3]
Mind Moving explores contemplative practices in prose and poetry. Journals, experimental verbal collages, montages, and works with multiple points of view are investigated, as is the compassionate characterization used by prose writers. The Buddhist appropriations and assimilations of 20th century experimental writers are primary; the course also covers relevant Buddhist and cultural history connected to these writers. Critical responses and artistic portfolios will be required. Guided meditation is provided. This course fulfills the contemplative requirement. Open to W&P MFA Creative Writing (low-residency) students only.

**WRI688e**
Literature Seminar: Kerouac’s Road [3]
In this class, we examine selected primary texts of Kerouac’s narrative canon (what he called the Vanity of Duluzo), as well as his first novel and primary critical and personal biographies and oral history. His letters and journals are also included. Through these varied filters we come to a better understanding of his compositional techniques, spiritual, and emotional make-up and, ultimately, Kerouac’s place in the context of his time and in the gallery of American letters. We probe beyond the myth of the namesake of the Kerouac School, until he reveals himself through his multidimensional life and work.

**WRI736e**
Trends in Contemporary Literature: Introduction to Feminist Theory [3]
Is it possible for a woman to be? Is femininity definable? What have been the consequences of variously addressing these questions? What has been the impact of psychoanalytic theory, linguistics, critical theory, and cultural studies on feminist thought? And what impact has feminist theory had in the academy, the literary arts, and popular culture? The course examines these and related questions through reading and discussing a few dead white males and the works of, among others, Goldman, Beauvoir, Irigaray, Kristeva, and Butler. Open to W&L and W&P students only; others by permission of the program.
WR1765e
Practice of Fiction: Flash Fiction, Make It New (3)
The spirit of the experiment has been central to American literature. In this workshop on flash fiction, we examine some unusual structures and approaches for writing short-shorts. There are many techniques and approaches from poetry that can be applied to writing micro-fiction. We experiment with some of these.

WR1785e
Practice of Fiction: Building Blocks (3)
During the first half of every class we concentrate on short works/passages from various authors and/or view short video segments for assignments on specific skills: dialogue, characterization, scene work, narration, and point of view. For the second half of each class, students bring their writing for comments and/or critiques. Work by Alice Munro, Quentin Tarrantino, Lorrie Moore, David Mamet, Jhumpa Lahiri, and others used. Critique skills are taught. Written critical feedback is required from students and instructor on student writing. Goals: Get past second drafts; 35 pp. or 1/3 of your final Ms. Recommended for first-semester students. Open to W&P MFA Creative Writing (low-residency) students only.

WR1788e
Creative Reading and Writing: The Art of Nonfiction (3)
Where does fact meet fiction, reportage meet poetry? In explorations that deepen our understanding of the possibilities for ourselves as nonfiction writers, we come together in workshops to write, read, and discuss memoir, travel writing, nature writing, food writing, history, diaries, criticism, and hybrid forms. We also consider how to assemble a nonfiction book proposal. Readings may include book-length and shorter works by Diana Athill, Alan Bennett, Truman Capote, Gerald Durrell, and Edmund White, as well as selections from John D’Agata’s Next American Essay. Open to W&P MFA Creative Writing (low-residency) students only.

WR1789W
Fall Writing Practicum (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WR1389W.

WR1790e
Creative Reading and Writing: Investigative Poetics (3)
Some possible investigations include whether one kind of engagement with the world is more authentic than another. What makes a poem “political,” and whether a political poem is determined by one’s level of engagement with the world. Some others involve writing poetry that “pillages” from sources such as personal diaries, newspapers, and official documents. Writing that wavers between overt and oblique experiences within language. Open to W&P MFA Creative Writing (low-residency) students only.

WR1791W
Spring Writing Practicum (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WR1391W.

WR1792e
Book Matters: An Introduction to Publishing (3)
This course introduces the student of writing to the world of publishing. Led by an experienced book editor, and using readings, discussions, and online appearances from industry professionals, it explores different types and genres of publishing, considers the roles of literary agents, booksellers, and reviewers, and provides an overview of the main publishing processes and functions: editorial, production, design, sales, marketing, publicity, and rights. We also develop practical skills in copy, editing, and proofreading, writing submission letters, composing press releases, and planning marketing campaigns. Our aim is a deeper understanding of the culture of publishing.

WR1793e
Special Topics: Writing Workshop (3)
Topics explore various creative writing methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, prose, poetry, cross-genre, hybrid forms, performance poetics, film and media studies, translation, and various other themes driven toward production of creative work. Cross-listed as WR1490/WR1793.

WR1794W
Writing Practicum with Anne Waldman (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WR1394W.

WR1795W
Writing Practicum with Allen Ginsberg Visiting Fellow (1)
Study and analysis of selected literary and compositional issues and elements with visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WR1395W.

WR1796e
Special Topics: Poetics Seminar (3)
Topics explore various literature based methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, New American Poetry, New Narrative Writing, Black Arts Movement, Women Writers, Hybrid Texts, image and text, film and media studies, as well as various other themes driven by critical analysis of literature. Cross-listed as WR1491/796.

WR1797e
Special Topics: Professional Development (3)
Topics explore various professional development based methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, book arts, 21st century publishing practices, project outreach, small press editing, pedagogy theory and praxis, and various other themes driven by the development of professional skills. Cross-listed with WR1492/797.

WR1880e
MFA Thesis (6)
As the culminating completion requirement of the MFA degree, graduate students submit an MFA thesis, which includes creative and critical components. Additional information about the MFA thesis is available in the JKS office.

WR1881e
Extended MFA Thesis (0.5)
Graduate students wanting to apply for an additional semester to complete the MFA thesis must contact their advisor. Additional information about extending the MFA thesis is available in the JKS office.
The MFA in Writing & Poetics is a two-year, 49-credit graduate degree, which can also be taken part-time over three or four years. The program’s curriculum balances writing workshops with literary studies. This reflects the program’s conviction that creative writing, reading, and critical analysis must be involved in a writer’s growth. Attendance at two summer Writing Programs is required of all students for completion of the MFA degree. See the Summer Writing Program section for more information.

The MFA in Writing & Poetics offers courses and workshops in poetry and prose, and each student writes an MFA thesis in the genre of his/her choice.

**MFA in Writing & Poetics Requirements**

The Master of Fine Arts in Writing & Poetics requires a total of 49 credit hours distributed among the following courses:

**Summer Writing Program: 16 credits**
- WRi651–654 Summer Writing Program I (8)
- WRi751–754 Summer Writing Program II (8)

**Writing Workshops: 9 credits**
Semester-long courses in creative writing workshops require regular submission of original work for critique, oral presentation, and editing. Creative reading and writing courses have distinct literature and creative writing components.

**Poetics Seminars: 9 credits**
These examine a single writer’s work, specific topics in literary history, or encompass a survey of historical or theoretical orientations, and require critical papers in standard academic format. Students must take WRi617, Poetics Seminar: Writing in Community in their first semester.

**Electives: 3 credits**
Students have ample choices to fulfill the 3-credit elective requirement and may choose courses from a wide range of offerings (including taking extra literature and workshop courses). The Writing & Poetics program also offers the following electives:

**Professional Development Requirement: 3 credits**
There are a variety of courses available that provide professional development in teaching and publishing.

**WRi602** Professional Development: Letterpress Printing (3)
**WRi603** Professional Development: Letterpress Printing (3)
**WRi607W** Professional Development: Letterpress Printing (2)
**WRi608** Professional Development: Book Arts (3)
**WRi609** Professional Development: Writing Pedagogy Seminar (3)
Contemplative Requirement: 3 credits

There are a variety of courses available that satisfy this requirement, including, but not limited to, t’ai-chi ch’uan, sitting meditation, aikido, ikebana, sumi brushstroke, thangka painting, and yoga. Each of these disciplines provides training in an art form that cultivates mindful awareness.

The Writing & Poetics program offers the following 3-credit contemplative courses:

WR1739 Writing Workshop: Contemplative Poetics (3)
WR1756 Mind Moving (3)

SUBTOTAL 3

MFA in Writing & Poetics Course Descriptions

WR1602 Professional Development: Letterpress Printing: Well Dressed Word (3)
This course introduces students to letterpress printing using the facilities in the Harry Smith Print Shop. Students are instructed in basic techniques as well as in the proper use of materials. Students also learn about basic design principles and the history and aesthetics of fine printing. Course requirements include working on a letterpress-printed project, weekly readings, and some written assignments, and participation in group critiques and tasks. Open to W&L and W&P students only; others by permission of the program. Materials fee. Cross-listed as WR1382.

WR1603 Professional Development: Letterpress Printing: First Impressions (3)
As writers, the practice of setting movable type and printing texts by hand is an invaluable aesthetic and practical resource. This class explores letterpress printing from the writer’s point of view, bringing literary considerations to those of typography, bookmaking, visual design, and layout. As writers and printers, students investigate the letterpress possibilities for poetry and fiction through the production of broadsides, postcards, and a limited-edition chapbook. Open to W&L and W&P students only; others by permission of the program. Materials fee. Cross-listed as WR1383.

WR1607W Professional Development: Teaching Practicum: Designing a Writing Workshop (2)
This professional training practicum instructs writing students in the skills necessary for conceiving, organizing, and teaching writing workshops on two levels: public schools and colleges. The course covers the goals and methods of creating a syllabus and course description, recognition and evaluation of student writing abilities, and relating the writing workshop to existing curriculum. Techniques for working within school systems are stressed, along with how to stay happy and productive as a writer. Students design and submit two syllabi. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1307.

WR1614 Writing Workshop: Memoir/Anti-Memoir (3)
In this course, we read contemporary memoir: memoir as method of traveling between representations of the self, autobiography that veers from confessionalism, documents that take as their subject the complications of the body (an I) negotiating with a history or family (you are). In our own writing, we try to write an I that is both a conversation with assigned texts and a method to dissolve the assumptions about the making of a self on paper. Open to W&L and W&P students only; others by permission of the program.

WR1617 Poetics Seminar: Writers in Community (3)
Writers in Community is designed as a cohort class for entering MFA graduate students. This course engages several aspects of being a writer, from the page to performance, from innovative poetic concerns to professional development. Several working writers will be invited to give in-class lectures and/or lead workshops. We also explore contemplative gestures and writing processes. By the course’s end, students have completed a context presentation, a prospectus proposing a project of their own, a creative portfolio based on the course’s focus of study, and a short professional dossier with career goals.

WR1618 Practice of Poetry: Migrant Metaphors (3)
The page as territory and the problem of entry and re-entry. In this class, we invent a language to speak about passage: How will we cross into the world we’ve yet to write? How does a line embody the kind of travel that’s not certain? What really happens at a border site, and how can we translate that “event” to the activity of writing? What will you carry with you, writing? This is an effort both transparent (decaying photographs) and solid (objects confiscated in airports): the work of transit. Central to this work: the poetry workshop, augmented by poetics discussions and the occasional experiment. Open to W&P MFA students only.

WR1620 Practice of Poetry: Composition and Critique (3)
This class focuses on the participants’ own poems, their intentions and realizations, triumphs, disappointments, and creative mistakes. It also attempts to examine and clarify the traditions of which these poems partake, and we read texts pertinent to such an investigation. All This Everyday by Ted Berrigan and Caws & Causers: Around Poetry and Poets by Anselm Hollo are required reading. Highly recommended is the anthology Postmodern American Poetry, edited by Paul Hoover. Open to W&P MFA students only.

WR1623 Creative Reading and Writing: Writing with Shakespeare (3)
In this reading and writing course, students read a selection of the poems and plays of William Shakespeare while keeping an ongoing dialogic writing project going throughout the semester. This project can take any number of possible forms and styles, and can pick up on infinite clues, character facets, and dramatic-linguistic stimuli as it grows. Plays include Antony and Cleopatra, Macbeth, Pericles, Twelfth Night, King Lear, and Cymbeline. Poems include “Venus and Adonis,” “The Phoenix and the Turtle” and a selection of sonnets. Open to W&P MFA students only.

WR1625 Creative Reading and Writing: Dramatic Measures (3)
For prose writers who want to achieve familiarity with dramatic structure, and for dramatists looking to infuse more lyricism into their work. The course explores the singular demands of dramatic writing, determining the form in which a story can be most effectively presented. Revealing character through action and the dynamics of dialogue, as well as what constitutes a scene. There are five weeks devoted to writing for the stage and ten weeks on writing for the screen. At the end of the course, each writer possesses a much stronger command of their craft. Open to W&P MFA students only.

WR1629 Writing Workshop: Translation (3)
This is a workshop based on the idea that “translation” equals “transformation.” How do the choices we make in vocabulary, style, conceptual approach, when we write anything at all, “translate our thoughts into words,” affect the result? How do we know that the literature in
translation is an accurate reflection of the original? Can translated literature ever reach the aesthetic and emotional immediacy of texts we are able to read in their original (or “our”) language? These are some of the questions we examine while also attempting to create our own translations. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRI443.

WR1633
Poetics Seminar: Tracks Along the Left Coast [3]
West Coast writings, particularly those of California, of the twentieth century. A look at Pacific Rim culture, its unique geographic situation, Native American background, and the mix of Hispanic, Asian, Anglo, and African American settlers. Then to focus on three distinct but overlapping literary scenes: San Francisco Renaissance, West Coast Beat, and Language poetry. Bay Area arts hold a distinct flavor—jazz, rock, Zen, Gnosticism, letterpress printing, camp, and collage. Readings include Indian song, haiku by Japanese American internees of WW II detention camps, and writers de Angulo, Snyder, Scalapino, Helen Adam, Duncan, Hejinian, Mackey. Each student writes three papers and makes one classroom presentation. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRI433.

WR1640
Poetics Seminar: Women Writers, Open Texts [3]
An examination of the works of women writers who write what poet Lyn Hejinian calls “open texts,” that is, prose, poetry, creative nonfiction, and hybrid works that are open to the world and to the reader, invite participation, foreground process, resist reduction, and examine authority. We look at these works in their own right as well as in relation to the literary movements of the time. Cross-listed as WRI340.

WR1647
Poetics Seminar: Kerouac’s Road [3]
In this class, we examine selected primary texts of Kerouac’s narrative canon (what he called the Vanity of Dulouz), as well as his first novel and primary critical and personal biographies and oral history. His letters and journals are also included. Through these varied filters we come to a better understanding of his compositional techniques, spiritual, and emotional make-up and, ultimately, Kerouac’s place in the context of his time and in the gallery of American letters. We probe beyond the myth of the namesake of the Kerouac School, until he reveals himself through his multidimensional life and work. Open to W&L and W&P students only. Cross-listed as WRI347.

WR1649
Literature Seminar: Classic Modernism [3]
In this survey course, we read and discuss many of the great innovations in literary style and composition in prose and verse in the period between 1910 and 1930. Writers include Gertrude Stein, Ezra Pound, Jean Toomer, T. S. Eliot, William Carlos Williams, James Joyce, Langston Hughes, and Marianne Moore. The final third of the term is spent on a close reading of Joyce’s Ulysses. Accompanying the primary texts are essays by the above authors and others on specific features of modernist poetry and narrative. Requirements include response papers and a substantial final paper on some aspect[s] of Ulysses. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRI349.

WR1650
Literature Seminar: Midnight Angels [3]
Students study the history of the Beat Generation with special attention to the writings of Allen Ginsberg, Jack Kerouac, Gregory Corso, William Burroughs, Diane di Prima, Amiri Baraka, Joanne Kyger, Lawrence Ferlinghetti, Bob Dylan, Anne Waldman, Philip Whalen, Alan Watts, Michael McClure, Gary Snyder, and others. The class thoroughly investigates the provocative essence and force of Beat literature. Students write their own visions in the multiple forms of these singular and enduring writers. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRI350.

WR1656
Literature Seminar: Points of Departure [3]
The course covers modern literary works that are either groundbreaking or intensely reflective of their moment. We read an expansive selection of texts. The majority of class time is spent discussing the current text, and there are four critical papers covering race and gender, as well as social and cultural breakthroughs. In addition, there are video presentations of selected works. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRI356.

WR1660A
Natural history, Endangered Species Act, eco-poetics, bioregionalism. “The death of nature,” “The end of wilderness.” These should produce poetry in step with the premises of projective verse, field poetics, chance operation, dreamwork, chaos theory—the postmodern discoveries—right? Then why does most nature poetry look so straight, sturdy, and antiquarian? We meet in a workshop situation and see how poetry might respond to current thought about metabolism, food chains, and the intertwined structures of human and animal psyches. Thirty thousand years ago the artists of Chauvet cave made a cultural breakthrough by responding to the megafauna of Eurasia. What now? Open to W&P MFA students only; others by permission of the program.

WR1660B
Practice of Poetry: The Prose Poem [3]
In this workshop, we read and write prose poems. The prose poem is defined by its length of a quarter page to two pages, its absence of line breaks, and the poetic qualities of its prose, including the use of scenic imagery, narrative disruption, and compressed, irregularly rhythmic syntax. The narrative of a prose poem is often compared to that in dreams, involving sudden shifts of development and evocative tonal and atmospheric shading. Authors include Charles Baudelaire, Arthur Rimbaud, Max Jacob, Gertrude Stein, Bernadette Mayer, Rosmarie Waldrop, Lisa Jarrot, Michael Friedman, and others. Open to W&P MFA students only.

WR1662
Creative Reading and Writing: Happy Days [3]
An exploration of themes regarding social class and the criminal justice system in American culture. The course demonstrates how social issues and identities are powerful tools for artists and writers in the creation of art, poetry, and fiction. With openness and candor, the course readings deal with historical social and cultural diversity and issues of oppression through American writing. The course examines how writers artistically recognize, signal, and represent peer group formations and organizations, and allows students to explore these themes in their own writing.

WR1664
A writing workshop. Participants keep daily entries of thoughts, experimental writing, observation, conversation, readings, dreams, and study. Readings in an array of chronicles: Japanese writers including Basho, Sei Shonagon, and Masaoaka Shiki; contemporary Americans who have published poetic journals: Joanne Kyger, Hannah Weiner, Lorine Niedecker, Gary Snyder, and others. Questions: What makes a journal shapely? How have others composed cross-genre work on the edge of poetry, essay, fiction, and autobiography? What does it mean to write with Time as the key element? Is revision of journal entries a crime or a necessity? Participants submit an edited final project of twenty pages, with an introduction. Open to W&P MFA students only.

WR1670
While this workshop focuses on the participants’ own poems, it also attempts to examine and clarify the traditions of which these poems partake, and to that end, we read texts by practicing poets who have written about their work
and the work of others in useful ways. These include All This Everyday by Ted Berrigan, Other Traditions by John Ashbery, and selections from the critical writings of William Carlos Williams, Robert Creeley, Charles Bernstein, and others. Open to W&P MFA students only.

WR1671
Practice of Fiction: Building Blocks (3)
This course concentrates on short works and passages from various authors or short video segments for assignments on specific skills: dialogue, characterization, scene work, narration, and point of view during the first half of every class. For the second half, students bring their writing for comments and critiques. Work by Alice Munro, Quentin Tarrantino, Lorrie Moore, David Mamet, Amy Hempfill, Jhumpa Lahiri, and others may be used. Editorial and professional career skills are taught. Written critical feedback is required from students and instructor on student writing. Goals: Get past second drafts; 35 pp. or 1/3 of your final MS. Recommended for first semester students. Open to W&P MFA students only.

WR1672
Professional Development: Book Arts (3)
In this course students learn the basic and intermediate skills of book arts by creating a series of blank journals utilizing a variety of binding techniques. After these skills are explained and mastered, students create 5 major projects: a linoleum block book, a hand-painted book, a book as map, a book sculpture, and a text-off-the-page installation. Additional assignments include writing a manifesto, a critical essay on an aspect of book arts (an artist, a technique, an aesthetic, etc.), a review, and an artist's statement. The final exam will take place in a gallery setting where students present their work from the semester. Materials fee.

WR1675
Creative Reading and Writing: Memory and Matter (3)
In this class, we make enquiries into the ways that we hold, process, and capture memory—neurologically, physically, and/or as technologies that happen outside of the body. We also look at models of memory in which memory has failed, biologically and culturally. How do we recover memory? How do we generate memory within a community? Developing our questions, we write documents that engage them. (What is a document?) The class alternates between readings, research projects, and workshops.

WR1677
Poetics Seminar: Critical Theory (3)
The class aims at developing our understanding of basic issues in contemporary literary theory. Readings are taken from continental philosophy, anthropology, linguistics, literary criticism, psychoanalytic theory, and gender and ethnic studies. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WR1377.

WR1700
Professional Development: Writing Pedagogy Seminar (3)
This class prepares students for working with writers in the college setting, both one-on-one and in the classroom. A range of teaching models (including expressive, collaborative, critical, contemplative, and feminist philosophies) are investigated and practical methods for working with writers are developed. Strategies for engaging with the writing process, providing feedback on student work, and developing lesson plans are explored. Students construct a foundation for their own pedagogical approaches, based firmly in the theories they value. Open to all graduate students interested in teaching writing.

WR1705
Professional Development: Small Press Publishing (3)
The course serves as an introduction to various facets of the small press, including its history and practical concerns around submissions and editing. This is an experiential class, in which students learn by doing. Through hands-on study, students learn what a small press is as well as its role in forging community, promoting diversity and experimentation, and innovating publishing practices. Working individually and collaboratively, students curate, design, distribute, and market one issue of Bombay Gin, as well as hone their individual professional development by developing submissions and cover/query letters. Cross-listed as WR1326.

WR1710
Practice of Poetry: Your Works (3)
This writing workshop focuses on the participants' poems, their intentions and realizations, triumphs, disappointments, and creative mistakes. We bear in mind John Ashbery's remark: "It's rather hard to be a good artist and also be able to explain intelligently what your art is about. In fact, the worse your art is, the easier it is to talk about it. At least, I'd like to think so." Open to W&P MFA students only.

WR1715
Practice of Poetry: Poetry Workshop (3)
An exploration and practice of communities of writing and how emphases and concerns overlap or diverge from one community of writers to another. This course builds a support and challenging community in which writers can further develop their poetry. It also explores the larger context in which contemporary U.S. poetry functions and offers an opportunity to practice entering that context through the process of refining the individual's own poetics and learning to assemble a coherent manuscript.

WR1718
Literature Seminar: The Cantos of Ezra Pound (3)
"All times are contemporaneous in the mind." Like no other poem before or after, The Cantos has followed this thought as a beacon. The class studies what critic Hugh Kenner calls "the Pound era," including its literary movements of Imagism and Vorticism and those writers in dialogue with whom Pound developed his verse: H.D., William Carlos Williams, W. B. Yeats, and Marianne Moore. Then to ancestral presences: troubadours of Provence, lyric players of Greece, poet-exiles of Tang Dynasty China, dancers of Japanese Noh. With Homer and Dante as guides, we set sail through time and space, visiting the planet's verse traditions, the politics, the economics, reading the entire Cantos and a great deal of Pound's prose. Please bring a copy of The Cantos to the first class. Open to W&P MFA students only.

WR1720
Writing Workshop: Experimental Prose (3)
An engagement of contemporary developments in experimental prose writing, focusing on contemporary experimental prose writing in North America since 1985, with an emphasis on nonnormative plot, style, and language elements that draw on other disciplines for their structural emphasis. This class requires students to write experimental prose works or sections of longer narratives in progress, along with completing appropriate exercises and reading assignments.

WR1722
Writing Workshop: Eco-Poetics (3)
Eco means house: our larger house has come to be the whole global ecology, in detail. Students study and write poetry and prose, as well as unclassifiable experiments and collaborations that tend to direct attention to surroundings, especially “nature.” Course includes a wide range of authors, from Thoreau to Annie Dillard, Orpingalik—the Inuit songster—to Rachel Carson and Stephen Jay Gould, Mba Shole to Gary Snyder. We try to discover and invent new ways of representing nature’s rich variety in language. Open to W&L and W&P students; others by permission of the program. Cross-listed as WR1380.

WR1723
Practice of Prose: Creative Nonfiction (3)
Engages students in writing creative nonfiction, that is, nonfiction that engages craft elements from other genres to produce work on a continuum from the personal essay, travel journalism, to book reviews. Experiments, discussions, and workshops engage contemporary developments in creative nonfiction, with the opportunity to work in short prose forms or to produce a sustained narrative.
WR1725  
The Art of the Essay (3)  
“Yourself,” said Montaigne, “are the groundwork of my book.” An essay is a foray into such groundwork to produce personal or formal inquiries and assessments of any given topic, whether about hunting elephants, the death of a moth, or girls in Des Moines. In this course we both read and write short prose works encompassing autobiography, memoir, travel sketches, and book reviews, demystifying and engaging a process that produces provocative and entertaining literature. Writers we look at may include Didion, Orwell, Baldwin, and Woolf. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRi431.

WR1731  
Creative Reading and Writing: Sequences (3)  
Sequences studies how to build longer works. We read, analyze, and discuss books that have issues, problems, and solutions in structural composition: Fitzgerald, Brautigan, Acker, Erdrich, Gaitskin, and Dagogoboto Glibb and others may be considered. From nonnarrative, noncharacter-driven Japanese renku, we proceed through modernist to postmodernist to tribal solutions for serial, character-based, or experimental works. Two editorial assignments of entire books are required, and marketable professional career skills stressed. Students write, revise, and/or complete 65 pages of work. Recommended for third-semester students to prepare for their manuscript/thesis semester. Open to W&P MFA students only.

WR1736  
Trends in Contemporary Literature: Introduction to Feminist Theory (3)  
Is it possible for a woman to be? Is femininity definable? What have been the consequences of variously addressing these questions? What has been the impact of psychoanalytic theory, linguistics, critical theory, and cultural studies on feminist thought? And what impact has feminist theory had in the academy, the literary arts, and popular culture? The course examines these and related questions through reading and discussing a few dead white males and the works of, among others, Goldman, Beauvoir, Iriigaya, Kristeva, and Butler. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRi436.

WR1739  
Writing Workshop: Contemplative Poetics (3)  
This course explores writing as a contemplative practice, joining mindful attention with imaginative letting-go. We explore the meeting of Buddhist and Asian meditative and aesthetic traditions with examples of the poetics of the U.S. and European literary tradition, and the particular way in which their meeting took place at Naropa University. Reading emphasizes modern and contemporary U.S. poetics and the teachings of Chogyam Trungpa Rinpoche, and others on dharma art and contemplative poetics. Course work includes substantial sitting meditation, reading and discussion, and weekly creative writing exercises. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRi429.

WR1750  
Literature Seminar: Radical Prosody (3)  
Prosody is the study of verse structure through its phonic, rhythmic, and semantic elements. Syllable and sound, syntax and grammar, form and meaning all interact within the weave of poetic “making.” In this course, we begin to see and feel the ways in which poetry written in English has gone about patterning linguistic elements and artfully drawing attention to imaginative rhythmic expression. We track the most important prosodic innovations that have revolutionized poetic form and content over the past five hundred years in British and American poetry. Requirements include response papers and a substantial final paper. Open to W&L and W&P students only; others by permission of the program. Cross-listed as WRi450.

WR1756  
Mind Moving (3)  
Mind Moving explores contemplative practices in prose and poetry. Philip Whalen’s and Gary Snyder’s experimental verbal collages, montages, and mobiles with multiple points of view are investigated along with the compassionate characterization used by prose writers. The Buddhist appropriations and assimilations in Whalen, Kerouac, and Snyder’s early artistic processes are primary. Mind Moving covers relevant American Buddhist and cultural history connected to Whalen, Snyder, and Kerouac’s art. A critical response essay and artistic portfolio required. Guided meditation is provided. This course serves for contemplative credit. Open to W&P MFA students only.

WR1758  
Writing Workshop: Investigative Poetics (3)  
A writing workshop focused on investigative methods and documentary materials. A diverse array of poets who base their work on significant research, including Charles Olson, Susan Howe, Simon Ortiz, Diane Glancy, Shin Yu Pai, and Nathaniel Mackey are studied. Each participant takes on one or more fields of research, and texts may be verse-poetry or hybrid in nature.

WR1762  
Creative Reading and Writing: Literatures of Exile and Diaspora (3)  
An opportunity to engage with fiction, poetry, and critical texts regarding exile and diaspora. Readings and research provide a political, historical, and cultural context for literary work covered. As writers, students create work that engage and extend the themes and aesthetics of the reading assignments.

WR1763  
Writing Workshop: Notes on Architecture (3)  
In this class, we read works inspired by the experience and imagining of architecture: the passage, the corridor, the underground tunnel, the corner of a city perpetually turning. How does architecture inspire writers to imagine narrative and poetic structures, whether virtual or real, and how can we, writing, enter into the space continually opening out from the one preceding it: or not—what is it like to enter a sequence of rooms that is already there, furnished by the previous occupant? Readings include Elizabeth Grosz’s writings on architecture, as well as selections of contemporary and modernist poetry and prose. Open to W&P MFA students only.

WR1764  
Creative Reading and Writing: Bad Business: Noir in Nasty (3)  
Covers noir mystery and crime novels and five noir movies. The definition of a noir story is this: Average Joe or Jane Doe gets in deep trouble and makes all the wrong choices in a corrupt and venal society. Common fictional problems of character, scene, and narration are taught along with solutions. A professional training component covers Elmore Leonard crime novels with an in-depth look at the research he conducted via a documentary “Elmore Leonard Criminal Records.” Writers are not expected to write in the mystery genre. Every class devotes its second half to critiques of student writing in any genre. Critical responses cover technical issues of noir. Open to W&P MFA students only.

WR1768  
Literature Seminar: William Blake (3)  
Students read a wide selection of works from Blake’s vast oeuvre, including the Songs of Innocence and of Experience, The Book of Thel, Visions of the Daughters of Albion, America, Europe, The Four Zoas, and Milton. These include the “illuminated works” engraved and painted on copper plates, which are explored. Students examine Blake’s visionary poetics through a variety of interpretative analytics, from deconstruction to recent feminist, Marxist and psychoanalytic theory, including Buddhist Abhidharma psychology. Weekly response papers and a final research paper are required. Open to MFA W&P students only, others by permission of the program.

WR1770  
Writing Workshop: Hybrid Forms (3)  
This course investigates hybridity as form. We expand our definitions of crossing genres by examining various disciplines and theories—heterosis, diasporic contact zones, migratory borders, and chimera—in order to
problematize the binary of the poetry/prose dichotomy. We transgress the line, the sentence, and the narrative as well as press on the boundaries of writing—mixing and matching, cross-talking our way through. Through vertical and horizontal interrogative acts, we’ll research and develop forms that can house our cross-genre gestures.

**WRJ771**
Writing Workshop: Postmodern Prose (3)
What is called postmodern is an old and honorable tradition: bringing active intelligence to shaping and perceiving forms that enhance and amplify the text and context of the piece being written. The form is significant to the “adventure” that writing is, and to the mind’s need for a more demanding structure. We work with texts that deal with a variety of approaches and we write a minimum of three stories based on models. There are also in-class exercises and assignments. Open to W&P MFA students only.

**WRJ773**
Creative Reading and Writing: Cross-Cultural Writing Practices (3)
This class focuses on transnational works to explore the ways in which writers who cross between the spaces of different cultures are (sometimes) also working toward transformations of deep structure in the writing. Does this happen as an action of form (how does form migrate?) or aesthetics (what kinds of complex choices are available to language when the body that speaks the language is no longer in the same place as the language itself?). How do figures in these works emerge/cross from one frame to another? These discussions develop a conversation about hybridity and transformation in your own work, which is “work-shopped” on alternate weeks. This class is open to any genre and authors we read include W.G. Sebald, Monica Ali, and Kama Buithwaite. Open to W&P MFA students only.

**WRJ781**
Professional Development: Project Outreach (3)
This course sends students into local schools, retirement homes, shelters, at-risk youth groups, etc., to lead creative writing sessions. A portion of the weekly class times occurs in these community settings. Field logistics, practice writing experiences, teaching techniques, and field experiences are discussed. Students act as literary activists, teaching and lending inspiration in the “real world.” Open to W&L and W&P students, also to others by permission of the program. Cross-listed as WRJ481.

**WRJ789W**
Fall Writing Practicum (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WRJ389W.

**WRJ791W**
Spring Writing Practicum (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WRJ391W.

**WRJ793**
Special Topics: Writing Workshop (3)
Topics explore various creative writing methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, prose, poetry, cross-genre, hybrid forms, performance poetics, film and media studies, translation, and various other themes driven toward production of creative work. Cross-listed as WRJ490/WRJ793e.

**WRJ794W**
Writing Practicum with Anne Waldman (1)
Study and analysis of selected literary and compositional issues and elements with Naropa faculty and visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WRJ394W.

**WRJ795W**
Writing Practicum with Allen Ginsberg Visiting Fellow (1)
Study and analysis of selected literary and compositional issues and elements with visiting faculty. Topics may cover a wide range of subject matter and methods in writing and vary from semester to semester. These may include, but are not limited to, works of literature, forms of composition, literary history, writing practice (including prose, poetry, and translation), literary criticism, as well as film and media studies. Cross-listed as WRJ395W.

**WRJ796**
Special Topics: Poetics Seminar (3)
Topics explore various literature based methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, New American Poetry, New Narrative Writing, Black Arts Movement, Women Writers, Hybrid Texts, image and text, film and media studies, as well as various other themes driven by critical analysis of literature. Cross-listed as WRJ491/796e.

**WRJ797**
Special Topics: Professional Development (3)
Topics explore various professional development based methodologies and practices and vary from semester to semester. Course focuses may include, but are not limited to, book arts, 21st century publishing practices, project outreach, small press editing, pedagogy theory and praxis, and various other themes driven by the development of professional skills. Cross-listed as WRJ492/797e.

**WRJ880**
MFA Thesis (6)
As the culminating completion requirement of the MFA degree, graduate students submit an MFA thesis, which includes creative and critical components. Additional information about the MFA thesis is available in the JKs office.

**WRJ881**
Extended MFA Thesis (0.5)
Graduate students wanting to apply for an additional semester to complete the MFA thesis must contact their advisor. Additional information about extending the MFA thesis is available in the JKs office.
The Summer Writing Program is a four-week convocation of students, poets, scholars, fiction writers, translators, performance artists, activists, Buddhist teachers, musicians, printers, editors, and others working in small-press publishing. In dialogue with renowned practitioners, students engage in the composition of poetry, prose fiction, cross-genre possibilities, inter-arts, translation, and writing for performance. Participants work in daily contact with some of the most accomplished and notoriously provocative writers of our time, meeting individually and in small groups, so that both beginning and experienced writers find equal challenge in the program. The tradition emphasized is that of the “Outrider” lineage, a heritage of powerful scholarship and counter poetics that operates outside the normative academic mainstream.

As political and ecological crises intensify across our planet, the writer’s role raises vital questions. Bard, “unacknowledged legislator,” prophet—or marginal wordmonger? The program provides three distinct forums that address these concerns: writing workshops directed by guest and resident faculty; lectures, readings, and colloquia; and faculty-student conferences in which writings and ideas are discussed in face-to-face intimacy. The traditional roles of “teacher” and “student” are broken down as communication and learning flows between writer and writer.

Students are exposed to a broad range of contemporary writing and relevant topics. Visiting and resident writers lead workshops, give lectures and readings, and take part in panel discussions. The SWP has always been aligned with experimental, open forms and practices of avant-garde postmodernist writing. The program is designed to give students a sense of where they might begin to locate their own work and interests within the contemporary literary world.

Students sign up for one workshop each week, and their SWP pass card admits them to all other weekly events. Each week has a separate focus. Past weekly themes have included The Scholarly Writer, Writing for Performance, Writing the Body, Cross-language Studies and Translation, Politics of Identity, Feminism and Gender, Investigative Poetics, Black Mountain School, Eco-poetics, San Francisco Renaissance, The Outrider Lineage, Cultural Activism: Writing Under the New World Order, Meditative Poetics and the Poetics and Politics of Place, Lineage of the “New American Poetry” and Beyond, Other Worlds: Language/Translation, Editing, New Pedagogies, and New Directions in Experimental Writing.

Open to any interested participant, the Summer Writing Program is populated by students of different backgrounds and interests. The Summer Writing Program may be taken for noncredit, undergraduate credit, or graduate credit. Credit students will be given a list of academic requirements to fulfill, including attendance and final writing portfolios collected at the end of the program.

**Summer Writing Program Magazine**

Each student attending the Summer Writing Program is invited to submit one to two pages of work for inclusion in the Summer Writing Program Magazine. Copies of this magazine are available through the SWP Office.

**SWP Scholarships**

There are many scholarship opportunities for degree-seeking and non-degree-seeking Summer Writing Program students. Please see the Financial Aid section.

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“*The artist’s job: to propel the century a few inches. Start now. Inquire.*”

—Anne Waldman, after William Carlos Williams
The School of Humanities and Interdisciplinary Studies houses Naropa University’s programs in religious studies, Traditional Eastern Arts, as well as the undergraduate Contemplative Learning seminars.

**Undergraduate Majors and Minors**
- Bachelor of Arts in Interdisciplinary Studies
- Bachelor of Arts in Religious Studies
- Bachelor of Arts in Traditional Eastern Arts
- Minor in Gender and Women’s Studies
- Minor in Religious Studies
- Minor in Sanskrit or Tibetan Language
- Minor in Traditional Eastern Arts

**Certificate Programs**
- Religious Studies
- Traditional Eastern Arts with a Concentration in Yoga Teacher Training

**Graduate Degrees**
- Master of Arts in Religious Studies: Concentration – Contemplative Religions
- Master of Arts in Religious Studies with Language: Concentration – Contemplative Religions
- Master of Arts in Religious Studies: Concentration – Indo-Tibetan Buddhism
- Master of Arts in Religious Studies with Language: Concentration – Indo-Tibetan Buddhism
- Master of Divinity
BA IN INTERDISCIPLINARY STUDIES

The Interdisciplinary Studies major provides a creative and challenging invitation for students to design a unique major exceeding the scope of a single perspective. Students begin the program by taking the required Interdisciplinary Studies Gateway Seminar, which surveys the history of disciplines and how they constitute major and minor degree programs. This gateway course then turns to study the various disciplines as they are constituted at Naropa. With this background, students work with an advisor, their peers, the Gateway Seminar instructor, and two faculty mentors to design a unique focus of study within two or three disciplines called a Learning Agreement and learn the practice of interdisciplinarity. This approach ensures that students bring an informed, interdisciplinary, and committed perspective to designing their Learning Agreement. The Advanced iNTD Research Seminar (INTD380) fosters interdisciplinary research methods by providing students with skills necessary for work in their chosen areas of study and across the disciplines. Students are required to take two Special Topics courses in interdisciplinary studies (INTD480). The final component of the program is the Capstone Seminar (INTD480) taken in the final semester and designed to guide students through their senior thesis and portfolio.

Declaration of Major
In accordance with University policy, students can declare their major at any time. In order to progress through the coursework in this major, students should take any course prerequisites at the earliest opportunity. Because of the nature of this program, it is important to meet with program faculty either before you declare or soon after. Please consult with your academic advisor to plan your schedule in the program.

BA students may not declare the major in Interdisciplinary Studies after they have completed 90 credit hours.

BA Interdisciplinary Studies Requirements
• Approval by the program lead of Interdisciplinary Studies of a Learning Agreement outlining the student’s focused, achievable, individualized program.
• Students will design their Learning Agreement for a BA in Interdisciplinary Studies in the Gateway Seminar.
• Sixty credits generally earned at 300-level classes and above. These credits will be accumulated by completing the courses listed in the student’s approved Learning Agreement, and will include credits earned from INTD301, The Gateway Seminar (3) (required); INTD380, Advanced iNTD Research Seminar (3); 6 credits of INTD490, Special Topics (3); INTD480, The Capstone Seminar (3).
• Course work to be applied to the major may include up to 9 credit hours of independent study and 9 credit hours of transfer and/or consortium credits.*
• Interdisciplinary Studies students must attend the Gateway and Capstone seminars, Special Topics, and Advanced Research courses in residence.

* Note: This does not constitute an increase in the total number of transfer credits allowed. A maximum of 60 transfer credits will be accepted.

Learning Agreement
The Learning Agreement is an intensive investigation into the areas of academic interest. The student will be guided through this investigation by a careful consideration and interaction with the professor teaching the Gateway Seminar. In order to reflect the interdisciplinary nature of the Bachelor of Arts program, the Learning Agreement must incorporate disciplines from at least two but no more than three of the BA programs offered at Naropa. Students must select a minimum of 12 credit hours at the 300-level or above from each BA program’s list of required courses provided in the course catalog. This is to ensure that they receive basic fluency, literacy, and methodology for each discipline.

100-200 level courses are intended for first- and second-year students. In some departments, courses are developmental and cumulative in skill advancement (e.g., Visual Arts, Music, Performing Arts, Traditional Eastern Arts). In some cases, 100 and 200 level courses are acceptable to fulfill the 12-credit hour requirement for each discipline.

Minor in Gender and Women’s Studies
Gender and women’s studies is an inherently interdisciplinary exploration into both academic and experiential understandings of the ways in which gender permeates fields of study as structured at Naropa University. Through critical analysis of the intersections of gender and women’s studies with issues including race, class, religion, sexual orientation, and culture, students are able to cultivate a contemplative awareness of their relationship with globally interwoven social structures. The Gender and Women’s Studies minor prepares students to envision and create a world free from gender oppression.

Required Courses
INTD210 Introduction to Gender and Women’s Studies (3)
INTD310 Feminist and Queer Methods of Inquiry (3)
SUBTOTAL 6

Emphasis Electives
Choose 6 credits from the following:
PAX415 Gender, Politics, and Social Change (3)
REL212 Queer Theory, Feminism, and Religion (3)
REL334 Hindu Yoga-Tantra (3)
PSYB355 Dynamics of Intimate Relationships (3)
WRI436 Trends in Contemporary Literature: Introduction to Feminist Theory (3)
WRI441 Literature Seminar: Women Writers (3)
WRI465 Writing Workshop: Experimental Women Writing (3)
SUBTOTAL 6

TOTAL CREDITS 12

BA in Interdisciplinary Studies Course Descriptions
INTD210 Introduction to Gender and Women’s Studies (3)
Gender and women’s studies begins with Hanisch’s premise that “the personal is political” as a means of thinking about personal issues as broader political and structural issues, resulting in various levels of privilege and oppression. We investigate “first wave” feminism, “second wave” concerns and critiques, and “third wave” methodologies and queer theories. We examine the constructed nature of gender and identity via historical, theoretical, and cross-cultural texts to develop conscious approaches to thinking about the intersections of race, sexuality, and class. In addition, the course seeks to sharpen students’ critical awareness of how gender operates in cultural contexts and in our own lives in order to participate in...
social change. We read a diverse group of historical and contemporary feminist and queer writers, activists, and theorists.

**INTD301**

The Gateway Seminar (3)
The required Gateway Seminar in the Interdisciplinary Studies program surveys the history of disciplines as they are studied in colleges and universities. These disciplines, humanities, psychology, religious studies, fine arts, etc., traditionally constitute what becomes a student’s major and minor degree program. From that vantage point, the Gateway Seminar then turns to study the various disciplines as they are constituted at Naropa. With this background, students then choose their INtD mentors and create their Learning Agreement, which is the template for their own program in Interdisciplinary Studies. This approach ensures that students bring an informed and educated perspective to their unique focus. This course is a prerequisite to INtD program of studies. It enables students to decide if this major is best for them.

**INTD310**

Feminist and Queer Methods of Inquiry (3)
Feminist and queer scholarship informs methods of information gathering and distribution. Feminist and queer scholarship challenges philosophies of science and how science has begun to address these challenges. We then examine how feminist, queer, and contemplative ways of knowing can inform the research process and explore postcolonial, diasporic, and critical race perspectives on feminist epistemology. Students take a contemplative tour through diverse methods of inquiry, including but not limited to, memoir, observation, participant observation, archival research, and experimentation. Through personal reflection and observation of gender in the world, students create diverse work products that both bear witness to gender in the everyday world and stand in resistance to oppressive power structures.

**INTD380**

Advanced INtD Research Seminar (3)
This course aims to foster interdisciplinary research methods by providing students with skills necessary for work in their chosen areas of study, through a critical comparative examination of the practices, protocols, theories, and methods of education within a discipline as these have developed intellectually and institutionally over the past several centuries. In systematically comparing the methods and rhetorical strategies of different disciplines, and focusing upon the history of modern educational practices, the course develops critical thinking and research skills essential to laying a foundation for work during the subsequent thesis-writing semester. At the same time, the seminar fosters the community-building work of Interdisciplinary Studies as a contemplative forum for the discussion of broad academic issues confronting university education today. Prerequisite: COR115.

**INTD480**

The Capstone Seminar (3)
The final component of the Bachelor of Arts program, the Capstone Seminar is designed to guide students through their senior thesis, a scholarly paper with annotated bibliography, and a portfolio of course work that reflects the student’s cumulative knowledge at the end of the degree program. This thesis is evaluated by two mentors from the student’s chosen fields of study, as well as by the chair of Interdisciplinary Studies. Prerequisite: INTD301. Open to INtD majors only.

**INTD490**

Special Topics (3)
The Special Topics Seminar investigates the application of theories and methods of interdisciplinary to specific historical, critical, and theoretical issues and problems. Specific topics are announced each semester and are generated by the students.

**INTD491**

Directed Honors Reading (3)
The honors directed reading seminar is designed to enable to interdisciplinary student to read in their respective fields of study as proposed in their Learning Agreement, or concepts that are currently significant, controversial, or seminal in their fields of which texts the student would not otherwise be assigned in a course at Naropa. By permission of instructor. Open to INtD majors only.

**INTD492**

Directed Honors Research (3)
The honors directed research seminar is designed to enable to interdisciplinary student to do research in their respective fields of study as proposed in their Learning Agreement, or concepts that are currently significant, controversial, or seminal in their fields of which texts the student would not otherwise be assigned in a course at Naropa. By permission of instructor. Open to INtD majors only.
The Bachelor of Arts in Religious Studies is a 36-credit major in which students explore religion in a variety of ways, with an emphasis upon the relevance of historical traditions in contemporary life. Special emphasis is placed upon the role of contemplative practice in the world’s great religions, especially Buddhism. All students must take a series of 16 credits that introduce the study of religion and contemplative practice. Students choose 9 credits from the Religious Traditions courses, which serve as introductory studies of major world religions. The additional 11 credits may be selected from core areas of study: contemporary issues in religion, contemplative practice, and practice intensives.

Declaration of Major
In accordance with University policy, students can declare their major at any time. Because of the nature of this program, it is important to meet with program faculty either before you declare or soon after. Please consult with your academic advisor to plan your schedule in the program.

BA in Religious Studies Requirements

Required Courses
- REL328W BA Religious Studies Retreat (0.5) Year One
- REL328W BA Religious Studies Retreat (0.5) Year Two
- REL351 Religious Studies Seminar: Theory & Method (3)
- REL479 Capstone Seminar & Senior Project (3)
SUBTOTAL 7

Choose 3 credits from the following courses:
(Prerequisites for 300 level classes)
- REL158W The Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL271 Centering Prayer as Christian Contemplation (3)
- REL390W-495W Shambhala Training I–XII (1)
SUBTOTAL 3

Choose 6 credits from the following courses:
(Prerequisites for 300 level classes)
- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
SUBTOTAL 6

Choose 9 credits from the following Religious Traditions courses:
- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL229 Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3)
- REL240 Foundations of Buddhism (3)
- REL314 Contemplative Islam (3)
- REL321 Introduction to Jewish Mysticism (3)
- REL323 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
- REL325 Contemplative Christianity (3)
- REL330 Contemplative Hinduism (3)
- REL334 Hindu Yoga-Tantra (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL349 Tibetan Buddhism: Inside the Mystique (3)
- REL355 Sanskrit in the Sacred Traditions of India (3)
- REL376 Inner Oral Tradition of the Torah (3)
SUBTOTAL 9

Undergraduate students may petition to take MA courses in Buddhism after REL160, REL240, and REL346 are completed.

Choose 11 credits from the following two categories:

Contemporary Issues in Religion
- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL312 Spiritual Models of Social Action (3)
- REL348 Buddhism in America: Dharma Comes West (3)

Contemplative Practice
- REL158W The Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL170 Meditation Practicum II: Igniting Compassion (3)
- REL250 Spirituality and Creative Expression (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL258 Contemplative Practice Intensive (1.5–6)
- REL271 Centering Prayer as Christian Contemplation (3)
- REL345 Zen Buddhism (3)
- REL390W-495W Shambhala Training I–XII (1)
SUBTOTAL 11

TOTAL CREDITS 36

Minor in Religious Studies

Choose 3 credits from the following:
- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)

Choose 9 credits from the following:
- REL150 Buddhist Journey of Transformation: An Introduction (9)
- REL158W The Breeze of Simplicity: Meditation Weekend (1)
- REL160 Meditation Practicum I: Freeing the Mind (3)
- REL170 Meditation Practicum II: Igniting Compassion (3)
- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL229 Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3)
- REL240 Foundations of Buddhism (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL250 Spirituality and Creative Expression (3)
- REL255W Opening the Heart: Meditation Weekend (1)
- REL271 Centering Prayer as Christian Contemplation (3)
- REL312 Spiritual Models of Social Action (3)
- REL314 Contemplative Islam (3)
- REL321 Introduction to Jewish Mysticism (3)
- REL323 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
- REL325 Contemplative Christianity (3)
- REL328W BA Religious Studies Retreat (0.5)
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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>REL330</td>
<td>Contemplative Hinduism (3)</td>
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<tr>
<td>REL334</td>
<td>Hindu Yoga-Tantra (3)</td>
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<td>REL345</td>
<td>Zen Buddhism (3)</td>
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<td>REL346</td>
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<td>REL349</td>
<td>Tibetan Buddhism: Inside the Mystique (3)</td>
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<td>REL351</td>
<td>Religious Studies Seminar: Theory &amp; Method (3)</td>
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<td>REL355</td>
<td>Sanskrit in the Sacred Traditions of India (3)</td>
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<td>REL376</td>
<td>Inner Oral Tradition of the Torah (3)</td>
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<tr>
<td>REL390W-495W</td>
<td>Shambhala Training Levels I-XII (1-3)</td>
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**TOTAL CREDITS 12**

Note: For students interested in taking courses on Buddhism, it is recommended that they be taken in the following order: 1) REL150 and/or REL240, 2) REL346, 3) REL348 and/or REL349. The additional meditation courses, including REL345, can be taken at any time.

### Minor in Sanskrit or Tibetan Language

Religious Studies majors may take either Sanskrit or Tibetan to fulfill their minor requirement. A sequence of at least four courses (4 credits each) is offered in each language. (Six courses are offered in Tibetan.) The requirement of the minor is to take the first three of these four courses. However, students are encouraged to consider taking the fourth semester of the language as an elective. Students who have excelled in two semesters of Tibetan may apply for a research assistant position with the Tsadra Foundation Research Center in Boulder. If applicants also have studied Sanskrit, that is a plus, but not required. Students who have completed all four Tibetan courses are eligible to apply to the Nalanda Translation Committee Apprenticeship Program, which provides funding for a year or more for further Tibetan language training with the Translation Committee after they graduate. Since the three (or four) language courses should be taken in three (or four) consecutive semesters, students considering a study-abroad program should plan to do that program either before they start their language courses or after they have completed all of them.

Sanskrit I-III (12) or Tibetan I-III (12)

**TOTAL CREDITS 12**

### Certificate Program in Religious Studies

This 30-credit certificate program is designed for those who wish to immerse themselves in a study of contemplative religious traditions and is open to students who have completed at least 60 semester credits prior to entering Naropa University. Students can complete the requirements for this certificate program in one academic year, taking 15 credits/semester which is charged at the block rate for tuition. Please see [http://www.naropa.edu/costs-aid/costs/undergraduate-costs/tuition-fees.php](http://www.naropa.edu/costs-aid/costs/undergraduate-costs/tuition-fees.php) for details on costs for tuition and fees.

**Required Courses**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>REL328W</td>
<td>BA Religious Studies Retreat [0.5] year one</td>
</tr>
<tr>
<td>REL328W</td>
<td>BA Religious Studies Retreat [0.5] year two</td>
</tr>
<tr>
<td>REL351</td>
<td>Religious Studies Seminar: Theory &amp; Method (3)</td>
</tr>
<tr>
<td>REL479</td>
<td>Capstone Seminar &amp; Senior Project (3)</td>
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**SUBTOTAL** 7

Choose 6 credits from the following courses:

**Prerequisites for 300 level classes**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tr>
<td>REL160</td>
<td>Meditation Practicum I: Freeing the Mind (3)</td>
</tr>
<tr>
<td>REL271</td>
<td>Centering Prayer as Christian Contemplation (3)</td>
</tr>
<tr>
<td>REL390W-392W</td>
<td>Shambhala Training I-III (3)</td>
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</tbody>
</table>

**SUBTOTAL** 6

Choose the following from the course guide:

Religious Studies Courses (14)

**TOTAL CREDITS 30**

For information about careers related to a certificate in Religious Studies, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Use the O*NET link for occupational profiles: [http://www.onetcodeconnector.org/careerport/21-2099](http://www.onetcodeconnector.org/careerport/21-2099)

### BA in Religious Studies Course Descriptions

**REL150**

**Buddhist Journey of Transformation: An Introduction (3)**

This course traces the transformation of emotional and conceptual confusion into wisdom on the Buddhist path. Beginning with insights into how humans generate confusion and habitual patterns, we extend that insight to develop compassion and skill in working with others and discover wisdom and skillful means within our confused states in the present moment. Students are introduced to the rich diversity of Indo-Tibetan Buddhist “three vehicles” within the context of Buddhist history, texts, and traditions.

**REL156W**

**Zen Intensive Weekend (1)**

The teaching and practice of Zen Buddhism assumes that there is a Big Mind present in all mental and physical activities, that Big Mind can be realized, and that its realization can be matured. The class looks at how this paradigm—its teachings, practices, and realization—can be a personal vision and part of professional contemporary psychology. Cross-listed as REL552W.

**REL157W**

**Theravada Vipassana Weekend (1)**

When mindfulness meditation is practiced, the exquisite ordinariness of the movement of breath, of the sensation of the body sitting on the earth, and of the busyness of the mind and emotions is discovered. This intensive weekend introduces insight meditation, “vipassana,” from the Theravada Buddhist tradition of Southeast Asia. This course includes mindfulness practice in sitting, walking, and daily life through short talks, guided meditations, and the practice of “noble silence.” Cross-listed with REL501W.

**REL158W**

**The Breeze of Simplicity: Meditation Weekend (1)**

This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. Beginning or experienced students are welcome and guided through the presentations. The weekend includes lectures, discussion, meditation, and/or other spiritual practices. Cross-listed as REL504W.
REL160
Meditation Practicum I: Freeing the Mind (3)
Students are introduced to sitting meditation practice drawn from the Tibetan Buddhist tradition of shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions, and the cultivation of maitri (loving-kindness). The course includes weekly discussion groups, individual meetings with a meditation instructor and daily meditation practice, midterm, and final oral exams.

REL170
Meditation Practicum II: Igniting Compassion (3)
This course continues the instruction in meditation practice begun in the fall semester, emphasizing Mahayana practice, including the generation of an enlightened attitude (bodhicitta), the practice of the perfections (paramitas), the training of the mind (lojong), and the exchange of self and other (tonglen). Midterm and final oral exams. Prerequisite: REL160, TRA100, TRA200, or PSYB215.

REL210
Religion & Mystical Experience (3)
This class explores the essential core of the world’s wisdom traditions: their mystical teachings, rituals, and esoteric practices. Special attention will be given to the nature of mystical experience—characterized by a direct encounter with Ultimate Reality or the Divine—and to the variety of its manifestations in and out of the world’s major religious traditions.

REL212
Queer Theory, Feminism, and Religion (3)
Religion has greatly influenced our experiences as gendered beings in the areas of sexuality, power, gender roles, personal identity, privilege, and wisdom. Feminism has identified the biases and abuses of patriarchy and sought to rectify them. It has also birthed the GLBT movement and queer theory. How have these efforts spoken to the spiritual subjectivities of women, sexual minorities, or men in these traditions? On what terms can gender be appreciated and valued? This course traces the historical evolution and cultural influences of patriarchy, feminism, and gay liberation on religious experience, as well as religions’ impact on the formation of gender roles.

REL229
Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3)
This course traces the evolution of rabbinic Judaism in its history, beliefs, literature, and practices. Beginning with its formation in the first century of the Common Era, we follow major developments through the Middle Ages and into the modern period. Along the way, we learn about the Jewish conception of Torah in both its metaphysical and practical elements. We study material from the foundational texts of the Oral Torah: Mishnah, Gemara, and Midrash, as well as later texts. Jewish law, philosophy, Kabbalah, sacred time, and contemplative prayer are studied and discussed. Cross-listed as REL529. Prerequisite: COR110.

REL240
Foundations of Buddhism (3)
An introduction to Buddhism including a survey of Buddhist history, philosophy, and practice. Special emphasis on basic Buddhist views and perspectives as expressed in the life of the Buddha, the four noble truths, and a Buddhist understanding of the mind. The course examines the close relationship between Buddhist thought and the central spiritual discipline of meditation. Grading criteria includes a final paper.

REL247
Embodying Sacred Wisdom: Modern Saints (3)
An exploration of the human thirst for spiritual experience and transformation through the studies of biographies of 19th and 20th century contemporatives from several selected religious traditions, both Eastern and Western. Through examining the spiritual and religious journeys of saints and their relationships with their traditions, students learn the diversity of religious traditions of sainthood. How do the journeys of their saints relate to our personal journeys? Readings include sacred biographies (hagiographies), study of modern religious traditions in context, and interpretations of sainthood in both theological and cross-cultural perspectives.

REL250
Spirituality and Creative Expression (3)
This course focuses on exploring spirituality and its manifestation in our lives through creative expression. The foundation for this exploration is Maitri practice, which cultivates awareness of our own energetic makeup and how these energies manifest as the core patterns of our daily lives. Developed by Chogyam Trungpa Rinpoche, the founder of Naropa, this practice is done in five different colored rooms, representing the Five Buddha Families. In addition to the Maitri room practice, we work with several contemplative art forms, such as object arrangement, painting, brush stroke, and space awareness exercises. The challenge for each of us is to discover, integrate, and appreciate our energetic expressions and to bring our creativity to form, individually and as a group. Prerequisite: REL160 or COR130.

REL255W
Opening the Heart: Meditation Weekend (1)
This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. When the vast network of pain and confusion in the world is experienced, one can become overwhelmed and full of despair. This weekend provides tools that allow one to work with this in order to discover compassion and the courageous heart available to everyone. Cross-listed as REL554W.

REL258
Contemplative Practice Intensive (1.5–6)
The purpose of this intensive is to give students the opportunity to deepen their discipline and knowledge of their own spiritual tradition in a community setting that offers a prescribed schedule of practice and of service. Undergraduate students may choose to do a program ranging in length from 1 week to a maximum of 4 weeks at a retreat center of their choice. The center or organization must be approved by the Religious Studies department. Some examples of these sites are Tibetan Buddhist meditation centers, Shambhala Retreat Centers, Zen Centers, Christian monasteries, Ashrams, Jewish Contemplative retreats. Others choices are possible with the approval of the department. It is advisable to check with the Contemplative Practice Coordinator to make sure that your choice of retreat center can be approved. Cross-listed as REL547.

REL271
Centering Prayer as Christian Contemplation (3)
This course introduces the Christian contemplative practice of Centering Prayer, as taught by Fr. Thomas Keating and Contemplative Outreach. It places this practice in the broader tradition of Christian contemplation, as a path of transformation in Christ that allows greater freedom in oneself and greater compassion for others. The course includes instruction in an active practice for integrating Centering Prayer into daily life, a day of intensive practice, and study of Christian contemplative practice. Cross-listed as REL571.

REL274
Tibetan I (4)
This class develops a foundation in literary Tibetan and begins the study of modern spoken Tibetan. The first semester focuses on the grammatical foundation of the language, the acquisition of basic vocabulary, and training in the skills of correct pronunciation, handwriting, and spelling. Students should expect to study at least eight hours a week outside of class. Cross-listed as REL503.
**REL277**
Sanskrit I (4)
An introduction to the classical Sanskrit language. The first-year course includes developing familiarity with the Sanskrit alphabet (devanagari), mastering the conventions of euphonic combination (sandhi), and learning the basics of Sanskrit grammar. In addition, we begin reading texts from the classical Indian tradition, particularly selections from the Mahabharata and Ramayana and from some simple Buddhist texts (e.g., the Heart Sutra). Students should expect to study at least six hours a week outside of class. Cross-listed as REL507.

**REL284**
Tibetan II (4)
A continuation of Tibetan I. The second semester continues the work begun in Tibetan I with the addition of working on an actual Tibetan text. Students use a mandala approach of developing varied oral, aural, and written skills to produce an overall knowledge of the language. Prerequisite: REL274. Cross-listed as REL533.

**REL287**
Sanskrit II (4)
A continuation of Sanskrit I. Prerequisite: REL277. Cross-listed as REL537.

**REL312**
Spiritual Models of Social Action (3)
A study of historical and contemporary figures who exemplify the spiritual ideals of nonviolent social action, tracing their unique ways of turning their personal challenges into nonviolent leadership. Drawing upon autobiography, biography, critical analysis, and film as source material, students develop a personal dialogue with each of these activists, examining how inner and outer journeys join in spiritually based social activism. Cross-listed as REL585. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

**REL314**
Contemplative Islam (3)
An introduction to the belief system and cultures of the Islamic world via an interactive approach. Emphasis is placed on the traditional values, beliefs, and prescribed practices of the Islamic world as expounded in the key authoritative Islamic sources: the Qur’an and the Sunna of the Prophet Muhammad. A central theme that is examined is the doctrine of tawhid, or the unity of God, which underlies all Islamic thought and belief. Students participate in a variety of Islamic rituals and practices in order to gain a firsthand experience of Islam. Offered alternate years. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

**REL315**
Conflict and Diversity (3)
An examination of the nature of the human group-field. Of particular concern is how human groups create both helpful and harmful conditions in the world. This class provides the theoretical underpinnings of the group-field, including living systems theory, group dynamics, liberation theory, conflict theory, and healthy communication models such as mediation and nonviolent communication. Woven throughout is a focus on the dynamics of privilege, power, and diversity, and group-field process work as a way to engage group life. Cross-listed as REL615. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

**REL321**
Introduction to Jewish Mysticism (3)
The course focuses on three major trends in the history of Jewish mysticism: Spanish Kabbalah, the School of Isaac Luria, and East European Hasidism. Topics include theosophy and theurgy, ecstatic and contemplative prayer, mystical psychology, soul transmigration, and esoteric interpretation of scripture. The course provides a basic kabbalistic vocabulary and introduction to primary mystical sources that prepare a student for further study of contemplative Judaism. Offered alternate years. Prerequisite: REL229. Cross-listed as REL 535.

**REL323**
Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
The course is an introduction to the cultural study of traditional African religions. We begin with close attention to cosmology, the traditional view of the world as filled with living, sacred powers. These powers are experienced in various ways—as ancestral presences, nature deities, and personal guardian spirits. Therefore, we focus on ritual practices—ways of communicating with unseen forces to bring communal and personal healing, restoring balance in the human relationship to nature. Offered alternate years. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

**REL325**
Contemplative Christianity (3)
This course examines the contemplative and mystical tradition of Christianity and its recent recovery by mainstream Christians through the work of Thomas Merton and others. Students examine contemplative perspectives on such major topics as God, Christ, salvation, divine union, delibration, scripture, and spiritual evolution, especially as these views contrast with modern fundamentalism. This class also studies the contributions of the major historical writers of the tradition. The class includes ample time for contemplative practice. Offered alternate years. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W. Cross-listed as REL 525.

**REL328W**
BA Religious Studies Retreat (0.5)
Introduction to the field of religious studies from the perspective of contemplative education as well as to important thematic and analytic perspectives. Basic contemplative practice from several traditions is presented, and career opportunities in the arena of religious studies are explored. Building community, forming friendships, and sharing our mutual journey is central to this retreat. Course fee.

**REL330**
Contemplative Hinduism (3)
An experiential and philosophical introduction to the scriptures and spiritual practices of Hindu traditions with emphasis on the Vedas, early tantra, and the yoga sutras of Patanjali. A portion of each class is devoted to practice: meditation, pranayama, mantra, and ritual. Offered alternate years. Cross-listed as REL530. Co-requisite: REL150, REL210, REL247, REL158W, or REL255W.

**REL334**
Hindu Yoga-Tantra (3)
Hindu Tantra envisions Ultimate Reality as intertwined aspects of Shiva and Shakti. We study contemplative theory and practices from Tantric texts and commentaries, including sacred ritual, deity forms, mantra, yantra (sacred geometry), nyasa (sacred energetic placements), chakras, and visualizations. We also explore Kashmir Shaivism, a nondualistic monism, and the Srividya Goddess tradition. Tantric influences in Indian poetry, art, and dance-music forms are shared whenever possible. The last class features a culminating class worship ritual (puja) incorporating many Tantric contemplative tools studied all semester. Offered alternate years. Co-requisite: REL150, REL210, REL247, REL158W, or REL255W.

**REL345**
Zen Buddhism (3)
Taking the path of Zen is for the purpose of bringing about a profound transformation at the core of one’s being, enabling one to live with greater selflessness and affection for the benefit of all that breathes and does not breathe. The course includes instruction in zazen (the cornerstone meditation practice of Zen), periods of sitting zazen, instructions on applying mindfulness to one’s daily life, as well as studying the classic texts of the Buddha and Zen masters.
and teachings of the tradition. The course may include all-day sitting at one of the Zen centers in the Denver area. Co-requisite: REL150, REL210, REL247, REL158W, or REL255W.

REL346  
Wisdom and Compassion: The Buddhist Path (3)  
Mahayana Buddhism presents an ideal of the spiritual path that is grounded in love for all beings. This course examines the basic teachings and practices of the Mahayana path, including the notion of emptiness, its inseparability with compassion, the bodhisattva vow, the cultivation of the awakened heart, and the six paramitas or transcendent actions in the benefit of others. Readings are taken from the literature of both sūtra (Buddha’s word) and śāstra (commentaries) and includes writings of contemporary teachers. Co-requisite: REL150, or REL210, or REL247, or REL158W, or REL255W.

REL348  
Buddhism in America: Dharma Comes West (3)  
This course surveys the variety of ways in which Buddhism continues to influence contemporary American culture, and in turn be influenced by it. In particular, we explore the ways in which Buddhism has changed and adapted in various American Buddhist communities. Our scope includes spirituality and religion, literature, social activism, pluralism, and dialogue. Student projects focus on specific Buddhist communities that have joined facets of Buddhist and American culture. Grading criteria includes short writing assignments, final exam, and term paper. Cross-listed as REL546.

REL349  
Tibetan Buddhism: Inside the Mystique (3)  
This course introduces Buddhism as it flowered in the Tibetan cultural region, with emphasis on the traditional cosmology of Tibet, its religious history, its exoteric teachings and practices ( Hinayana and Mahayana), and its esoteric teachings and practices (Vajrayana). Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

REL351  
Religious Studies Seminar: Theory & Method (3)  
An introduction to the theoretical models of the field of religious studies. The course reviews religious studies as an academic discipline with a special emphasis on applying religious studies methodology to religious traditions and phenomena. Special emphasis is placed on written and oral expression, integrative understanding, and the relationship between religious traditions and the personal spiritual understanding/journey. The goal of this course is to give students the necessary tools to produce academically rigorous research projects in any area of the field.

REL355  
Sanskrit in the Sacred Traditions of India (3)  
A basic introduction to the Sanskrit language directly linked to sacred concepts drawn from the sacred traditions of Yoga, Tantra, Vedanta, and Sankhya. Language skills presented include the oral and written Sanskrit alphabet (devanagari), Roman transliteration, and an introductory recognition of some Sanskrit grammar elements. Explanations of sacred Sanskrit terms and concepts with brief overviews of the representative sacred traditions are interwoven in the course. Participatory oral chanting of the alphabet, sacred seed syllables, and sample concepts, terms, and verses are integrated into the class format.

REL375  
Tibetan III (4)  
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sūtras, lives of Buddhist saints, history, philosophy, and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL284. Cross-listed as REL553.

REL376  
Inner Oral Tradition of the Torah (3)  
An examination of the mystical contemplative tradition of Judaism through a demonstration of its approach to Torah texts. The emphasis in the course is on the development and expression of critical thinking and intuition. Good questions are a priority over good answers. Age-old Chassidic methodologies are used toward this end. Dramatization of stories is utilized to access the students’ emotions and intuitive powers. Exposure to practices like shofar and succah give students a firsthand experience of Jewish contemplative practice. Offered alternate years. Cross-listed as REL676. Co-requisite: REL210, REL150, REL247, REL158W, or REL255W.

REL377  
Sanskrit III (4)  
A continuation into the second year of basic Sanskrit grammar, pronunciation, dictionary usage, and vocabulary acquisition. There is strong emphasis on noun compounds (šamaasas). We move onward through the Goldman and Goldman primer, Devavānapravesaka. We read selectively in a range of texts, including Hindu and Buddhist scripture, and secular court poetry. Stanzas from Bhāgavad Gīta are introduced, as well as the Heart Sūtra. Particular attention is given in class to Indic culture, its connection to Sanskrit language and religious traditions, and issues raised by the work of translation. Cross-listed as REL557. Prerequisite: REL287/537.

REL385  
Tibetan IV (4)  
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sūtras, lives of Buddhist saints, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL375. Cross-listed as REL583.

REL387  
Sanskrit IV (4)  
This semester completes the range of Sanskrit grammar, with secondary conjugations, vocabulary acquisition, an investigation of etymology, and a study of the principles behind words and their meanings. In addition to finishing the textbook on grammar, the Devavānapravesaka, the class reads examples of a range of Buddhist, Hindu, and secular verses. Increased attention is given to translation and the hands-on practice of bringing ancient texts into the contemporary world. Cross-listed as REL587. Prerequisite: REL377.

REL479  
Capstone Seminar & Senior Project (3)  
This course reviews religious studies as an academic discipline with a special emphasis on applying religious studies methodology to religious traditions and phenomena encountered in students’ major study. Special emphasis is placed on written and oral expression, integrative understanding, and the relationship between religious traditions and the personal spiritual understanding and journey. The principle that both outer and inner knowledge contribute to one’s path, which was introduced at the beginning of the students’ journey, is brought to fruition. The particular focus of the second half of the class is the final preparation and presentation of the senior project.

REL499  
Independent Study (1–3)
The 36-credit Traditional Eastern Arts major is a unique opportunity to steep oneself in a traditional contemplative discipline both academically and experientially. Students pursue an in-depth study of one of three body-mind awareness disciplines: tai-chi ch’uan, aikido, or yoga. The curriculum includes an in-depth study of the history, philosophy, and praxis of the chosen discipline. In addition to the sequenced curriculum of practice, students take classes in meditation and anatomy, while choosing from a variety of complimentary electives, such as Sanskrit, Ikebana, Zen Buddhism, Hinduism, Tantra, Taoism, Raga Singing, 5 Elements Theory, and Somatic Psychology. This major trains and encourages students to develop practice as a way of life, one that informs livelihood, health, creative expression, and service to community.

Declaration of Major
In accordance with University policy, students can declare their major at any time. Because of the nature of this program, it is important to meet with program faculty either before you declare or soon after. Please consult with your academic advisor to plan your schedule in the program.

Students entering the University and the Traditional Eastern Arts major with 45 plus credits are required to declare a concentration at that time.

Minor in Traditional Eastern Arts
To minor in Traditional Eastern Arts, students must complete 9 credits in one awareness discipline (Tai-chi ch’uan, yoga, or aikido) plus 3 credits in another TRA course.

Areas of Concentration
Tai-chi Ch’uan
“Whoever practices tai-chi ch’uan, correctly and regularly, twice a day over a period of time will gain the pliability of a child, the health of a lumberjack, and the peace of mind of a sage.”—Grand Master Cheng Man-Ch’ing

Tai-chi ch’uan is translated as “the supreme ultimate system of self-defense.” An ancient Chinese exercise, it consists of thirty-seven slow, continuous movements and is a profound preventative and curative system of Chinese medicine. The cultivation of ch’i, the intrinsic energy that animates all living phenomena, plays a central role in the training. Tai-chi ch’uan restores the normal flow of ch’i by dissolving tension. The short form, Yang style of Grand Master Cheng Man-Ch’ing, is taught.

Aikido
“If your heart is large enough to envelop your adversaries, you can see right through them and avoid their attacks. And once you envelop them, you will be able to guide them along a path indicated to you by heaven and earth.”—O Sensei, Morihei Ueshiba, aikido founder

The roots of aikido stand in the soil of the great warrior tradition of Budo, where the fighting arts were practiced for defense of society and as a personal path for awakening. Aikido wisdom and skills are developed through lively partner practice of empty hand and weapons techniques. On the mat, students engage with varied attacks and defenses in order to learn to become calm, centered, receptive, and responsive during intense encounters. Whole-body training takes place while watching, listening, doing, and feeling the movements of the practice. Reading and writing assignments deepen the classroom practice. Students may be invited to test for rank by the instructor.

Yoga Teacher Training
“The technique of a world-changing yoga has to be as uniform, sinuous, patient, all-including as the world itself. If it does not deal with all the difficulties or possibilities and carefully deal with each necessary element, does it have any chance of success?”—Sri Aurobindo

Naropa University’s Yoga Studies concentration is dedicated to the education, preservation, and application of the vast teachings of yoga. The concentration offers a comprehensive study of yoga's history, theory and philosophy, as well as providing an in depth immersion and training in its practice and methodologies. Balancing cognitive understanding with experiential learning, students study these ancient teachings for transformation while gaining the necessary knowledge and skills to safely and effectively teach yoga.

The curriculum systematically covers the rich and diverse history, literature and philosophies of the yoga tradition, while immersing students in the methodologies of Hatha Yoga, including asana, pranayama and meditation. In addition, students study Sanskrit, Ayurveda, anatomy, yoga therapy, yoga psychology, Hinduism, Tantra, and Buddhism, all while engaging in an intensive Teacher Training curriculum.

Upon completion, students earn both a Bachelor’s Degree and have completed 1000 hours in Yoga Teacher Training which meets and exceeds the 500-hour requirement of Yoga Alliance. All graduates are eligible to become Registered Yoga Teachers (RYT 500) with Yoga Alliance.

BA in Traditional Eastern Arts Requirements

Tai-chi Ch’uan & Aikido Concentrations

Core Requirements

<table>
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<tr>
<th>Course</th>
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<th>Credits</th>
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<tr>
<td>PSYB100</td>
<td>Anatomy</td>
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<tr>
<td>REL345</td>
<td>Zen Buddhism</td>
<td>3</td>
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<td>TRA252</td>
<td>Taoism</td>
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<tr>
<td>TRA489</td>
<td>Senior Colloquium</td>
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**SUBTOTAL** 10

Tai-chi Ch’uan Concentration

Core Requirements (12)

Choose 12 credits from the following courses:

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<tr>
<td>TRA105</td>
<td>Tai-chi Ch’uan: Level I</td>
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</tr>
<tr>
<td>TRA205</td>
<td>Tai-chi Ch’uan: Level II</td>
<td>3</td>
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<tr>
<td>TRA305</td>
<td>Tai-chi Ch’uan: Level III</td>
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<td>TRA405</td>
<td>Tai-chi Ch’uan Level IV: Push-Hands</td>
<td>1-3</td>
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<tr>
<td>TRA455</td>
<td>Tai-chi Ch’uan Level V: Sword Form</td>
<td>1-3</td>
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<td>TRA490</td>
<td>Tai-chi Ch’uan Level VI</td>
<td>1-3</td>
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<tr>
<td>TRA493</td>
<td>Tai-chi Ch’uan Level VII</td>
<td>1-3</td>
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<tr>
<td>TRA496</td>
<td>Tai-chi Ch’uan Level VIII</td>
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**SUBTOTAL** 22

Choose 11 credits from the following courses:

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<th>Title</th>
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<tr>
<td>ART 181</td>
<td>Traditional Chinese Brush Stroke</td>
<td>3</td>
</tr>
<tr>
<td>PSYB303</td>
<td>The Psychology of the Five Elements</td>
<td>3</td>
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<tr>
<td>PSYB304</td>
<td>Somatic Intelligence: The Neuroscience of Our Body-Mind Connection</td>
<td>3</td>
</tr>
<tr>
<td>REL210</td>
<td>Religion &amp; Mystical Experience</td>
<td>3</td>
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Choose 3 credits from the following courses:

- REL160  Meditation Practicum I: Freeing the Mind (3)
- REL258  Contemplative Practice Intensive (3)
- REL271  Centering Prayer as Christian Contemplation (3)
- PSYB314  Buddhist Psychology I: Mindfulness Meditation (3)
- TRA100  Shambhala Meditation Practicum (3)
- TRA260  Mudra Space Awareness (3)
- TRA463  Yoga Meditation Practicum (3)

**SUBTOTAL 3**

**TOTAL CREDITS 36**

**Aikido Concentration**

Core Requirements (10)

Choose 12 credits from the following courses:

- TRA110  Aikido I (3)
- TRA210  Aikido II (3)
- TRA310  Aikido III (3)
- TRA410  Aikido IV (2–3)
- TRA450  Aikido V (2–3)
- TRA487  Aikido VI (2–3)
- TRA491  Aikido VII (2–3)
- TRA494  Aikido VIII (2–3)

**SUBTOTAL 22**

Choose 11 credits from the following courses:

- ART181  Traditional Chinese Brush Stroke I (3)
- PSYB303  The Psychology of the Five Elements I (3)
- PSYB304  Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)
- REL210  Religion & Mystical Experience (3)
- TRA120  Ikebana/Kado I (3)
- TRA220  Ikebana/Kado II (3)
- TRA320  Ikebana/Kado III (3)
- TRA437  Aikido Seminars—Mitsugi Saotome, Sensei and Hiroshi Ikeda, Sensei (0.5 each)  
  can be taken twice
- TRA447  Aikido Seminars—Mitsugi Saotome, Sensei and Hiroshi Ikeda, Sensei (0.5) 
  can be taken twice
- TRA499  Independent Study (1–3)

**SUBTOTAL 11**

**TOTAL CREDITS 36**

**Yoga Teacher Training Concentration**

**Required Courses (3)**

- TRA133  Yoga I: Foundations (3)
- TRA233  Yoga II: The Psychology of Yoga (3)
- TRA333  Yoga III: Integral Practice (3)
- TRA433  Yoga IV: Teacher Training (3)
- TRA449  Yoga V: Teacher Training (3)
- TRA453  Yoga History, Theory, and Philosophy (3)
- TRA463  Yoga Meditation Practicum (3)
- PSYB100  Anatomy (3)

Choose two of the following courses (6):

- REL210  Religion & Mystical Experience (3)
- REL330  Contemplative Hinduism (3)
- REL334  Hindu Yoga-Tantra (3)
- PSYB304  Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)
- TRA100  Shambhala Meditation Practicum (3)
- TRA114  Indian Devotional and Raga Singing (3)

**SUBTOTAL 8**

**TOTAL CREDITS 36**

**Certificate Program in Traditional Eastern Arts with a Concentration in Yoga Teacher Training**

Naropa University also offers a certificate program in Traditional Eastern Arts with a concentration in Yoga Teacher Training for non-degree seeking students. The two-year, 30-credit program is designed to give the student proficiency in teaching yoga (18 credits), a foundation of sitting meditation (6 credits) and anatomy (3 credits), and one elective (3 credits). Students can complete the requirements for this certificate program in one academic year, taking 15 credits/semester which is charged at the block rate for tuition. Please see http://www.naropa.edu/costs-aid/ 
costs/undergraduate-costs/tuition-fees.php for details on costs for tuition and fees. This program is open to those who already have completed a minimum of 60 semester credits.

**Required Courses**

- TRA133  Yoga I: Foundations (3)
- TRA233  Yoga II: The Psychology of Yoga (3)
- TRA333  Yoga III: Integral Practice (3)
- TRA433  Yoga IV: Teacher Training (3)
- TRA449  Yoga V: Teacher Training (3)
- TRA453  Yoga History, Theory, and Philosophy (3)
- TRA463  Yoga Meditation Practicum (3)
- PSYB100  Anatomy (3)

Choose two of the following courses (6):

- REL210  Religion & Mystical Experience (3)
- REL330  Contemplative Hinduism (3)
- REL334  Hindu Yoga-Tantra (3)
- PSYB304  Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)
- TRA100  Shambhala Meditation Practicum (3)
- TRA114  Indian Devotional and Raga Singing (3)

**TOTAL CREDITS 30**

For information about careers related to a certificate in Traditional Eastern Arts, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Occupation name and SOC code: Self-Enrichment Education Teachers, O*NET link for occupational profiles: http://www.onetcodeconnector.org/ccreport/25-3021.00.
BA in Traditional Eastern Arts Course Descriptions

TRA100
Shambhala Meditation Practicum (3)
The Shambhala tradition, taught by Chogyam Trungpa Rinpoche, is a secular path of spiritual training. Students learn sitting meditation and study the principles of Shambhala Warriorship, which involves developing personal courage and social responsibility. The class combines meditation, writing, and a variety of exercises to give direct experience of mindfulness and our own senses. The connection between the arts and meditation is also explored and would be of interest to those exploring their own creative process. A slogan of the class is “notice what you notice” (a phrase Allen Ginsberg coined). Cross-listed as TRA500.

TRA105
Tai-chi Ch’uan: Level I (3)
The first third of the form is introduced. The philosophy and theory of t’ai-chi ch’uan is discussed. The basic principles of relaxation, body-upright, moving from the center or “tan tien,” separation of yin and yang, and developing a soft and sensitive hand are emphasized. Cross-listed as TRA505.

TRA110
Aikido I (3)
We begin with centering ourselves and bringing that awareness to the situation of “contact.” We simultaneously practice the kata of clean powerful attacks and harmonious defense responses, and ukemi, the art of falling. We emphasize extending energy and transforming the encounter to one of excitement and harmony. Bokken—aikido sword—is introduced. We establish links to the aikido lineage and training communities. We support our embodied experience by reading and reporting on texts of aikido history, philosophy, and technique. We study other contemporary sensi through video and visits to seminars. We journal our practice and write reflection papers. Cross-listed as TRA510.

TRA114
Indian Devotional and Raga Singing (3)
Singing, first of sixty-four traditional Indian arts, is an ancient system of yoga. Students learn to sing OM, chants that consist of naming and manifesting god; swaras—seven goddess tones, the notes from which all traditional scales are derived; ragas—crystals of pure sound. We study sonic transformation, or the means of transforming consciousness, and awareness using sound, such as Shabda Brahma [word is god], Nada Brahma [sound is god], etc. All students play the tambura, a stringed drone instrument. Cross-listed as TRA514.

TRA120
Ikebana/Kado I (3)
Ikebana is the Japanese art of flower arranging, stemming from a love of nature and a delight in developing the elegance and creativity of being human. Ikebana is also called “Kado, the way of flowers” because it is a contemplative practice (a “dharma art”) as well as an art form. We study the classical and improvisational forms of the Sogetsu school. Ikebana teaches us that everyone has the gentleness and courage of artistic talent. Materials fee. Cross-listed as TRA520.

TRA133
Yoga I: Foundations (3)
An introduction to the vast tradition of Yoga. Students gain both an understanding of Yoga in its historical and philosophical context and an experience of its methods, which constitute an in-depth exploration of breath, movement, and consciousness. Students engage with the practices of asana (postures designed to generate sensate awareness, alignment, strength and ease), pranayama (breath awareness and control), dharana and dhyana (meditation practices). Cross-listed as TRA515.

TRA205
Tai-chi Ch’uan: Level II (3)
The first third of the form is corrected. The second third of the form is taught. While students continue to work on the basic principles, the concepts of becoming more relaxed, soft, and open in the body and mind are emphasized. Cross-listed as TRA525. Prerequisite: TRA105/S05.

TRA210
Aikido II (3)
This class continues to build directly on the basic aikido teachings and philosophy to create greater centered and calm response to conflict in a martial encounter or in our everyday personal lives. Relaxed, nonaggressive learning is emphasized. Stamina and attention are developed. We support our embodied experience by reading and reporting on texts of aikido history, philosophy, and technique. We study the practice and ideas of other contemporary sensi on video and visits to seminars. We write papers and journals to enhance our mental reflection and insight on the complexity of our training experience. Cross-listed as TRA530. Prerequisite: TRA110/S10.

TRA220
Ikebana/Kado II (3)
This class offers further exploration and in-depth study of ikebana, the Japanese art of flower arranging. Materials fee. Cross-listed as TRA540. Prerequisite: TRA120/S20.

TRA233
Yoga II: The Psychology of Yoga (3)
Students begin exploring the psychology of the self through the lens of the ‘subtle body,’ namely the chakra system. Drawing from both classical and contemporary yoga, students engage in both and academic and experiential study, utilizing asana, pranayama, meditation, and a variety of psychological approaches. This class continues the study of Yoga’s rich literature and philosophy. A regular home practice is required. Cross-listed as TRA535. Prerequisite TRA133/S15.

TRA252
Taoism (3)
Taoism is a philosophy, religion, and set of transformational practices based on acting in harmony with the Tao, or “way” of nature. It can be traced back to at least the late 4th century BCE and has evolved along with ancient Chinese folk religions to provide the underpinnings of modern religious sects and esoteric practices as well as Qigong and many martial arts. This course provides an overview of the historical, cultural, and philosophical context of Taoism, introduces transformational and alchemical practices, includes regular practice of Qigong and Taoist meditation, and relates Taoism specifically to the study of t’ai-chi ch’uan and other martial arts. Open to students with 30+ earned credits only. Cross-listed as TRA552.

TRA260
Mudra Space Awareness (3)
Space can seem hostile, benevolent, seductive, or enriching. Our perceptions are colored by neurosis and are heightened by openness, depending on whether we struggle against or work creatively with obstacles. Students learn acting exercises designed by Chogyam Trungpa Rinpoche, the maitri practice of the buddha families and experiments with space and form by selected Western directors. Class exercises help students develop an appreciation of themselves and others in the context of alive, ever-changing space. A studio class, some outside rehearsal, attendance, and willingness are the primary course requirements. Cross-listed as TRA560.
TRA305
Tai-chi Ch’uan: Level III (2–3)
The first two-thirds of the form are corrected. The last third is taught. Emphasis is on balance, rootedness, breath, centeredness and the other basic principles. Cross-listed as TRA545. Prerequisite: TRA205/525.

TRA310
Aikido III (3)
Calm confidence and grace emerge naturally with the continued and consistent study of aikido movement. Bodies and concentration strengthen. One becomes more comfortable with the “confusion,” the unknowing that precedes knowing. When one becomes more relaxed under pressure, speed, complexity, simplicity, and open heartedness begin to enter the martial engagements. One begins to understand how practice might become a lifetime commitment. Bokken and tanto kata are added to intensify the empty hand practice. Readings, reflective writing, and attendance at seminars are required to further the students’ development. Cross-listed as TRA550. Prerequisite: TRA210/530.

TRA320
Ikebana/Kado III (3)
This class offers further exploration and in-depth study of ikebana, the Japanese art of flower arranging. Prerequisite: TRA220/540. Materials fee. Cross-listed as TRA564.

TRA333
Yoga III: Integral Practice (3)
This class integrates the breadth of Yoga practice. In addition to deepening the practice of asana, students learn advanced pranayamas, bandhas and mudras (gestures that direct the movement of life-force), concentration practices (dharana), Yogic methods of physical purification (shat karmas), meditation (dhyana), internal and vocal sound practices (mantra), and more of Yoga’s rich literature and philosophy. Students also begin the study of Ayurveda, the sister science of Yoga. A regular home practice is required. Cross-listed as TRA555. Prerequisite TRA233/535.

TRA405
Tai-chi Ch’uan Level IV: Push-Hands (1–3)
Push-hands, the two-person tai-chi ch’uan exercise, is the most immediate practical application of the tai-chi ch’uan form. Students learn to relax while in relationship with someone else’s energy. They experientially learn the principles of center and balance as well as the power of yielding. Students begin to utilize these principles not only in the push-hands situation but in everyday situations as well. You may be asked to do a combination of solo form and push-hands, depending on your level. Minimum prerequisite: completion of the form, form correction, and permission of the instructor. Cross-listed as TRA565. Prerequisite: TRA305/545.

TRA410
Aikido IV (2–3)
Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai under the tutelage of Naropa’s aikido faculty. Students deepen their understanding, skill, and strength in ukemi: execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. Cross-listed as TRA573. Prerequisite: TRA410/570.

TRA437
Aikido Seminars—Mitsugi Saotome, Sensei and Hiroshi Ikeda, Sensei (0.5)
Each weekend seminar provides students with teachings and trainings with world-class teachers and opportunities to train with advanced students from around the country. Topics and faculty vary from year to year. Cross-listed as TRA537.

TRA447
Aikido Seminars—Mitsugi Saotome, Sensei and Hiroshi Ikeda, Sensei (0.5)
Each weekend seminar provides students with teachings and trainings with world-class teachers and opportunities to train with advanced students from around the country. Topics and faculty vary from year to year. Cross-listed as TRA547.

TRA449
Yoga V: Teacher Training (3)
Yoga V, in conjunction with Yoga IV, is designed to provide the foundation and training needed for students who aspire to teach yoga. This class examines the various topics essential to being a skilled Yoga teacher, including Yoga Therapy, how to safely and effectively teach asana and pranayama; the principles of effective speech; ethics; alignment; how to make adjustments; the sequencing of postures; knowledge of the Yoga tradition and philosophy; and the cultivation of one’s authentic self-expression. Students also gain regular practice and experience in teaching Yoga. TRA443/575 must be taken simultaneously. Cross-listed as TRA549. Prerequisite: TRA333/555.

TRA450
Aikido V (2–3)
Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai under the tutelage of Naropa’s aikido faculty. Students deepen their understanding, skill, and strength in ukemi: execution of basic and advanced techniques, and participate in bokken, jō, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. Cross-listed as TRA573. Prerequisite: TRA410/570.

TRA453
Yoga History, Theory, and Philosophy (3)
Yoga is one of the six classical “outlooks on the nature of being” [Sākti Darśana] of Hinduism. Yoga has a 5,000-year history, its teachings passed from one generation to the next through written and oral tradition. All Yoga traditions, though varied and diverse, share a fundamental aspiration: self realization. This class surveys the fascinating history of Yoga and explores the theories and philosophies underlying it’s praxis, from asana (poses) to dhyana (meditation), from tapas (discipline) to santosha (contentment). This class examines the main schools of Yoga philosophy, reviews its main epochs of development and delves into some of its most influential texts, including the Vedas, Upanishads, Yoga Sutras of Patanjali, the Bhagavad Gītā, and select texts from the Tantras. Open to second, third and fourth year students only.

TRA455
Tai-chi Ch’uan Level V: Sword Form (1–3)
The tai-chi ch’uan sword is a practice that further extends the principles of integrated movement, relaxation, balance, and chi while relating to an external object. This could be a brush, as in the realm of calligraphy and painting, or in this case, a sword. The sword is not wielded by using muscle and physical strength, but by using the body’s natural structural and dynamic characteristics and the forces that operate in the environment. By permission of the instructor, for students who have previous experience studying tai-chi ch’uan form and push-hands. Students may be asked to do a combination of solo form, push-hands, and sword form, depending on their level. Cross-listed as TRA585. Prerequisite: TRA305/545.
Yoga Meditation Practicum (3)
Meditation, though often neglected in modern-day Yoga, has long been the central practice in Yoga traditions. Asana, pranayama, and concentration are stepping stones, which provide a foundation from which meditation can effortlessly emerge. We embark on a journey into the meditative traditions and practices of Yoga, drawn from both classical Yoga and Tantra. This includes the study and practice of concentration techniques (dharana), formless meditation (dhyana), Self-inquiry (atma vichara), dream and sleep yoga (yoga niyatra), and the philosophical premises behind these practices. Cross-listed as TRA512. Open to juniors and seniors.

Aikido VI (2–3)
Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai under the tutorship of Naropa’s aikido faculty. Students deepen their understanding, skill, and strength in ukemi; execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. Cross-listed as TRA587. Prerequisite: TRA450/573.

Senior Colloquium (1)
This required course is a process class and includes writing a journal that addresses how the student connects practice of discipline to experience in life and how the student is learning to embody the contemplative way of life. The main focus is the preparation and the presentation of the senior project. Traditional Eastern Arts students only.

Tai-chi Ch’uan Level VI (1–3)
Students further their understanding of tai-chi ch’uan principles and integrate them deeper into their practice of forms and applications (push-hands or tui shou and sword). There are readings of the tai-chi ch’uan classics and other related literature, discussions, and reflective writing during informal community gatherings. Students are asked to keep a journal to track their progress. Prerequisite: TRA455/585.

Aikido VII (2–3)
Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai under the tutorship of Naropa’s aikido faculty. Students deepen their understanding, skill, and strength in ukemi; execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. Prerequisite: TRA487/587.

Tai-chi Ch’uan Level VII (1–3)
Students further their understanding of tai-chi ch’uan principles and integrate them deeper into their practice of forms and applications (push-hands or tui shou and sword). There are readings of the tai-chi ch’uan classics and other related literature, discussions, and reflective writing during informal community gatherings. Students are asked to keep a journal to track their progress. Prerequisite: TRA490.

Aikido VIII (2–3)
Further progress in aikido study is pursued at the nationally reputed Boulder Aikikai under the tutorship of Naropa’s aikido faculty. Students deepen their understanding, skill, and strength in ukemi; execution of basic and advanced techniques, and participate in bokken, jo, tanto training, and randori practice. Readings, discussions, and reflective writing are required during weekly off-mat meetings. Students are also required to keep a daily practice journal. Prerequisite: TRA491.

Tai-chi Ch’uan Level VIII (1–3)
Students further their understanding of tai-chi ch’uan principles and integrate them deeper into their practice of forms and applications (push-hands or tui shou and sword). There are readings of the tai-chi ch’uan classics and other related literature, discussions, and reflective writing during informal community gatherings. Students are asked to keep a journal to track their progress. Prerequisite: TRA490.
MA IN RELIGIOUS STUDIES (WITH OR WITHOUT LANGUAGE)  
WITH CONCENTRATIONS IN CONTEMPLATIVE RELIGIONS AND INDO-TIBETAN BUDDHISM

The MA Religious Studies degree offers two concentrations: Contemplative Religions and Indo-Tibetan Buddhism.

**MA RELIGIOUS STUDIES: CONTEMPLATIVE RELIGIONS**

This 45-credit concentration is designed for students who wish to join the academic study of comparative religions with interreligious dialogue, contemplative practice, and personal investigation. Students develop literacy in the living practice traditions of a variety of world religions, with special emphasis on integrating the mystical contemplative dimension with the teachings and other aspects of the traditions as well as on learning interreligious dialogue skills for communicating across religious differences in an environment of global pluralism. Students work with faculty members who are both academically and spiritually trained in the teachings and practices of their respective traditions.

**Culminating Requirements**
The degree program concludes with an oral comprehensive exam as well as a master’s paper or project:

**MA in Religious Studies: Contemplative Religions Requirements**

- **First year, fall**
  - REL645 Methods and Issues in the Study of Religion (3)
  - REL779 Interreligious Dialogue: Theory and Practice (3)
  - Religious Studies elective (3)
  - Contemplative Practice elective (3)
  - **SUBTOTAL 12**

- **First year, spring**
  - REL651 Contemplative Practice Intensive: Religious Studies Students (noncredit)
  - Contemplative Practice elective (3)
  - Three Religious Studies electives (9)
  - **SUBTOTAL 12**

- **Second year, fall**
  - REL585 Spiritual Models of Social Action (3)
  - REL655 Trends in Religious Studies (3)
  - Two Religious Studies electives (6)
  - **SUBTOTAL 12**

- **Second year, spring**
  - REL672 Non-Dualism in Theory and Practice (3)
  - REL880 Comprehensive Exam (noncredit)
  - REL885 MA/MDiv Final Project (noncredit)
  - Contemplative Practice elective (3)
  - Religious Studies elective (3)
  - **SUBTOTAL 9**

**TOTAL CREDITS 45**

* It is recommended that students complete the noncredit monthlong Contemplative Practice Intensive requirement: Religious Studies Students (REL651) no later than the winter break between the fall and spring semesters of their second year. This requirement can be done in two two-week sections.

**Religious Studies Electives**

**General Electives**

- REL525 Contemplative Christianity (3)
- REL530 Zen Buddhism (3)
- REL540 Buddhism in America: Dharma Comes West (3)
- REL561 The First Turning of the Wheel: Nature of Mind and Emotions (3)
- REL614 Mind and Its World I (3)
- REL624 Mind and Its World II (3)
- REL661 The Second Turning of the Wheel: The Bodhisattva Path (3)
- REL701 The Middle Way School (3)
- REL710 The Third Turning of the Wheel (3)
- REL751 Buddhism in Tibet (3)
- REL760 Vajrayana: Symbol, Iconography, and Ritual (3)

**Buddhism Electives**

- REL604 Zen Buddhism (3)
- REL654 Zen Buddhism (3)
- REL655W Opening the Heart: Meditation Weekend (1)
- REL657W Centering Prayer as Christian Contemplation (3)
- REL600 Meditation Practicum I: Seeds of Peace (3)*
- REL609W Mindfulness Instructor Training I (1)**
- REL620W Meditation Practicum II: Self and No-Self (3)*
- REL635W Meditation Practicum III: Mind-Training (3)*
- REL690W–791W Shambhala Training Levels I–XII (1)
- REL709W Mindfulness Instructor Training II (1)**
- REL780W Meditation Practicum IV: Maitri and Mandala (3)*
- REL809W Mindfulness Instructor Training III (1)**

* These courses must be taken in sequence.

**Contemplative Practice Electives**

- REL525W The Breeze of Simplicity: Meditation Weekend (1)
- REL655W Opening the Heart: Meditation Weekend (1)
- REL657W Centering Prayer as Christian Contemplation (3)
- REL600W Meditation Practicum I: Seeds of Peace (3)*
- REL609W Mindfulness Instructor Training I (1)**
- REL620W Meditation Practicum II: Self and No-Self (3)*
- REL635W Meditation Practicum III: Mind-Training (3)*
- REL690W–791W Shambhala Training Levels I–XII (1)
- REL709W Mindfulness Instructor Training II (1)**
- REL780W Meditation Practicum IV: Maitri and Mandala (3)*
- REL809W Mindfulness Instructor Training III (1)**

**MA RELIGIOUS STUDIES WITH LANGUAGE: CONTEMPLATIVE RELIGIONS**

This MA degree includes all the course work of the MA Religious Studies degree with the Contemplative Religions concentration, which is enriched by training in either Sanskrit or Tibetan through two years [16 credits] of course work or more. This 61-credit concentration is designed for students who wish to join the academic study of comparative religions with interreligious dialogue, contemplative practice, and personal...
Religious studies students (noncredit)
Religious studies elective (3)

the world of Buddhist and Hindu traditions throughout Asia. the Sanskrit language option provides students with a knowledge of Sanskrit grammar and vocabulary, as well as initial reading knowledge providing access to the world of Buddhist and Hindu texts.

Tibetan
Study of the Tibetan language provides access to the rich and diverse world of Tibetan Buddhist literature, to the oral teachings of contemporary Tibetan masters, and to a great body of Indian texts that survive only in Tibetan translation. The Tibetan language option provides training in both classical Tibetan and the spoken language. Study of classic Tibetan involves learning grammar and vocabulary of the classical language and the reading of texts. Modern Tibetan is learned through the study of the contemporary idioms with practice in hearing and speaking Tibetan.

Culminating Requirements
The degree program concludes with an oral comprehensive exam as well as a master’s paper or project which can include a translation of Sanskrit or Tibetan.

MA in Religious Studies with Language:
Contemplative Religions Requirements
First year, fall
REL503 Tibetan I (4) or
REL507 Sanskrit I (4)
REL645 Methods and Issues in the Study of Religion (3)
REL779 Interreligious Dialogue: Theory and Practice (3)
Religious Studies elective (3)
Contemplative Practice elective (3)
SUBTOTAL 16

First year, spring
REL533 Tibetan II (4) or
REL537 Sanskrit II (4)
REL651 Contemplative Practice Intensive: Religious Studies Students (noncredit)
Contemplative Practice elective (3)
Three Religious Studies electives (9)
SUBTOTAL 16

Second year, fall
REL553 Tibetan III (4) or
REL557 Sanskrit III (4)
REL585 Spiritual Models of Social Action (3)
REL655 Trends in Religious Studies (3)
Two Religious Studies electives (6)
SUBTOTAL 16

Second year, spring
REL583 Tibetan IV (4) or
REL587 Sanskrit IV (4)
REL672 Non-Dualism in Theory and Practice (3)
REL880 Comprehensive Exam (noncredit)
REL885 MA/MDiv Final Project (noncredit)

Religious Studies elective (3)
Contemplative Practice elective (3)
SUBTOTAL 13
TOTAL CREDITS 61

Religious Studies Electives

Buddhism Electives
REL540 Zen Buddhism (3)
REL546 Buddhism in America: Dharma Comes West (3)
REL611 The First Turning of the Wheel: Nature of Mind and Emotions (3)
REL614 Mind and Its World I (3)
REL624 Mind and Its World II (3)
REL661 The Second Turning of the Wheel: The Bodhisattva Path (3)
REL701 The Middle Way School (3)
REL710 The Third Turning of the Wheel (3)
REL751 Buddhism in Tibet (3)
REL760 Vajrayana: Symbol, Iconography, and Ritual (3)

General Electives
REL525 Contemplative Christianity (3)
REL529 Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3)
REL530 Contemplative Hinduism (3)
REL535 Introduction to Jewish Mysticism (3)
REL545 Contemplative Islam (3)
REL623 Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
REL625 Prayer and Prophecy: Biblical Literatures (3)
REL634 Hindu Yoga-Tantra (3)
REL676 Inner Oral Tradition of the Torah (3)
REL749 Contemporary American Religion (3)

Contemplative Practice Electives
REL504W The Breeze of Simplicity: Meditation Weekend (1)
REL540 Zen Buddhism (3)
REL554W Opening the Heart: Meditation Weekend (1)
REL571 Centering Prayer as Christian Contemplation (3)
REL600 Meditation Practice I: Seeds of Peace (3)*
REL609W Mindfulness Instructor Training I (1)**
REL620 Meditation Practice II: Self and No-Self (3)*
REL635 Meditation Practice III: Mind-Training (3)*
REL690W-791W Shambhala Training Levels I–XII (1)
REL709W Mindfulness Instructor Training II (1) **
REL780 Meditation Practice IV: Maitri and Mandala (3)*
REL809W Mindfulness Instructor Training III (1) **

* These courses must be taken in sequence.
** These courses must be taken in sequence. The prerequisites for REL609W are Meditation Practice I and II, as well as a Buddhist monthlong meditation intensive, two weeks of which must be completed before the class begins.

MA IN RELIGIOUS STUDIES: INDO-TIBETAN BUDDHISM

The MA Religious Studies with Indo-Tibetan Buddhism concentration offers two emphases: History of Religions and Tibetan Traditions.

Tibet has played a central role in the development of Buddhism in Asia, including the preservation of the scholastic traditions and texts of India while deepening the meditative practices and insights of the Indian oral traditions. This MA degree surveys Indian and Tibetan Buddhist with emphasis on textual and meditative lineages, integrating study and practice each semester. The faculty includes Western-trained academics and acharyas (master teachers) steeped in Tibetan Buddhist practice as well as English-speaking Tibetan lamas extensively trained in their own traditions.
Two Emphases: History of Religions or Tibetan Tradition
For their second academic year, students choose either the History of Religions emphasis or the Tibetan Tradition emphasis.

History of Religions Emphasis
The History of Religions emphasis has been developed by Naropa's core faculty over the past thirty years and investigates the Buddhist tradition in light of its many dimensions in culture: textual, historical, artistic, and meditative. "History of Religions" refers to academic study that values religion, in this case Buddhism, as an expression of cultures over time, manifesting in literature, the arts, social institutions, traditions of saints, ethics and philosophy, and myth and symbol. While History of Religions introduces critical methods of contemporary scholarship, such as textual analysis and phenomenology, at the forefront is the exploration of the richness of religious imagination and practice.

Tibetan Tradition Emphasis
In the Tibetan Tradition emphasis, students acquire the systematic foundation in Indo-Tibetan Buddhism that students receive in a traditional Tibetan monastic college [shedra], utilizing a blend of traditional and Western styles of pedagogy, based on the materials, teaching methods, and forms of analytical meditation developed at Nitartha Institute since its founding in 1996 by Dzogchen Ponlop Rinpoche. Presenting all Three Turnings of the Wheel of Dharma, these courses emphasize the union of view, meditation and conduct, and utilize elements of the History of Religions methods described above. (For background information, see www.nitarthainstitute.org.)

The course of study of the Tibetan Tradition emphasis includes attending a monthlong summer program of Nitartha Institute between the first and second years of the degree program.

Culminating Requirements
The degree program concludes with an oral comprehensive exam as well as a master’s paper or project.

MA in Religious Studies:
Indo-Tibetan Buddhism Requirements

<table>
<thead>
<tr>
<th>First year, fall</th>
<th>REL600</th>
<th>Meditation Practicum I: Seeds of Peace (3)</th>
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<tr>
<td></td>
<td>REL611</td>
<td>The First Turning of the Wheel: Nature of Mind and Emotions (3)</td>
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<td>REL614</td>
<td>Mind and Its World I (3)</td>
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<td>REL645</td>
<td>Methods and Issues in the Study of Religion (3)</td>
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<td><strong>SUBTOTAL</strong></td>
<td><strong>12</strong></td>
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| First year, spring | REL620 | Meditation Practicum II: Self and No-Self (3) |
|                   | REL624 | Mind and Its World II (3) |
|                   | REL650 | Buddhist Meditation Intensive (noncredit) |
|                   | REL661 | The Second Turning of the Wheel: The Bodhisattva Path (3) |
| **SUBTOTAL**       | **9**  |                                           |

| First year, summer | REL705 | The Mind Only School (1.5) Tibetan Tradition emphasis only |
|                   | REL720 | Buddha Nature and Shentong Traditions (1.5) Tibetan Tradition emphasis only |
| **SUBTOTAL**       | **3**  | Tibetan Tradition emphasis |

Second year, fall

| REL635 | Meditation Practicum III: Mind-Training (3) |
| REL701 | The Middle Way School (3) |
| **Two Religious Studies electives (6)** |
| **SUBTOTAL** | **12** |

Second year, spring

| REL710 | The Third Turning of the Wheel (3) |
| REL751 | Buddhism in Tibet (3) or |
| REL760 | Vajrayana: Symbol, Iconography, and Ritual (3) |
| REL780 | Meditation Practicum IV: Maitri and Mandala (3) |
| REL880 | Comprehensive Exam (noncredit) |
| REL885 | Master’s Project (noncredit) |

Religious Studies elective (3) History of Religions emphasis only

**SUBTOTAL 9 (12: History of Religions emphasis)**

TOTAL CREDITS 45

* It is highly recommended that students complete the noncredit Buddhist Meditation Intensive requirement (REL650) by the winter break between the fall and spring semesters of their first year, or at the latest during the summer following their first year.

** Students must complete the requirement of attending a monthlong Nitartha Institute program in the summer following their first year. This is integral to the sequence of the curriculum.

Religious Studies Electives

**Buddhism Electives**

| REL540 | Zen Buddhism (3) |
| REL546 | Buddhism in America: Dharma Comes West (3) |
| REL751 | Buddhism in Tibet (3) |
| REL760 | Vajrayana: Symbol, Iconography, and Ritual (3) |

**General Electives**

| REL525 | Contemplative Christianity (3) |
| REL529 | Foundations of Judaism: Torah, Prayer, and Acts of Kindness (3) |
| REL530 | Contemplative Hinduism (3) |
| REL535 | Introduction to Jewish Mysticism (3) |
| REL545 | Contemplative Islam (3) |
| REL585 | Spiritual Models of Social Action (3) |
| REL623 | Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3) |
| REL625 | Prayer and Prophesy: Biblical Literatures (3) |
| REL634 | Hindu Yoga-Tantra (3) |
| REL655 | Trends in Religious Studies (3) |
| REL672 | Non-Dualism in Theory and Practice (3) |
| REL676 | Inner Oral Tradition of the Torah (3) |
| REL749 | Contemporary American Religion (3) |
| REL779 | Interreligious Dialogue: Theory and Practice (3) |

**Contemplative Practice Electives**

| REL504 | The Breeze of simplicity: Meditation Weekend (1) |
| REL540 | Zen Buddhism (3) |
| REL554 | Opening the Heart: Meditation Weekend (1) |
| REL571 | Centering Prayer as Christian Contemplation (3) |
| REL609 | Mindfulness Instructor Training I (1)* |
| REL690 | Meditation Practicum I (1)* |
| REL710 | The Mind Only School (1.5) Tibetan Tradition emphasis only |
| REL720 | Buddha Nature and Shentong Traditions (1.5) Tibetan Tradition emphasis only |
| REL751 | Buddhism in Tibet (3) or |
| REL760 | Vajrayana: Symbol, Iconography, and Ritual (3) |
| REL780 | Meditation Practicum IV: Maitri and Mandala (3) |
| REL880 | Master’s Project (noncredit) |
| REL885 | Mindfulness Instructor Training III (1)* |
| REL885 | Mindfulness Instructor Training III (1)* |

* These courses must be taken in sequence. The prerequisites for REL609W are Meditation Practicum I and II, as well as a Buddhist month-long meditation intensive, two weeks of which must be completed before the class begins.

MA IN RELIGIOUS STUDIES WITH LANGUAGE: INDO-TIBETAN BUDDHISM

The MA Religious Studies with Language degree with the Indo-Tibetan Buddhism concentration offers two emphases: History of Religions and Tibetan Tradition. This MA degree includes all the course work of the MA Religious Studies degree with the Indo-Tibetan Buddhism concentration, which is enriched by training in either Sanskrit or Tibetan through two
years (16 credits) of course work or more. This degree surveys Indian and Tibetan Buddhism with emphasis on textual and meditative lineages, integrating study and practice each semester, with the added dimension of exploring Buddhist texts beyond the filter of a particular English translation through language study. The faculty includes Western-trained academics and acharyas (master teachers) steeped in Tibetan Buddhist practice as well as English-speaking Tibetan lamas extensively trained in their own traditions.

**Sanskrit**
As the classical language of South Asia, Sanskrit is the lingua franca of Buddhist and Hindu religious traditions throughout Asia. The Sanskrit language option provides students with a knowledge of Sanskrit grammar and vocabulary, as well as initial reading knowledge providing access to the world of Buddhist texts.

**Tibetan**
Study of the Tibetan language provides access to the rich and diverse world of Tibetan Buddhist literature, to the oral teachings of contemporary Tibetan masters, and to a great body of Indian texts that survive only in Tibetan translation. The Tibetan Language option provides training in both classical Tibetan and the spoken language. Study of classic Tibetan involves learning grammar and vocabulary of the classical language and the reading of texts. Modern Tibetan is learned through the study of the contemporary idiom with practice in hearing and speaking Tibetan.

**Two Emphases: History of Religions or Tibetan Tradition**
For their second academic year, students choose either the History of Religions or Tibetan Tradition emphasis.

**History of Religions Emphasis**
The History of Religions emphasis has been developed by Naropa’s core faculty over the past twenty-five years and investigates the Buddhist tradition in light of its many dimensions in culture: textual, historical, artistic and meditative. “History of Religions” refers to academic study that values religion, in this case Buddhism, as an expression of cultures over time, manifesting in literature, the arts, social institutions, traditions of saints, ethics and philosophy, and myth and symbol. While History of Religions introduces critical methods of contemporary scholarship, such as textual analysis and phenomenology, at the forefront is the exploration of the richness of religious imagination and practice.

**Tibetan Tradition Emphasis**
In the Tibetan Tradition emphasis, students acquire the systematic foundation in Indo-Tibetan Buddhism that students receive in a traditional Tibetan monastic college (shereda), utilizing a blend of traditional and Western styles of pedagogy, based on the materials, teaching methods, and forms of analytical meditation developed at Nitartha Institute since its founding in 1996 by Dzogchen Ponlop Rinpoche. Presenting all Three Turnings of the Wheel of Dharma, these courses emphasize the union of view, meditation and conduct, and utilize elements of the History of Religions methods described above. (For background information, see www.nitarthainstitute.org.)

The course of study of the Tibetan Tradition emphasis includes attending a monthlong summer program of Nitartha Institute between the first and second years of the degree program.

**Tibetan Language Teacher Training Program**
Each year, a top student is chosen from the third year Tibetan language students to help a faculty member teach Tibetan I and II. The student must be concurrently enrolled in Tibetan V and VI.

**Tibetan Apprenticeships**
Students who have excelled in two semesters of Tibetan may apply for a research assistant position with the Tsadra Foundation Research Center in Boulder. If applicants also have studied Sanskrit, that is a plus, but not required. Students who have completed at least four Tibetan courses are eligible to apply to the Nalanda Translation Committee Apprenticeship program, which provides funding for a year (or more) for further Tibetan language training with the translation committee after they graduate.

**Culminating Requirements**
The degree program concludes with an oral comprehensive exam as well as a master’s paper or project which can be a translation of Sanskrit or Tibetan.

**MA in Religious Studies with Language: Indo-Tibetan Buddhism Requirements**

<table>
<thead>
<tr>
<th>First year, fall</th>
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<tbody>
<tr>
<td>REL503 Tibetan I (4) or</td>
<td>REL507 Sanskrit I (4)</td>
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<tr>
<td>REL600 Meditation Practicum I: Seeds of Peace (3)</td>
<td>REL611 The First Turning of the Wheel: Nature of Mind and Emotions (3)</td>
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<tr>
<td>REL614 Mind and Its World I (3)</td>
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<td><strong>SUBTOTAL</strong> 16</td>
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<table>
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<tr>
<th>First year, spring</th>
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<tbody>
<tr>
<td>REL533 Tibetan II (4) or</td>
<td>REL537 Sanskrit II (4)</td>
</tr>
<tr>
<td>REL620 Meditation Practicum II: Self and No-Self (3)</td>
<td>REL624 Mind and Its World II (3)</td>
</tr>
<tr>
<td>REL650 Buddhist Meditation Intensive (noncredit)</td>
<td>REL661 The Second Turning of the Wheel: The Bodhisattva Path (3)</td>
</tr>
<tr>
<td>RECURSIVE STUDIES elective (3)</td>
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<tr>
<td><strong>SUBTOTAL</strong> 16</td>
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**Second year, fall**

| REL553 Tibetan III (4) or                             | REL557 Sanskrit III (4)                                |
| REL635 Meditation Practicum III: Mind-Training (3)    | REL645 Methods and Issues in the Study of Religion (3) |
| REL701 The Middle Way School (3)                      |                                                      |
| Religious Studies elective (3)                        |                                                      |
| **SUBTOTAL** 16                                       |                                                      |

**Second year, spring**

| REL583 Tibetan IV (4) or                               | REL587 Sanskrit IV (4)                                |
| REL710 The Third Turning of the Wheel (3)             | REL751 Buddhism in Tibet (3) or                       |
| REL760 Vajrayana: Symbol, Iconography, and Ritual (3) | REL780 Meditation Practicum IV: Matri and Mandala (3) |
| Religious Studies elective (3)                        |                                                      |
| REL880 Comprehensive Exam (noncredit)                 |                                                      |
| REL885 Master’s Project (noncredit)                   |                                                      |
| **SUBTOTAL** 13 (16 History of Religions emphasis)    |                                                      |

**TOTAL CREDITS 61**

* It is highly recommended that students complete the noncredit Buddhist Meditation Intensive requirement (REL650) by the winter break between the fall and spring semesters of their first year, or at the latest during the summer following their first year.

** Students are required to complete the requirement of attending a month-long Nitartha Institute program in the summer following their first year. This is integral to sequence of the curriculum.
Religious Studies Electives

General Electives

REL525 Contemplative Christianity [3]
REL530 Contemplative Hinduism [3]
REL535 Introduction to Jewish Mysticism [3]
REL545 Contemplative Islam [3]
REL625 Prayer and Prophecy: Biblical Literatures [3]
REL634 Hindu Yoga-Tantra [3]
REL676 Inner Oral Tradition of the Torah [3]
REL749 Contemporary American Religion [3]

Buddhism Electives

REL540 Zen Buddhism [3]
REL546 Buddhism in America: Dharma Comes West [3]
REL751 Buddhism in Tibet [3]
REL760 Vajrayana: Symbol, Iconography, and Ritual [3]

Contemplative Practice Electives

REL504W The Breeze of Simplicity: Meditation Weekend [1]
REL540 Zen Buddhism [3]
REL554W Opening the Heart: Meditation Weekend [1]
REL571 Centering Prayer as Christian Contemplation [3]
REL600 Meditation Practicum I: Seeds of Peace [3]*
REL609W Mindfulness Instructor Training I [1]**
REL609W–*
REL690W–*
REL709W Mindfulness Instructor Training II [1]**
REL780 Meditation Practicum IV: Maitha and Mandalas [3]*
REL809W Mindfulness Instructor Training III [1]**

* These courses must be taken in sequence.
** These courses must be taken in sequence. The prerequisites for REL609W are Meditation Practicum I and II, as well as a month-long Buddhist meditation intensive, two weeks of which must be completed before the class begins.

MA in Religious Studies Course Descriptions

REL501W Theravada Vipassana Weekend [1]
When mindfulness meditation is practiced, the exquisite ordinariness of the movement of breath, of the sensation of the body sitting on the earth, and of the busyness of the mind and emotions is discovered. This intensive weekend introduces insight meditation, “vipassana,” from the Theravada Buddhist tradition of Southeast Asia. This course includes mindfulness practice in sitting, walking, and daily life through short talks, guided meditations, and the practice of “noble silence.” Cross-listed with REL157W.

REL503 Tibetan [4]
This class develops a foundation in literary Tibetan and begins the study of modern spoken Tibetan. The first semester focuses on the grammatical foundation of the language, the acquisition of basic vocabulary, and training in the skills of correct pronunciation, handwriting, and spelling. Students should expect to study at least eight hours a week outside of class. Cross-listed as REL274.

REL504W The Breeze of Simplicity: Meditation Weekend [1]
This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. Beginning or experienced students are welcome and guided through the presentations. The weekend includes lectures, discussion, meditation, and/or other spiritual practices. Cross-listed as REL158W.

REL507 Sanskrit I [4]
An introduction to the classical Sanskrit language. The first-year course includes developing familiarization with the Sanskrit alphabet (devanagari), mastering the conventions of euphonic combination (sandhi), and learning the basics of Sanskrit grammar. In addition, we begin reading texts from the classical Indian tradition, particularly selections from the Mahabharata and Ramayana and from some simple Buddhist texts (e.g., the Heart Sutra). Students should expect to study at least six hours a week outside of class. Cross-listed as REL277.

REL525 Contemplative Christianity [3]
This course examines the contemplative and mystical tradition of Christianity and its recent recovery by mainstream Christians through the work of Thomas Merton and others. Students examine contemplative perspectives on such major topics as God, Christ, salvation, divine union, delification, scripture, and spiritual evolution, especially as these views contrast with modern fundamentalism. This class also studies the contributions of the major historical writers of the tradition. The class includes ample time for contemplative practice. Cross-listed as REL325.

REL527e Buddha Nature: The Nature of Enlightenment in the Uttaratantra and Mahamudra [3]
One of Buddhism’s most important teachings is the doctrine of tathagatagarbha, or buddha nature, which proclaims the natural enlightenment of all beings, and the importance of uncovering this already present enlightenment through penetrating insight and meditation practice. The philosophy propounded in the Uttaratantra underlies the teachings of the Mahamudra tradition, one of the most profound Buddhist lineages of practice and accomplishment. This course examines the relationship of these two traditions through a close study of a landmark treatise by Gô lotsawa (1392-1481 A.D.) and provides a rare opportunity to study the basis of the Mahamudra teachings in the Buddhist sutra tradition. Prerequisite: Several courses in Buddhist studies.

This course traces the evolution of rabbinic Judaism in its history, beliefs, literature, and practices. Beginning with its formation in the first century of the Common Era, we follow major developments through the Middle Ages and into the modern period. Along the way, we learn about the Jewish conception of Torah in both its metaphysical and practical elements. We study material from the foundational texts of the Oral Torah: Mishnah, Gemara, and Midrash, as well as later texts. Jewish law, philosophy, Kabbalah, sacred time, and contemplative prayer are studied and discussed. Cross-listed as REL1229.

REL530 Contemplative Hinduism [3]
An experiential and philosophical introduction to the scriptures and spiritual practices of Hindu traditions with emphasis on the Vedas, early tantra, and the yoga sutras of Patanjali. A portion of each class is devoted to practice: meditation, pranayama, mantra, and ritual. Offered alternate years. Cross-listed as REL330.

REL532e Buddhism: The Way of Wisdom and Compassion [3]
Providing a basic introduction to the ideas, perspectives, and practices of Buddhism, this course looks at the life and cultural context of Buddha Shakyamuni, founder of Buddhism. Students then examine the core teachings of Buddhism as found in the four noble truths. Discussions include a reflection on the importance of recognizing suffering as the first step on
the spiritual path; the role of karma in human bondage and liberation; the
reality of a state beyond the chaos and confusion of the human condition;
and the effectiveness of the Buddhist path based on ethical behavior and
meditation.

**REL533**

Tibetan II (4)

A continuation of Tibetan I. The second semester continues the work begun
in Tibetan I with the addition of working on an actual Tibetan text. Students
use a mandala approach of developing varied oral, aural, and written
skills to produce an overall knowledge of the language. Prerequisite:
REL503. Cross-listed as REL284.

**REL535**

Introduction to Jewish Mysticism (3)

The course focuses on three major trends in the history of Jewish mysticism:
Spanish Kabbalah, the School of Isaac Luria, and East European Hasidism.
Topics include theosophy and theurgy, ecstatic and contemplative prayer,
mystical psychology, soul transmigration, and esoteric interpretation of
scripture. The course provides a basic Kabbalistic vocabulary and
introduction to primary mystical sources that prepare a student for further
study of contemplative Judaism. Prerequisite: REL529. Cross-listed as
REL321.

**REL536e**

Buddhist Teachings on Mind and Emotions: The Abhidharma Tradition (3)

Tracing the Buddha’s early discoveries about mind and emotion, this course
follows the pedagogy of meditative investigation. The curriculum, called the
Abhidharma, the school of refined investigation, follows the Abhidharma
sources of several Buddhist traditions, especially those foundational to
Vipassana meditation of the Theravada school and Shamatha-vipashyana
meditation of Tibetan Buddhism. The course integrates elements from
traditional monastic training adapted to a contemporary setting: weekly
memorization of a passage of scripture, guided contemplations, and
reading of Buddhist scripture in translation. Relevant parallels with
contemporary psychology and cognitive science are also indicated.

**REL537**

Sanskrit II (4)

A continuation of Sanskrit I. Prerequisite: REL507. Cross-listed as REL287.

**REL539**

Biblical Hebrew I (4)

A thorough introduction to biblical Hebrew, the language of Tanakh (Old
Testament), the course begins with mastering the Hebrew alphabet and
covers major aspects of biblical Hebrew grammar. Special emphasis
is placed on conjugation of verbs, inflection of nouns and pronouns,
and acquisition of basic vocabulary. The goal is to provide the student
with sufficient knowledge of biblical Hebrew for reading a variety of
elementary biblical texts.

**REL540**

Zen Buddhism (3)

Taking the path of Zen is for the purpose of bringing about a profound
transformation at the core of one’s being, enabling one to live with greater
selflessness and affection for the benefit of all that breathes and does
not breathe. The course includes instruction in zazen (the cornerstone
meditation practice of Zen); periods of sitting zazen; instructions on
applying mindfulness to one’s daily life, as well as studying the classic texts
and teachings of the tradition. The course may include all-day sitting at one
of the Zen centers in the Denver area.

**REL545**

Contemplative Islam (3)

An introduction to the belief system and cultures of the Islamic world via
an interactive approach. Emphasis is placed on the traditional values,
beliefs, and prescribed practices of the Islamic world as expounded in the
key authoritative Islamic sources: the Qur’an and the Sunna of the Prophet
Muhammad. A central theme that is examined is the doctrine of tawhid, or
the unity of God, which underlies all Islamic thought and belief. Students
participate in a variety of Islamic rituals and practices in order to gain a
firsthand experience of Islam. Offered alternate years.

**REL546**

Buddhism in America: Dharma Comes West (3)

This course surveys the variety of ways in which Buddhism continues to
influence contemporary American culture, and in turn be influenced by it.
In particular, we explore the ways in which Buddhism has changed and
adapted in various American Buddhist communities. Our scope includes
spirituality and religion, literature, social activism, pluralism, and dialogue.
Student projects focus on specific Buddhist communities that have joined
facets of Buddhist and American culture. Grading criteria includes short
writing assignments, final exam, and term paper. Cross-listed as REL348.

**REL547**

Contemplative Practice Intensive (1.5–6)

The purpose of this intensive is to give students the opportunity to deepen
their discipline and knowledge of their own spiritual tradition in
a community setting that offers a prescribed schedule of practice and
service. Graduate students may choose to do a program ranging in
length from 1 week to a maximum of 4 weeks at a retreat center of their
choice. The center or organization must be approved by the Religious
Studies department. Some examples of these sites are Tibetan Buddhist
meditation centers, Shambhala Retreat Centers, Zen Centers, Christian
monasteries, Ashrams, Jewish Contemplative retreats. Others choices are
possible with the approval of the department. It is advisable to check with
the Contemplative Practice Coordinator to make sure that your choice of
retreat center can be approved. This course is not available to Religious
Studies graduate students. Cross-listed as REL258.

**REL552W**

Zen Intensive Weekend (1)

The teaching and practice of Zen Buddhism assumes that there is a Big
Mind present in all mental and physical activities, that this Big Mind can
be realized, and that its realization can be matured. The class looks at
how this Zen paradigm—its teachings, practices, and realization—can be
a personal vision and part of professional contemporary psychology. Cross-
listed as REL156W.

**REL553**

Tibetan III (4)

This course continues to expand student knowledge of the grammar and
vocabulary of literary Tibetan primarily through translating texts in different
genres such as sutras, lives of Buddhist saints, history, philosophy, and so
forth. It also continues to develop student knowledge of spoken Tibetan.
Prerequisite: REL533. Cross-listed as REL375.

**REL554W**

Opening the Heart: Meditation Weekend (1)

This course introduces spiritual practices, meditation, and various themes
from specific spiritual traditions. The spiritual tradition will vary depending
on the visiting instructor presenting. When the vast network of pain and
confusion in the world is experienced, one can become overwhelmed and
full of despair. This weekend provides tools that allow one to work with this
in order to discover compassion and the courageous heart available to
everyone. Cross-listed as REL255W.

**REL557**

Sanskrit III (4)

A continuation into the second year of basic Sanskrit grammar,
pronunciation, dictionary usage, and vocabulary acquisition. There is
strong emphasis on noun compounds (samaasas). We move onwards
through the Goldman and Goldman primer, Devavanipravesika. We read
selectively in a range of texts, including Hindu and Buddhist scripture, and
secular court poetry. Stanzas from Bhagavad Gita are introduced, as well
as the Heart Sutra. Particular attention is given in class to Indic culture, its
connection to Sanskrit language and religious traditions, and issues raised by the work of translation. Cross-listed as REL377. Prerequisite: REL537.

REL568
Biblical Hebrew II (4)
This course provides an understanding of Pardes-exegesis tool for comprehensive understanding of biblical text on four dimensions; a system of hermeneutics that gives learners keys that help them to penetrate the different layers of the text and enable them to move from the explicit to the implicit levels.

REL571
Centering Prayer as Christian Contemplation (3)
This course introduces the Christian contemplative practice of Centering Prayer, as taught by Fr. Thomas Keating and Contemplative Outreach. It places this practice in the broader tradition of Christian contemplation, as a path of transformation in Christ that allows greater freedom in oneself and greater compassion for others. The course includes instruction in an active practice for integrating Centering Prayer into daily life, a day of intensive practice, and study of Christian contemplative practice. Cross-listed as REL271.

REL583
Tibetan IV (4)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as practice instructions, commentaries, songs of realization, lives of Buddhist saints, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL585. Cross-listed as REL385.

REL585
Spiritual Models of Social Action (3)
A study of historical and contemporary figures who exemplify the spiritual ideals of nonviolent social action, tracing their unique ways of turning their personal challenges into nonviolent leadership. Drawing upon autobiography, biography, critical analysis, and film as source material, students develop a personal dialogue with each of these activists, examining how inner and outer journeys join in spiritually based social activism. Cross-listed as REL312.

REL587
Sanskrit IV (4)
This semester completes the range of Sanskrit grammar, with secondary conjugations, vocabulary acquisition, an investigation of etymology, and a study of the principles behind words and their meanings. In addition to finishing the textbook on grammar, the Devanāprüvesika, the class reads examples of a range of Buddhist, Hindu, and secular verses. Increased attention is given to translation and the hands-on practice of bringing ancient texts into the contemporary world. Cross-listed as REL387. Prerequisite: REL557.

REL600
Meditation Practicum I: Seeds of Peace (3)
Students are introduced to sitting meditation practice drawn from the Tibetan Buddhist tradition of Shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions, and the cultivation of maitri (loving-kindness). This course includes weekly discussion groups, individual meetings with a meditation instructor, and daily meditation practice. MA and MDiv.

REL602
Communication: Family Systems (3)
This class examines family patterns as they impact our ability to communicate with and to be present to others. By means of genograms, experiential exercises, family sculpts, and the contemplative practices of basic attendance and exchange, students explore their ability to open their "rules for commenting" in relationship. It is recommended that graduate students taking this class also enroll in the related 1-credit class, REL616, Process Lab 1.

REL603
Tibetan V (3)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as practice instructions, commentaries, songs of realization, lives of Buddhist saints, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL385/583.

REL609W
Mindfulness Instructor Training I (1)
The first in a three-course series training students to offer instruction in shamatha practice and being a mindfulness instructor. Participants develop skills in first-time meditation instruction and mentoring new practitioners. Guidance in sitting meditation posture, mindfulness of breathing, walking meditation, and working with some of the main obstacles to shamatha are emphasized. Practical demonstrations, mock interviews with faculty and peer feedback, lectures and discussion, and guided meditation sessions are included. Prerequisite: Students are accepted by application only, must have completed a Dathün, and must have maintained a consistent shamatha practice for at least one year. Course fee.

REL611
The First Turning of the Wheel: Nature of Mind and Emotions (3)
The First Turning introduces the early sutra discourses of the Buddha and the Abhidharma ("higher dharma") distillation of the Buddhist teachings on the nature, structure, and operation of the mind and emotions. This course provides a selected survey of the essential texts from both the Northern (Vaibhashika) and Southern (Theravada) schools, along with historical and cultural context and applications to meditation practice. Required for both the History of Religions and the Tibetan Tradition emphases.

REL614
Mind and Its World I (3)
An in-depth systematic exploration of (1) the many types of minds and mental factors that arise, and (2) the objects that compose the world that mind experiences. Since delusion and suffering arise with respect to these, this study is the basis for understanding our experience, undoing delusion, and generating insight. Based on the Tibetan Shedra tradition. Required for both the History of Religions and the Tibetan Tradition emphases.

REL615
Conflict and Diversity (3)
An examination of the nature of the human group-field. Of particular concern is how human groups create both helpful and harmful conditions in the world. This class provides the theoretical underpinnings of the group-field, including living systems theory, group dynamics, liberation theory, conflict theory, and healthy communication models such as mediation and nonviolent communication. Woven throughout is a focus on the dynamics of privilege, power, and diversity, and group-field process work as a way to engage group life. Cross-listed as REL315.

REL616
Process Lab I (1)
The first in a series of small groups in which students participate throughout their tenure in the Master of Divinity program. Emphasis is on providing support for the students' journey. Taken concurrently with REL602. Instructor approval required for non-MDiv students.

REL620
Meditation Practicum II: Self and No-Self (3)
Selflessness is considered a profound and difficult teaching. The subject is first approached indirectly by exploring the deeply conceptualized nature of human experience. This leads to identifying our experience of having a "self" and analyzing this "self" using analytical meditation. Does it exist or is
it just an emotionalized fabrication? Based on the Theravada and Tibetan Shedra tradition. Prerequisite: REL600 or permission of instructor.

**REL623**

Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
The course is an introduction to the cultural study of traditional African religions. We begin with close attention to cosmology, the traditional view of the world as filled with living, sacred powers. These powers are experienced in various ways—as ancestral presences, nature deities, and personal guardian spirits. Therefore, we focus on ritual practices—ways of communicating with unseen forces to bring communal and personal healing, restoring balance in the human relationship to nature. Offered alternate years.

**REL624**

Mind and Its World II (3)
An exploration of the dynamics of samsara and the path to liberation as presented primarily in Foundational Buddhism. Karma, the twelve links of dependent origination, rebirth, Buddhist cosmology, stages of the path, the nature of nirvana, and so forth are examined. The historical spread of these teachings is also examined. Based on the Tibetan Shedra tradition. Prerequisite: REL614. Required for both the History of Religions and Tibetan Tradition emphases.

**REL625**

Prayer and Prophecy: Biblical Literatures (3)
Combining a survey of Judeo-Christian canonical, biblical texts with their contemporaneous ancient near Eastern literatures including Gnosticism, this course introduces the student to traditions of prayer, ritual, and liturgy and enables the student to develop lectio divina as a contemplative practice. This course meets the needs of MDiv students preparing practices for pastoral care. The role and root of prophets in the Western engaged social justice and peacemaking lineages are explored. Finally, contemporary problems of textual interpretation influencing fundamentalism, gender, concepts of God and spirituality today are addressed. Offered alternate years.

**REL628**

Studying Buddhism: Methods and Issues (3)
Given its diversity, what constitutes Buddhism? This course investigates traditional guidelines for understanding, interpreting, and arranging the diverse teachings and practices of Buddhism. Contemporary transformations and interpretations of Buddhism also are considered. Topics covered include the role of lineages, teachers, meditation, and the use of intellect, community, personal experience, and so forth.

**REL633**

Tibetan VI (3)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as practice instructions, commentaries, songs of realization, lives of Buddhist sages, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL603.

**REL634**

Hindu Yoga-Tantra (3)
Hindu Tantra envisions Ultimate Reality as intertwined aspects of Shiva and Shakti. We study contemplative theory and practices from Tantric texts and commentaries, including sacred ritual, deity forms, mantra, yantra (sacred geometry), nayasa (sacred energetic placements), chakras, and visualizations. We also explore Kashmir Shaivism, a nondualistic monism, and the Srividyam Goddess tradition. Tantric influences in Indian poetry, art, and dance-music forms are shared whenever possible. The last class features a culminating class worship ritual (puja) incorporating many Tantric contemplative tools studied all semester. Offered alternate years. Cross-listed as REL334.

**REL635**

Meditation Practicum III: Mind-Training (3)
This course continues instruction in meditation practice, emphasizing Mahayana practice, including the generation of an enlightened attitude (bodhicitta), the practice of the perfections (paramitas), the training of the mind (lojong), and the exchange of the self and other (tonglen). Based on the Indian and Tibetan traditions. Prerequisites: REL600 and REL620 or permission of the instructor.

**REL645**

Methods and Issues in the Study of Religion (3)
This course examines a variety of methodologies that have been and continue to be used to study religion. Scanning a range of religious phenomena, from the mystical experience, to myth and ritual, sacred image, word, space and more, we explore the writings of scholars who have drawn on philosophical, sociological, comparative, feminist, and postmodern methodologies. The aim of the course is as much to build a theoretical foundation for the further study of religion as to provide a forum to examine and develop our own understanding and definitions of the religious life. Readings include work by James, Otto, Buber, Levi-Strauss, Some, Turner, Eliade.

**REL650**

Buddhist Meditation Intensive (noncredit)
In this 28-day intensive group meditation, students practice shamatha-vipassana in Tibetan, Zen, or Insight Meditation traditions under the guidance of trained meditation instructors. The choice of retreat is approved by Religious Studies faculty and School Director beforehand. This training can provide experiential, direct insight into the nature of mind and the Buddhist teachings. The meditation intensive is a noncredit requirement for the MA in Religious Studies: Indo-Tibetan Buddhism (with or without Language) and the Master of Divinity programs. Students should complete the meditation intensive during the winter break of their first year or the summer following their first year.

**REL651**

Contemplative Practice Intensive: Religious Studies Students (noncredit)
This 28-day group contemplative practice intensive can be done at an established contemplative center in a faith tradition of the student’s choice: Christian monastery, Hindu ashram, Tibetan Buddhist meditation center, Jewish Contemplative retreat center, Zen monastery, etc. The retreat gives the participant an opportunity to practice a prescribed discipline while living in community with others in a contemplative environment. The choice of retreat is to be approved by Religious Studies faculty and School Director beforehand. The contemplative practice intensive is a non-credit requirement for MA in Religious Studies: Contemplative Religions (with or without Language) and Master of Divinity programs. Students should complete the contemplative practice intensive during the winter break of their first year or the summer following their first year.

**REL654**

Process Lab II (1)
A continuation of REL616. MDiv, taken concurrently with REL615. Prerequisite: REL616.

**REL655**

Trends in Religious Studies (3)
Can a scholar be both a participant and an observer? The field of religious studies is embroiled in a debate between objectivity and reflexivity. In recent years, a demand for new methods that allow the scholar’s voice and participation to be present and engaged in the process of observation has created space for reflexive, narrative, inter-textual, and qualitative methods. In this course, we explore religious studies through the lens of current issues such as ecology, religion, and science, postcolonial approaches, politics, and the interaction of religion with race, class, and gender through the social sciences.
REL658
Homiletics and Ritual Arts (3)
This class examines working with ritual through dharma talks and homiletics; the art of spiritual teaching (preaching). Community-based rituals such as weddings, funerals, blessings, and rites of passage equip chaplains to serve their constituencies. Additional examples of ritual practice include dialogue, wisdom circles, and restorative justice. Students are trained to deliver sermons, dharma talks, and dialogues, small group teaching, utilizing effective methods of discourse and facilitation.

REL661
The Second Turning of the Wheel: The Bodhisattva Path (3)
This course explores the philosophical view, meditation practice, and compassionate action of the bodhisattva path, as expressed in selected Mahayana texts. The Prajnaparamita and the Vimalakirti sutras provide the ground from which the bodhisattva path is explored in Shantideva’s Bodhicaryavatara. Finally, the ultimate view of emptiness is explored in the work of Nagarjuna’s Root Verses of the Middle Way and its commentaries. Required for both the History of Religions and the Tibetan Tradition emphases. Prerequisite: REL611.

REL672
Non-Dualism in Theory and Practice (3)
An exploration of issues in the study of what is often regarded as the most profound element of religious life: the non-dual and the mystical. How do we study the deepest elements of our own and other religious traditions? How do we remain conscious of the impact of our own assumptions, experiences, and aspirations? Through these questions we interrogate and problematize both the non-dual experience and the scholarly endeavor, exploring fundamental considerations for the contemplative study of religion and spirituality.

REL676
Inner Oral Tradition of the Torah (3)
An examination of the mystical contemplative tradition of Judaism through a demonstration of its approach to Torah texts. The emphasis in the course is on the development and expression of critical thinking and intuition. Good questions are a priority over good answers. Age-old Chassidic methodologies are used toward this end. Dramatization of stories are utilized to access the students’ emotions and intuitive powers. Exposure to practices like shofar and succah give students a firsthand experience of Jewish contemplative practice. Offered alternate years. Cross-listed as REL376.

REL699
Independent Study (1–3)
MA only.

REL701
The Middle Way School (3)
This uncompromising rejection of stable findable existence in any phenomena is a radical challenge to our sense of having an existent self that experiences solid objects. Its famous teaching of emptiness has generated a range of interpretations, which are explored, particularly in the Tibetan Kagyiu, Nyingma, and Geluk schools. Required for both the History of Religions and Tibetan Tradition emphases. Prerequisite: REL611 and REL661.

REL702
Translation Project: Tibetan (1.5–3)
One-on-one mentoring of a Tibetan language student by a senior translator. The student selects a Tibetan text or portion of a text in consultation with the senior translator. The goal is to deepen the student’s knowledge of the grammar, vocabulary, cultural context, and content of the specific text and genre. Students may only take this class with the permission of the program.

REL703
Translation Project: Sanskrit (1.5–3)
One-on-one mentoring of a Sanskrit language student by a senior translator. The student selects a Sanskrit text or portion of a text in consultation with the senior translator. The goal is to deepen the student’s knowledge of the grammar, vocabulary, cultural context, and content of the specific text and genre. Students may only take this class with the permission of the program.

REL705
The Mind Only School (1.5)
The Mind Only School provides an insightful exploration into how we create and maintain the illusion of our projections, along with all the suffering that such illusion engenders. Analytical meditation is used to explore this process of conceptual and emotional projection and how we might transform it. Students register for this course through Naropa but take it in their Nitartha Institute summer program. Required for Tibetan Tradition emphasis. Prerequisite: REL614 and REL624.

REL709W
Mindfulness Instructor Training II (1)
Second in a three-course series training students to offer instruction in shamatha mindfulness meditation, this course presents the development of maitri, in the sense of unconditional friendliness toward oneself, as the ground of practice. Students develop skills in ongoing meditation mentorship, emphasizing guidance in working with conflicting emotions. Practical demonstrations, mock interviews with faculty and peer feedback, lectures and discussions, and guided meditation sessions are included. Prerequisite: REL609W. Course fee.

REL710
Introduction to Pastoral Care (3)
This course focuses on the essential elements and specific skills necessary for effective counseling in the context of ministry. It correlates the relationship between pastoral care and religious ethics, with a special emphasis on Buddhist and Christian comparative ethics. The theories and practices of spiritual and psychological assessment are presented, as well as experiential listening, navigating boundaries, ritual, prayer, and self-care. Course fee.

REL720
Buddha Nature and Shentong Traditions (1.5)
An examination of the Buddha Nature tradition that proclaims all beings to have the capacity to uncover enlightened qualities already present within themselves but that are presently blocked from view by their obscurations. Includes a discussion of how this sutra tradition leads to, and finds its fulfillment in, the Vajrayana. Students register for this course through Naropa but take it in their Nitartha Institute summer program. Required for Tibetan Tradition emphasis. Prerequisite: REL614 and REL624.

REL728
Process Lab III (1)
A continuation of REL654. MDiv only. Prerequisite: REL654. To be taken concurrently with REL658.
REL747
Master of Divinity Fieldwork: CPE (noncredit)
The CPE (Clinical Pastoral Education) internship gives Master of Divinity students the opportunity to explore personal and professional growth issues in their roles as interfaith chaplains in various settings. Through weekly seminars, didactics, theological reflections, and individual and group supervision, students explore the purpose and meaning of providing pastoral care to people in crisis. Strong emphasis is placed on the students' understanding of their own personal issues and dynamics as these arise in the process of helping others. MDiv only.

REL749
Contemporary American Religion (3)
This course explores the diversity of American religious life from numerous perspectives, thereby providing students with the practical vocabulary to both understand and interact with the diversity of contemporary religious life. Students survey American religious communities (Christian, Muslim, Jewish, etc.) and examine specific beliefs, rituals, and liturgical practices and their application in crisis and transition situations that span the human life cycle such as birth, marriage, illness, and death. The class also provides hands-on opportunities for students to both visit local religious communities and learn from practitioners in these communities.

REL751
Buddhism in Tibet (3)
This course traces the development of Buddhism in Tibet, principally during the first and second spreading of Buddhism when most of the classical forms of Tibetan Buddhism evolved. Attention is given to the various roles of Nāgārjuna, Mahāyāna, and Vajrayāna Buddhism and to the interplay of religious, social, and political factors in this process. Special attention is paid to Tibet's unique contributions to Buddhism. Offered alternate years.

REL760
Vajrayana: Symbol, Iconography, and Ritual (3)
This course explores selected literature of the Vajrayana Buddhism in Tibet, from its inception in the seventh century until the Tibetan diaspora in 1959, with emphasis upon the tantric saint and the tantric goddess, or shaman. Readings from several genres include biographical and sacred histories, realization literature, and meditation manuals. The challenges of interpreting symbols and iconography in religion, especially when they are gendered, are examined. Offered alternate years. Prerequisite: REL661 or REL624.

REL763
Religious Education (3)
Introduction to lifespan religious education, including an examination of the history, current trends, foundational theories, and applicable skills. Topics include theories of learning from both Western and Eastern perspectives, stages of faith and moral development, venues for religious education, skill training in curriculum development, and lesson planning.

REL768
Process Lab IV (1)
A continuation of REL728. MDiv only. Prerequisite: REL728.

REL779
Interreligious Dialogue: Theory and Practice (3)
This course introduces the student to the creative potential of interreligious dialogue for expanding one's theology and communicating effectively and compassionately across the American religious spectrum. After developing savvy with views of dialogue, students learn essential skills and protocols applicable to a variety of dialogue settings. Classes also include dialogue practical workshops.

REL780
Meditation Practicum IV: Maitri and Mandala (3)
This course continues the practicum sequence, emphasizing Vajrayana topics such as mandala principle and the Buddha families, including discussion of the neurosis and sanity associated with each family. Space awareness practice (maitri) provides a personal experience of these families, and this practice is a central part of this class. Based on the Indian and Tibetan traditions. Prerequisite: REL635.

REL803
MDiv Research Methodology (1.5)
This course provides students with an overview of research methodology and applied theology in preparation for the MDiv culminating project. MDiv only.

REL804
Applied Ethics and Service Learning (2)
For third-year MDiv students, this class provides ongoing instruction, direction, and guidance for student fieldwork, with special emphasis on the application of ethical principles in the context of ministry in the community. Students and instructors meet weekly, focusing on the nature and meaning of doing community-based and spiritually engaged fieldwork in the arenas of pastoral care and change agency. The Naropa Chaplaincy Project is the site for the service learning aspect of the course.

REL809W
Mindfulness Instructor Training III (1)
Third in a three-course series training students to offer instruction in shamatha mindfulness meditation. It emphasizes guiding people in practicing with extreme challenges of mind and body. Participants develop skills in offering ongoing guidance in sitting and walking mindfulness meditations, as well as body-scan, practicing with physical pain, and mindfulness in daily life activities. Students train in offering both one-to-one mentorship, small group guided mindfulness instruction, and explaining the view of mindfulness meditation to various populations. Practices to support the well-being of care-givers and teachers are presented. Educational methods of the course include practice demonstrations, mock interviews, lectures, discussions, and individual interviews. Prerequisites: REL709W. Course fee.

REL853
MDiv Thesis Seminar (1.5)
This course includes peer and individual supervision and feedback in the preparation and presentation of the MDiv culminating project. MDiv only.

REL880
Comprehensive Exam (noncredit)
For students in the MA and MDiv programs only. Please see your advisor for more information.

REL885
MA/MDiv Final Project (noncredit)
MA only.

REL886
Extended Master's Project (0.5)
Students who have not completed the master's project may qualify for an extension of the master's project semester. May be repeated. MA and MDiv only.
The Master of Divinity degree prepares students for professional work in the fields of pastoral care, chaplaincy, community development, and dharma teaching. This three-year program is firmly grounded in Buddhist philosophy and meditation practice while emphasizing an interreligious approach to individual and community care. This training is then applied in hands-on internship work to develop individuals who can actively manifest wisdom and compassion in the world. The program breaks new ground in preparing Buddhist-inspired students to serve their communities in leadership capacities.

The MDiv degree prepares students through four streams of learning: Theological Study—an in-depth understanding of the basic Buddhist texts and doctrines, in historical and present-day contexts; Community—devoted to the insights and tools for fostering “engaged” communities; Interfaith Pastoral Care—the ability to serve the spiritual and human needs of a diverse community in ministerial/chaplaincy roles while embodying the principles and practices of one’s primary tradition; and Practice and Meditation—the spiritual practice of sitting meditation from the Buddhist tradition.

Clinical pastoral education fieldwork placements based on individual student interests provide a live context for integrating all four streams of learning, applying them to real world needs, initiating, at the same time, the process of lifetime learning through their work.

**Two Emphases: History of Religions or Tibetan Tradition**
Students may choose the History of Religions or the Tibetan Tradition emphasis. For specific information on the characteristics of these two emphases and how they differ, see the graduate religious studies section of the catalog.

Note on Fees: There are several expenses associated with noncredit requirements in the Religious Studies Department programs. These do not involve any Naropa tuition cost but do involve costs paid to the organizations offering these programs.

The month-long Buddhist Meditation Intensive is approximately $1,300. Master of Divinity students pay a fee of approximately $1,800 for participation in a CPE-approved internship. Tibetan Tradition Emphasis students register for a 3-credit Nitartha Institute program through Naropa, which will cover the tuition cost, but not the room and board, text, and other items of the Nitartha program, which are approximately $1,000. The prices listed above are estimates based on current costs. These costs are determined by outside organizations and are subject to change. There are also occasionally smaller course fees associated with individual classes, which are subject to change. Naropa University works to provide partial scholarships for these additional costs. Scholarships are also offered through the Nitartha Institute, retreat centers, and other donors to help pay for a portion of these programs.

**Master of Divinity Requirements**

(Please note that many students complete the program in four rather than three years. For a complete four-year plan, please see your academic advisor.)

**First year, fall**
- REL600 Meditation Practicum I: Seeds of Peace (3)
- REL602 Communication: Family Systems (3)

**First year, spring**
- REL611 The First Turning of the Wheel: Nature of Mind and Emotions (3)
- REL614 Mind and Its World I (3)
- REL616 Process Lab I (1)

**Second year, fall**
- REL635 Meditation Practicum III: Mind-Training (3)
- REL658 Homiletics & Ritual Arts (3)
- REL728 Process Lab III (1)
- REL779 Interreligious Dialogue: Theory and Practice (3)

**Second year, spring**
- REL710 The Third Turning of the Wheel (3)
- REL714 Introduction to Pastoral Care (3)
- REL749 Contemporary American Religion (3)
- REL768 Process Lab IV (1)
- REL780 Meditation Practicum IV: Maitri and Mandala (3)

**Third year, fall**
- REL763 Religious Education (3)
- REL803 MDiv Research Methodology (1.5)
- Religious Studies elective (3)
- General elective (3)

**Third year, spring**
- REL804 Applied Ethics and Service Learning (2)
- REL853 MDiv Thesis Seminar (1.5)
- REL880 Comprehensive Exam (noncredit)

**School of Humanities and Interdisciplinary Studies**

**TOTAL CREDITS 72**
It is required that students in the Tibetan Tradition emphasis complete the requirement to attend a month-long Nitartha Institute program in the summer following their first year. This is integral to the sequence of the curriculum.

Religious Studies Electives

General Electives

REL525 Contemplative Christianity [3]
REL530 Contemplative Hinduism [3]
REL535 Introduction to Jewish Mysticism [3]
REL545 Contemplative Islam [3]
REL625 Prayer and Prophecy: Biblical Literatures [3]
REL634 Hindu Yoga-Tantra [3]
REL676 Contemplative Jewish Practice [3]
REL749 Contemporary American Religion [3]

Dharma Electives

REL540 Zen Buddhism [3]
REL546 Buddhism in America: Dharma Comes West [3]
REL701 The Middle Way School [3]
REL751 Buddhism in Tibet [3]
REL760 Vajrayana: Symbol, Iconography, and Ritual [3]

Contemplative Practice Electives

REL504W The Breeze of Simplicity: Meditation Weekend [1]
REL540 Zen Buddhism [3]
REL554W Opening the Heart: Meditation Weekend [1]
REL571 Centering Prayer as Christian Contemplation [3]
REL609W Mindfulness Instructor Training I [1]*
REL634 Hindu Yoga-Tantra [3]
REL690W-795W Shambhala Training I–XII [1]
REL709W Mindfulness Instructor Training II [1]*
REL789 Meditation Practicum IV: Mahayana and Mandala [3]
REL809W Mindfulness Instructor Training III [1]*
TRA505 Tai Chi Ch’uan: Level I [3]
TRA515 Yoga I [3]
TRA520 Ikebana/Kado I [3]

* These courses must be taken in sequence.
* * These courses must be taken in sequence. The prerequisites for REL609W are Meditation Practicum I and II, as well as a month-long Buddhist meditation intensive, two weeks of which must be completed before the class begins.

Master of Divinity Course Descriptions

REL501W

Theravada Vipassana Weekend [1]

When mindfulness meditation is practiced, the exquisite ordinariness of the movement of breath, of the sensation of the body sitting on the earth, and of the busyness of the mind and emotions is discovered. This intensive weekend introduces insight meditation, “vipassana,” from the Theravada Buddhist tradition of Southeast Asia. This course includes mindfulness practice in sitting, walking, and daily life through short talks, guided meditations, and the practice of “noble silence.” Cross-listed with REL157W.

REL503

Tibetan I [4]

This class develops a foundation in literary Tibetan and begins the study of modern spoken Tibetan. The first semester focuses on the grammatical foundation of the language, the acquisition of basic vocabulary, and training in the skills of correct pronunciation, handwriting, and spelling. Students should expect to study at least eight hours a week outside of class. Cross-listed as REL274.

REL504W

The Breeze of Simplicity: Meditation Weekend [1]

This course introduces spiritual practices, meditation, and various themes from specific spiritual traditions. The spiritual tradition will vary depending on the visiting instructor presenting. Beginning or experienced students are welcome and guided through the presentations. The weekend includes lectures, discussion, meditation, and/or other spiritual practices. Cross-listed as REL158W.

REL507

Sanskrit I [4]

An introduction to the classical Sanskrit language. The first-year course includes developing familiarization with the Sanskrit alphabet (devanagari), mastering the conventions of euphonic combination (sandhi), and learning the basics of Sanskrit grammar. In addition, we begin reading texts from the classical Indian tradition, particularly selections from the Mahabharata and Ramayana, and from some simple Buddhist texts (e.g., the Heart Sutra). Students should expect to study at least six hours a week outside of class. Cross-listed as REL277.

REL525

Contemplative Christianity [3]

This course examines the contemplative and mystical tradition of Christianity and its recent recovery by mainstream Christians through the work of Thomas Merton and others. Students examine contemplative perspectives on such major topics as God, Christ, salvation, divine union, deification, scripture, and spiritual evolution, especially as these views contrast with modern fundamentalism. This class also studies the contributions of the major historical writers of the tradition. The class includes ample time for contemplative practice. Cross-listed as REL325.

REL527e

Buddha Nature: The Nature of Enlightenment in the Uttaratantra and Mahamudra [3]

One of Buddhism’s most important teachings is the doctrine of tathagatagarbha, or buddha nature, which proclaims the natural enlightenment of all beings, and the importance of uncovering this already present enlightenment through penetrating insight and meditation practice. The philosophy propounded in the Uttaratantra underlies the teachings of the Mahamudra tradition, one of the most profound Buddhist lineages of practice and accomplishment. This course examines the relationship of these two traditions through a close study of a landmark treatise by Gö Lotsawa (1392–1481 A.D.) and provides a rare opportunity to study the basis of the Mahamudra teachings in the Buddhist sutra tradition. Prerequisite: Several courses in Buddhist studies.

REL529


This course traces the evolution of rabbinic Judaism in its history, beliefs, literature, and practices. Beginning with its formation in the first century of the Common Era, we follow major developments through the Middle Ages and into the modern period. Along the way, we learn about the Jewish conception of Torah in both its metaphysical and practical elements. We study material from the foundational texts of the Oral Torah: Mishnah, Gemara, and Midrash, as well as later texts. Jewish law, philosophy, Kabbalah, sacred time, and contemplative prayer are studied and discussed. Cross-listed as REL229.

REL530

Contemplative Hinduism [3]

An experiential and philosophical introduction to the scriptures and spiritual practices of Hindu traditions with emphasis on the Vedas, early tantra and
the yoga sutras of Patanjali. A portion of each class is devoted to practice: meditation, pranayama, mantra, and ritual. Offered alternate years. Cross-listed as REL330.

**REL532e**
Buddhism: The Way of Wisdom and Compassion (3)
Providing a basic introduction to the ideas, perspectives, and practices of Buddhism, this course looks at the life and cultural context of Buddha Shakyamuni, founder of Buddhism. Students then examine the core teachings of Buddhism as found in the four noble truths. Discussions include a reflection on the importance of recognizing suffering as the first step on the spiritual path; the role of karma in human bondage and liberation; the reality of a state beyond the chaos and confusion of the human condition; and the effectiveness of the Buddhist path based on ethical behavior and meditation.

**REL533**
Tibetan II (4)
A continuation of Tibetan I. The second semester continues the work begun in Tibetan I with the addition of working on an actual Tibetan text. Students use a mandala approach of developing varied oral, aural, and written skills to produce an overall knowledge of the language. Prerequisite: REL503. Cross-listed as REL284.

**REL535**
Introduction to Jewish Mysticism (3)
The course focuses on three major trends in the history of Jewish mysticism: Spanish Kabbalah, the School of Isaac Luria, and East European Hasidism. Topics include theosophy and theurgy, ecstatic and contemplative prayer, mystical psychology, soul transmigration, and esoteric interpretation of scripture. The course provides a basic Kabbalistic vocabulary and introduction to primary mystical sources that prepare a student for further study of contemplative Judaism. Prerequisite: REL529. Cross-listed as REL321.

**REL536e**
Buddhist Teachings on Mind and Emotions: The Abhidharma Tradition (3)
Tracing the Buddha’s early discoveries about mind and emotion, this course follows the pedagogy of meditative investigation. The curriculum, called the Abhidharma, the school of refined investigation, follows the Abhidharma sources of several Buddhist traditions, especially those foundational to Vipassana meditation of the Theravada school and Shamatha-vipashyana meditation of Tibetan Buddhism. The course integrates elements from traditional monastic training adapted to a contemporary setting: weekly memorization of a passage of scripture, guided contemplations, and the reading of Buddhist scripture in translation. Relevant parallels with contemporary psychology and cognitive science are also indicated.

**REL537**
Sanskrit II (4)
A continuation of Sanskrit I. Prerequisite: REL507. Cross-listed as REL287.

**REL539**
Biblical Hebrew I (4)
A thorough introduction to biblical Hebrew, the language of Tanakh (Old Testament), the course begins with mastering the Hebrew alphabet and covers major aspects of biblical Hebrew grammar. Special emphasis is placed on conjugation of verbs, inflection of nouns and pronouns, and acquisition of basic vocabulary. The goal is to provide the student with sufficient knowledge of biblical Hebrew for reading a variety of elementary biblical texts.

**REL540**
Zen Buddhism (3)
Taking the path of Zen is for the purpose of bringing about a profound transformation at the core of one’s being, enabling one to live with greater selflessness and affection for the benefit of all that breathes and does not breathe. The course includes instruction in zazen (the cornerstone meditation practice of Zen), periods of sitting zazen, instructions on applying mindfulness to one’s daily life, as well as studying the classic texts and teachings of the tradition. The course may include all-day sitting at one of the Zen centers in the Denver area.

**REL545**
Contemplative Islam (3)
An introduction to the belief system and cultures of the Islamic world via an interactive approach. Emphasis is placed on the traditional values, beliefs, and prescribed practices of the Islamic world as expounded in the key authoritative Islamic sources: the Qur’an and the Sunna of the Prophet Muhammad. A central theme that is examined is the doctrine of tawhid, or the unity of God, which underlies all Islamic thought and belief. Students participate in a variety of Islamic rituals and practices in order to gain a firsthand experience of Islam. Offered alternate years.

**REL546**
Buddhism in America: Dharma Comes West (3)
This course surveys the variety of ways in which Buddhism continues to influence contemporary American culture, and in turn be influenced by it. In particular, we explore the ways in which Buddhism has changed and adapted in various American Buddhist communities. Our scope includes spirituality and religion, literature, social activism, pluralism, and dialogue. Student projects focus on Buddhist communities that have joined facets of Buddhist and American culture. Grading criteria includes short writing assignments, final exam, and term paper. Cross-listed as REL348.

**REL547**
Contemplative Practice Intensive (1.5–6)
The purpose of this intensive is to give students the opportunity to deepen their discipline and knowledge of their own spiritual tradition in a community setting that offers a prescribed schedule of practice and service. Graduate students may choose to do a program ranging in length from 1 week to a maximum of 4 weeks at a retreat center of their choice. The center or organization must be approved by the Religious Studies department. Some examples of these sites are Tibetan Buddhist meditation centers, Shambhala Retreat Centers, Zen Centers, Christian monasteries, Ashrams, Jewish Contemplative retreats. Others choices are possible with the approval of the department. It is advisable to check with the Contemplative Practice Coordinator to make sure that your choice of retreat center can be approved. This course is not available to Religious Studies graduate students. Cross-listed as REL258.

**REL552W**
Zen Intensive Weekend (1)
The teaching and practice of Zen Buddhism assumes that there is a Big Mind present in all mental and physical activities, that this Big Mind can be realized, and that its realization can be matured. The class looks at how this Zen paradigm—its teachings, practices, and realization—can be a personal vision and part of professional contemporary psychology. Cross-listed as REL156W.

**REL553**
Tibetan III (4)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy, and so forth. It also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL533. Cross-listed as REL375.

**REL554W**
Opening the Heart: Meditation Weekend (1)
This course introduces meditation practices, meditation, and various themes from specific spiritual traditions. The spiritual practice will vary depending on the visiting instructor presenting. When the vast network of pain and confusion in the world is experienced, one can become overwhelmed and full of despair. This weekend provides tools that allow one to work with this in order to discover compassion and the courageous heart available to everyone. Cross-listed as REL255W.
REL557
Sanskrit III (4)
A continuation into the second year of basic Sanskrit grammar, pronunciation, dictionary usage, and vocabulary acquisition. There is strong emphasis on noun compounds (samaasas). We move onwards through the Goldman and Goldman primer, Devavani-pravesika. We read selectively in a range of texts, including Hindu and Buddhist scripture, and secular court poetry. Stanzas from Bhagavad Gita are introduced, as well as the Heart Sutra. Particular attention is given in class to Indic culture, its connection to Sanskrit language and religious traditions, and issues raised by the work of translation. Cross-listed as REL377. Prerequisite: REL537.

REL568
Biblical Hebrew II (4)
This course provides an understanding of Pardes-exegesis tool for comprehensive understanding of biblical text on four dimensions; a system of hermeneutics that gives learners keys that help them to penetrate the different layers of the text and enable them to move from the explicit to the implicit levels.

REL571
Centering Prayer as Christian Contemplation (3)
This course introduces the Christian contemplative practice of Centering Prayer, as taught by Fr. Thomas Keating and Contemplative Outreach. It places this practice in the broader tradition of Christian contemplation, as a path of transformation in Christ that allows greater freedom in oneself and greater compassion for others. The course includes instruction in an active practice for integrating Centering Prayer into daily life, a day of intensive practice, and study of Christian contemplative practice. Cross-listed as REL271.

REL583
Tibetan IV (4)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as sutras, lives of Buddhist saints, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL553. Cross-listed as REL385.

REL585
Spiritual Models of Social Action (3)
A study of historical and contemporary figures who exemplify the spiritual ideals of nonviolent social action, tracing their unique ways of turning their personal challenges into nonviolent leadership. Drawing upon autobiography, biography, critical analysis, and film as source material, students develop a personal dialogue with each of these activists, examining how inner and outer journeys join in spiritually based social activism.

REL587
Sanskrit IV (4)
This semester completes the range of Sanskrit grammar, with secondary conjugations, vocabulary acquisition, an investigation of etymology, and a study of the principles behind words and their meanings. In addition to finishing the textbook on grammar, the Devavani-pravesika, the class reads examples of a range of Buddhist, Hindu, and secular verses. Increased attention is given to translation and the hands-on practice of bringing ancient texts into the contemporary world. Cross-listed as REL387. Prerequisite: REL557.

REL600
Meditation Practicum I: Seeds of Peace (3)
Students are introduced to sitting meditation practice drawn from the Tibetan Buddhist tradition of shamatha-vipashyana. Weekly lectures emphasize experiential aspects of the practice, involving such topics as the discovery of impermanence, working with emotions, and the cultivation of maitri (loving-kindness). This course includes weekly discussion groups, individual meetings with a meditation instructor, and daily meditation practice. MA and MDiv.

REL602
Communication: Family Systems (3)
This class examines family patterns as they impact our ability to communicate with and to be present to others. By means of genograms, experiential exercises, family scripts, and the contemplative practices of basic attendance and exchange, students explore their ability to open and their “rules for commenting” in relationship. It is recommended that graduate students taking this class also enroll in the related 1-credit class, REL616, Process Lab 1.

REL603
Tibetan V (3)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as practice instructions, commentaries, songs of realization, lives of Buddhist saints, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL385/S83.

REL609W
Mindfulness Instructor Training I (1)
The first in a three-course series training students to offer instruction in shamatha practice and being a mindfulness instructor. Participants develop skills in first-time meditation instruction and mentoring new practitioners. Guidance in sitting meditation posture, mindfulness of breathing, walking meditation, and working with some of the main obstacles to shamatha are emphasized. Practical demonstrations, mock interviews with faculty and peer feedback, lectures and discussion, and guided meditation sessions are included. Prerequisite: Students are accepted by application only, must have completed a Dathün, and must have maintained a consistent shamatha practice for at least one year. Course fee.

REL611
The First Turning of the Wheel: Nature of Mind and Emotions (3)
The First Turning introduces the early sutra discourses of the Buddha and the Abhidharma (“higher dharma”) distillation of the Buddhist teachings on the nature, structure, and operation of the mind and emotions. This course provides a selected survey of the essential texts from both the Northern (Vaibhashika) and Southern (Theravada) schools, along with historical context and applications to meditation practice. Required for both the History of Religions and the Tibetan Tradition emphases.

REL614
Mind and Its World I (3)
An in-depth systematic exploration of (1) the many types of minds and mental factors that arise, and (2) the objects that compose the world that mind experiences. Since delusion and suffering arise with respect to these, this study is the basis for understanding our experience, undoing delusion, and generating insight. Based on the Tibetan Shedra tradition. Required for both the History of Religions and the Tibetan Tradition emphases.

REL615
Conflict and Diversity (3)
An examination of the nature of the human group-field. Of particular concern is how human groups create both helpful and harmful conditions in the world. This class provides the theoretical underpinnings of the group-field, including living systems theory, group dynamics, liberation theory, conflict theory, and healthy communication models such as mediation and nonviolent communication. Woven throughout is a focus on the dynamics of privilege, power, and diversity, and group-field process work as a way to engage group life. Cross-listed as REL315.

REL616
Process Lab I (1)
The first in a series of small groups in which students participate throughout their tenure in the Master of Divinity program. Emphasis is on providing support for the students’ journey. Taken concurrently with REL602. Instructor approval required for non-MDiv students.
REL620
Meditation Practicum II: Self and No-Self (3)
Selflessness is considered a profound and difficult teaching. The subject is first approached indirectly by exploring the deeply conceptualized nature of human experience. This leads to identifying our experience of having a “self” and analyzing this “self” using analytical meditation. Does it exist or is it just an emotionalized fabrication? Based on the Thavvada and Tibetan Shadra tradition. Prerequisite: REL600 or permission of instructor.

REL623
Religious Experience in Africa: Sacred Cosmos, Ritual, and Community (3)
The course is an introduction to the cultural study of traditional African religions. We begin with close attention to cosmology, the traditional view of the world as filled with living, sacred powers. These powers are experienced in various ways—as ancestral presences, nature deities, and personal guardian spirits. Therefore, we focus on ritual practices—ways of communicating with unseen forces to bring communal and personal healing, restoring balance in the human relationship to nature. Offered alternate years.

REL624
Mind and Its World II (3)
An exploration of the dynamics of samsara and the path to liberation as presented primarily in Foundational Buddhism. Karma, the twelve links of dependent origination, rebirth, Buddhist cosmology, stages of the path, the nature of nirvana, and so forth are examined. The historical spread of these teachings is also examined. Prerequisite: REL614. Based on the Tibetan Shadra tradition. Required for both the History of Religions and Tibetan Tradition emphases.

REL625
Prayer and Prophecy: Biblical Literatures (3)
Combining a survey of Judeo-Christian canonical, biblical texts with their contemporaneous ancient near Eastern literatures including Gnosticism, this course introduces the student to traditions of prayer, ritual, and liturgy and enables the student to develop lectio divina as a contemplative practice. This course meets the needs of MDiv students preparing for pastoral care. The role and root of prophets in the Western engaged social justice and peacemaking lineages are explored. Finally, contemporary problems of textual interpretation influencing fundamentalism, gender, concepts of God and spirituality today are addressed. Offered alternate years.

REL628
Studying Buddhism: Methods and Issues (3)
Given its diversity, what constitutes Buddhism? This course investigates traditional guidelines for understanding, interpreting, and arranging the diverse teachings and practices of Buddhism. Contemporary transformations and interpretations of Buddhism also are considered. Topics covered include the role of lineages, teachers, meditation, and the use of intellect, community, personal experience, and so forth.

REL633
Tibetan VI (3)
This course continues to expand student knowledge of the grammar and vocabulary of literary Tibetan primarily through translating texts in different genres such as practice instructions, commentaries, songs of realization, lives of Buddhist saints, history, philosophy, and so forth. Also continues to develop student knowledge of spoken Tibetan. Prerequisite: REL603.

REL634
Hindu Yoga-Tantra (3)
Hindu Tantra envisions Ultimate Reality as intertwined aspects of Shiva and Shakti. We study contemplative theory and practices from Tantric texts and commentaries, including sacred ritual, deity forms, mantra, yantra (sacred geometry), nyasa (sacred energetic placements), chakras, and visualizations. We also explore Kashmir Shaivism, a nondualistic monism, and the Shrividya Goddess tradition. Tantric influences in Indian poetry, art, and dance-music forms are shared whenever possible. The last class features a culminating class worship ritual (puja) incorporating many Tantric contemplative tools studied all semester. Offered alternate years. Cross-listed as REL334.

REL635
Meditation Practicum III: Mind-Training (3)
This course continues instruction in meditation practice, emphasizing Mahayana practice, including the generation of an enlightened attitude (bodhicitta), the practice of the perfections (paramitas), the training of the mind (lojong), and the exchange of the self and other (tonglen). Based on the Indian and Tibetan tradition. Prerequisites: REL600 and REL620 or permission of the instructor.

REL645
Methods and Issues in the Study of Religion (3)
This course examines a variety of methodologies that have been and continue to be used to study religion. Scanning a range of religious phenomena, from the mystical experience, to myth and ritual, sacred image, word, space and more, we explore the writings of scholars who have drawn on philosophical, sociological, comparative, feminist, and postmodern methodologies. The aim of the course is as much to build a theoretical foundation for the further study of religion as to provide a forum to examine and develop our own understanding and definitions of the religious life. Readings include work by James, Otto, Buber, Levi-Strauss, Some, Turner, Eliade.

REL650
Buddhist Meditation Intensive (noncredit)
In this 28-day intensive group meditation, students practice shamatha-vipassana in Tibetan, Zen, or Insight Meditation traditions under the guidance of trained meditation instructors. The choice of retreat is to be approved by Religious Studies faculty and School Director beforehand. This training can provide experiential, direct insight into the nature of mind and the Buddhist teachings. The meditation intensive is a noncredit requirement for the MA in Religious Studies: Indo-Tibetan Buddhism (with or without Language) and the Master of Divinity programs. Students should complete the meditation intensive during the winter break of their first year or the summer following their first year.

REL651
Contemplative Practice Intensive: Religious Studies Students (noncredit)
This 28-day group contemplative practice intensive can be done at an established contemplative center in a faith tradition of the student’s choice: Christian monastery, Hindu ashram, Tibetan Buddhist meditation center, Jewish Contemplative retreat center, Zen monastery, etc. The retreat gives the participant an opportunity to practice a prescribed discipline while living in community with others in a contemplative environment. The choice of retreat is to be approved by Religious Studies faculty and School Director beforehand. The contemplative practice intensive is a non-credit requirement for MA in Religious Studies: Contemplative Religions (with or without Language) and the Master of Divinity programs. Students should complete the contemplative practice intensive during the winter break of their first year or the summer following their first year.

REL654
Process Lab II (1)
A continuation of REL616. MDiv, taken concurrently with REL615. Prerequisite: REL616.

REL655
Trends in Religious Studies (3)
Can a scholar be both a participant and an observer? The field of religious studies is embroiled in a debate between objectivity and reflexivity. In recent years, a demand for new methods that allow the scholar’s voice and participation to be present and engaged in the process of observation has created space for reflexive, narrative, intertextual, and qualitative methods. In this course, we explore religious studies...
through the lens of current issues such as ecology, religion, and science, postcolonial approaches, politics, and the interaction of religion with race, class, and gender through the social sciences.

**REL658**

Homiletics and Ritual Arts (3)

This class examines working with ritual through dharma talks and homiletics; the art of spiritual teaching (preaching). Community-based rituals such as weddings, funerals, blessings, and rites of passage equip chaplains to serve their constituencies. Additional examples of ritual practice include dialogue, wisdom circles, and restorative justice. Students are trained to deliver sermons, dharma talks, and dialogues, small group teaching, utilizing effective methods of discourse and facilitation.

**REL661**

The Second Turning of the Wheel: The Bodhisattva Path (3)

This course examines the philosophical view, meditation practice, and compassionate action of the bodhisattva path, as expressed in selected Mahayana texts. The Prajnaparamita and the Vimalakirti sutras provide the ground from which the bodhisattva path is explored in Shantideva’s Bodhicaryavatara. Finally, the ultimate view of emptiness is explored in the work of Nagarjuna’s Root Verses of the Middle Way and its commentaries. Required for both the History of Religions and the Tibetan Tradition emphases. Prerequisite: REL611.

**REL672**

Non-Dualism in Theory and Practice (3)

An exploration of issues in the study of what is often regarded as the most profound element of religious life: the non-dual and the mystical. How do we study the deepest elements of our own and other religious traditions? How do we remain conscious of the impact of our own assumptions, experiences, and aspirations? How can our contemplative practices be tools in service of our scholarship, and our scholarship a tool in service to our practices? Through these questions we interrogate and problematize both the non-dual experience and the scholarly endeavor, exploring fundamental considerations for the contemplative study of religion and spirituality.

**REL676**

Inner Oral Tradition of the Torah (3)

An examination of the mystical contemplative tradition of Judaism through a demonstration of its approach to Torah texts. The emphasis in the course is on the development and expression of critical thinking and intuition. Good questions are a priority over good answers. Age-old Chassidic methodologies are used toward this end. Dramatization of stories are utilized to access the students’ emotions and intuitive powers. Exposure to practices like shofar and succah give students a firsthand experience of Jewish contemplative practice. Offered alternate years. Cross-listed REL376.

**REL699**

Independent Study (1–3)

MA only.

**REL701**

The Middle Way School (3)

This uncompromising rejection of stable findable existence in any phenomena is a radical challenge to our sense of having an existent self that experiences solid objects. Its famous teaching of emptiness has generated a range of interpretations, which are explored, particularly in the Tibetan Kagyu, Nyingma, and Geluk schools. Required for both the History of Religions and Tibetan Tradition emphases. Prerequisite: REL611 and REL661.

**REL702**

Translation Project: Tibetan (1.5–3)

One-on-one mentoring of a Tibetan language student by a senior translator. The student selects a Tibetan text or portion of a text in consultation with the senior translator. The goal is to deepen the student’s knowledge of the grammar, vocabulary, cultural context, and content of the specific text and genre. Students may only take this class within the permission of the program.

**REL703**

Translation Project: Sanskrit (1.5–3)

One-on-one mentoring of a Sanskrit language student by a senior translator. The student selects a Sanskrit text or portion of a text in consultation with the senior translator. The goal is to deepen the student’s knowledge of the grammar, vocabulary, cultural context, and content of the specific text and genre. Students may only take this class with the permission of the program.

**REL705**

The Mind Only School (1.5)

The Mind Only School provides an insightful exploration into how we create and maintain the illusion of our projections, along with all the suffering that such illusion engenders. Analytical meditation is used to explore this process of conceptual and emotional projection and how we might transform it. Students register for this course through Naropa but take it in their Nitartha Institute summer program. Required for Tibetan Tradition emphasis. Prerequisite: REL614 and REL624.

**REL709W**

Mindfulness Instructor Training II (1)

Second in a three-course series training students to offer instruction in shamatha mindfulness meditation, this course presents the development of maitri, in the sense of unconditional friendliness toward oneself, as the ground of practice. Students develop skills in ongoing meditation mentorship, emphasizing guidance in working with conflicting emotions. Practical demonstrations, mock interviews with faculty and peer feedback, lectures and discussions, and guided meditation sessions are included. Prerequisite: Completion of REL609W. Course fee.

**REL710**

The Third Turning of the Wheel (3)

An examination of the most important perspectives, ideas, and practices of the Third Turning orientation of the Yogacara, which emphasizes meditation and the dynamics of emptiness. Our study includes reading from core sutras such as the Samdhinirmocana, the Lankavatara, and the Avatamsaka, as well as from commentaries of Asanga, Vasubandhu, and others. Our understanding is illuminated by modern interpretations of both Asian and Western scholars. Required for both the History of Religions and the Tibetan Tradition emphases. Prerequisite: REL661.

**REL714**

Introduction to Pastoral Care (3)

This course focuses on the essential elements and specific skills necessary for effective counseling in the context of ministry. It correlates the relationship between pastoral care and religious ethics, with a special emphasis on Buddhist and Christian comparative ethics. The theories and practices of spiritual and psychological assessment are presented, as well as experiential listening, navigating boundaries, ritual, prayer, and self-care. Course fee.

**REL720**

Buddha Nature and Shentong Traditions (1.5)

An exploration of the Buddha Nature tradition that proclaims all beings to have the capacity to uncover enlightened qualities already present within themselves but that are presently blocked from view by their obscurations. Includes a discussion of how this sutra tradition leads to, and finds its fulfillment in, the Vajrayana. Students register for this course through Naropa but take in their Nitartha Institute summer program. Required for Tibetan Tradition emphasis. Prerequisite: REL614 and REL624.
A continuation of REL654. MDiv only. Prerequisite: REL654. To be taken concurrently with REL658.

REL747
Master of Divinity Fieldwork: CPE (noncredit)
The CPE (Clinical Pastoral Education) internship gives Master of Divinity students the opportunity to explore personal and professional growth issues in their roles as interfaith chaplains in various settings. Through weekly seminars, didactics, theological reflections, and individual and group supervision, students explore the purpose and meaning of providing pastoral care to people in crisis. Strong emphasis is placed on the students' understanding of their own personal issues and dynamics as these arise in the process of helping others. MDiv only.

REL749
Contemporary American Religion (3)
This course explores the diversity of American religious life from numerous perspectives, thereby providing students with the practical vocabulary to both understand and interact with the diversity of contemporary religious life. Students survey American religious communities (Christian, Muslim, Jewish, etc.) and examine specific beliefs, rituals, and liturgical practices and their application in crisis and transition situations that span the human life cycle such as birth, marriage, illness, and death. The class also provides hands-on opportunities for students to both visit local religious communities and learn from practitioners in these communities. Offered alternate years.

REL751
Buddhism in Tibet (3)
This course traces the development of Buddhism in Tibet, principally during the first and second spreading of Buddhism when most of the classical forms of Tibetan Buddhism evolved. Attention is given to the various roles of Nikaya, Mahayana, and Vajrayana Buddhism and to the interplay of religious, social, and political factors in this process. Special attention is paid to Tibet's unique contributions to Buddhism. Offered alternate years.

REL760
Vajrayana: Symbol, Iconography, and Ritual (3)
This course explores selected literature of the Vajrayana Buddhism in Tibet, from its inception in the seventh century until the Tibetan diaspora in 1959, with emphasis upon the tantric saint and the tantric goddess, or dakini. Readings from several genres include biographical and sacred histories, realization literature, and meditation manuals. The challenges of interpreting symbols and iconography in religion, especially when they are gendered, are examined. Offered alternate years. Prerequisite: REL661 or REL624.

REL763
Religious Education (3)
Introduction to lifespan religious education, including an examination of the history, current trends, foundational theories, and applicable skills. Topics include theories of learning from both Western and Eastern perspectives, stages of faith and moral development, venues for religious education, skill training in curriculum development, and lesson planning.

REL768
Process Lab IV (1)
A continuation of REL728. MDiv only. Prerequisite: REL728.

REL779
Interreligious Dialogue: Theory and Practice (3)
This course introduces the student to the creative potential of interreligious dialogue for expanding one's theology and communicating effectively and compassionately across the American religious spectrum. After developing savvy with views of dialogue, students learn essential skills and protocols applicable to a variety of dialogue settings. Classes also include dialogue practical workshops.

REL780
Meditation Practicum IV: Maitri and Mandala (3)
This course continues the practicum sequence, emphasizing Vajrayana topics such as mandala principle and the Buddha families, including discussion of the neurosis and sanity associated with each family. Space awareness practice (maitri) provides a personal experience of these families, and this practice is a central part of this class. Based on the Indian and Tibetan traditions. Prerequisites: REL600, REL620, and REL635, or by permission of the instructor.

REL803
MDiv Research Methodology (1.5)
This course provides students with an overview of research methodology and applied theology in preparation for the MDiv culminating project. MDiv only.

REL804
Applied Ethics and Service Learning (2)
For third-year MDiv students, this class provides ongoing instruction, direction, and guidance for student fieldwork, with special emphasis on the application of ethical principles in the context of ministry in the community. Students and instructors meet weekly, focusing on the nature and meaning of doing community-based and spiritually engaged fieldwork in the arenas of pastoral care and change agency. The Naropa Chaplaincy Project is the site for the service learning aspect of the course.

REL809W
Mindfulness Instructor Training III (1)
Third in a three-course series training students to offer instruction in shamatha mindfulness meditation. It emphasizes guiding people in practicing with extreme challenges of mind and body. Participants develop skills in offering ongoing guidance in sitting and walking mindfulness meditations, as well as body-scan, practicing with physical pain, and mindfulness in daily life activities. Students train in offering both one-to-one mentorship, small group guided mindfulness instruction, and explaining the view of mindfulness meditation to various populations. Practices to support the well-being of care-givers and teachers are presented. Educational methods of the course include practice demonstrations, mock interviews, lectures, discussions, and individual interviews. Prerequisites: REL709W. Course fee.

REL853
MDiv Thesis Seminar (1.5)
This course includes peer and individual supervision and feedback in the preparation and presentation of the MDiv culminating project. MDiv only.

REL880
Comprehensive Exam (noncredit)
For students in the MA and MDiv programs only. Please see your advisor for more information.

REL885
MA/MDiv Final Project (noncredit)
MA only.

REL886
Extended Master's Project (0.5)
Students who have not completed the master's project may qualify for an extension of the master's project semester. May be repeated. MA and MDiv only.
The School of Natural and Social Sciences aims to develop the whole person through contemplative learning that broadens and sharpens the intellect, deepens intuition, sparks curiosity, nourishes compassion, and embodies confidence. Our BA and MA programs provide a profound understanding of the world through the study of education, peace and social justice, psychology, sacred ecology, science, systems, and service learning. Our methods employ non-dual approaches that integrate analytic and intuitive understanding, support diverse perspectives, cultivate wisdom and contemplation, and engage in hands-on community-based work. Learning within our programs presents fertile opportunities for understanding complexity, while fostering reciprocal, participatory relationships across deeply valued difference. Faculty and students work together to create dynamic learning communities that cultivate compassion and develop the knowledge and skills to engage complex, real world issues. Graduates of our programs flourish in their understanding of and gentleness towards self and all beings and are able to respond to our common suffering through transformative approaches.

**Undergraduate Majors and Minors**
- Bachelor of Arts in Contemplative Psychology
- Bachelor of Arts in Early Childhood Education
- Bachelor of Arts in Environmental Studies
- Bachelor of Arts in Peace Studies
- Minor in Contemplative Psychology
- Minor in Contemplative Education
- Minor in Early Childhood Education
- Minor in Environmental Studies
- Minor in Peace Studies

**Certificate Programs**
- Contemplative Psychology
- Early Childhood Education

**Graduate Degrees**
- Master of Arts in Contemplative Education
- Master of Arts in Environmental Leadership
The Contemplative Psychology major requires 37 credit hours: 28 from the core requirements and 9 from one of the concentrations. The core requirements are divided between courses in psychology and meditation from the Buddhist and Shambhala traditions, and courses in Western psychology. Students pursue further study in one of four concentrations: Somatic Psychology, Psychology of Health and Healing, Transpersonal and Humanistic Psychology, or Psychological Science.

Other requirements include a contemplative community retreat in the fall semester every other year and a community-based volunteer project within the Boulder/Denver area.

Program Vision
The BA Contemplative Psychology program offers an innovative approach to the study and practice of psychology, guided by the principle that psychological health and well-being are innate. The Contemplative Psychology program creates and supports a learning environment that values personal experience and insight as essential to full-bodied academic learning and achievement. Through various modes of inquiry, such as contemplative practice, empirical research, theoretical analysis, oral and written narrative, group dynamics, and community engagement, the field of contemplative psychology nourishes individual and collective transformation. The program aims to develop the whole person through experiential learning that broadens and sharpens intellect, deepens intuition, nourishes compassion, and embodies confidence. Drawing from Tibetan Buddhism and contemporary practices of diversity in its myriad forms, the curriculum provides fertile opportunity for understanding complexity, while fostering reciprocal learning across deeply valued difference.

Entering the Major
In accordance with University policy, students can declare their major at any time. In order to progress through the coursework in this major, students should take the following important course pre-requisite at the earliest opportunity: PsyB101, Introduction to Western Psychology. Please consult with your academic advisor to plan your schedule in the program.

BA in Contemplative Psychology Requirements

**Required Courses**
- **PsyB314** Buddhist Psychology I: Mindfulness Meditation (3)
- **PsyB325** Buddhist Psychology II: Awakening Compassion (3)
- **PsyB343W** Contemplative Community Retreat (1)
- **PsyB415** Maitri: Working with Emotions (3)
- **PsyB425** Field Placement (3)
- **PsyB482** Senior Seminar I: Transformational Psychology—The Group Experience (3)
- **PsyB483** Senior Seminar II: Transformational Psychology—The Threshold Experience (3)
  
**SUBTOTAL** 19

**Choose 6 credits from the following:**
- **PsyB301** Statistics and Research Methods (3)
- **PsyB345** Developmental Psychology (3)
- **PsyB357** Cognitive Psychology (3)
- **PsyB371** Personality Theories (3)
- **PsyB373** Social Psychology (3)

**SUBTOTAL** 6

**CoRE REQUIREMENTS 28**

Each concentration has one or more courses required for all students. Students must select additional courses in consultation with their academic advisor to fulfill the concentration requirements.

**Somatic Psychology**
Somatic Psychology is the practice of making meaningful connections between emotional process and the body’s expressions, sensations, and symptoms. Course work includes three learning domains: 1) the historical and developing theory of body psychology; 2) the research and science regarding body psychology; and 3) the increase of body/self-awareness developed through experiential and movement-oriented classes.

**Required Course**
- **PsyB304** Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)

**Choose 6 credits from the following:**
- **PsyB208** Embodiment Process and the Individual (3)
- **PsyB255** Body-Mind Centering (3)
- **PsyB303** The Psychology of the Five Elements I (3)
- **PsyB328** Gestalt: Presence (3)
- **PsyB333** Hakomi Somatics (3)
- **PsyB359** Learning from Trauma: Understanding Its Effects and Building Personal Resources (3)
- **PsyB435** Authentic Movement/Body Awareness Practice (3)
- **PAR320** Contemplative Dance Practice (3)

**TOTAL CREDITS 9**

**Psychology of Health and Healing**
The Psychology of Health and Healing concentration emphasizes body-mind synchronization as the key to inner harmony and well-being. Students explore a diversity of ancient and modern healing methodologies and learn experiential techniques for balancing the spiritual and somatic aspects of health.

**Required Course**
- **PsyB329** Approaches to Healing (3)

**Choose 6 credits from the following:**
- **PsyB208** Embodying Process and the Individual (3)
- **PsyB209** Herbal Medicine (3)
- **PsyB239** Nutrition (3)
- **PsyB303** The Psychology of the Five Elements I (3)
- **PsyB323** The Psychology of the Five Elements II (3)
- **PsyB333** Hakomi Somatics (3)
- **PsyB359** Learning from Trauma: Understanding Its Effects and Building Personal Resources (3)

**TOTAL CREDITS 9**
Transpersonal and Humanistic Psychology
The Transpersonal and Humanistic Psychology concentration helps students synthesize two major forces in Western psychotherapy and appreciate the two approaches’ unique contributions to the understanding of mental health. These include the recognition of spiritual longing for wholeness as essential to psychological growth, and the acknowledgment of the importance of the client-therapist relationship in the client’s healing process.

Required Courses
- PSYB350 Humanistic Psychology [3]
- PSYB354 Introduction to Transpersonal Psychology [3]

Choose 3 credits from the following:
- PSYB225 Family Systems [3]
- PSYB328 Gestalt: Presence [3]
- PSYB330 Introduction to Jungian Psychology [3]
- PSYB355 Dynamics of Intimate Relationships [3]
- PSYB430 Exploring Dream Psychology [3]

TOTAL CREDITS 9

Psychological Science
Psychological science is the study of human experience and activity through systematic observation. Topics include development from infancy through adulthood, individual differences, embodiment, perception, emotion, consciousness, thinking, social influence, self, and other aspects of mental life. In addition to theoretical study, methods of obtaining and evaluating empirical evidence ranging from behavior assessment to contemplative phenomenology are explored.

Required Course
- PSYB301 Statistics and Research Methods [3]

Choose 6 credits from the following:
- PSYB234 Perception [3]
- PSYB345 Developmental Psychology [3]
- PSYB371 Personality Theories [3]
- PSYB373 Social Psychology [3]
- PSYB420 Abnormal Psychology [3]

TOTAL CREDITS 9

Minor in Contemplative Psychology
To minor in Contemplative Psychology, students may choose any 12 credits from PSYB courses.

Certificate Program in Contemplative Psychology
The 30-credit certificate program, tailored to the student’s needs and background, requires 18 psychology credits and 12 credits of general electives from anywhere in the university. For information about careers related to a certificate in Traditional Eastern Arts, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Occupation name and SOC code: Self-Enrichment Education Teachers, 21-1093.00. This class examines the role of bodily experience in the unfolding of life’s process. Out of a study of sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice for embodying their personal process.

Required Courses
- PSYB101 Introduction to Western Psychology [3]
- PSYB105 Introduction to Western Psychology II [3]
- PSYB110 Introduction to Western Psychology III [3]
- PSYB225 Family Systems [3]
- PSYB234 Perception [3]
- PSYB345 Developmental Psychology [3]
- PSYB371 Personality Theories [3]
- PSYB373 Social Psychology [3]
- PSYB420 Abnormal Psychology [3]

Electives in Psychology (9)
- Electives in Psychology (12)

TOTAL CREDITS 30

For information about careers related to a certificate in Contemplative Psychology, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Occupation name and SOC code: Social and Human Service Assistants, 21-1093.00. This class examines the role of bodily experience in the unfolding of life’s process. Out of a study of sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice for embodying their personal process.

PSYB100 Anatomy [3]
A traditional approach to the study of normal human anatomy, rooted in the conventional science of anatomy, studying the structure and subsequent function of the major body systems: skeletal, muscular, nervous, endocrine, immune, digestive, blood, cardiovascular, respiratory, urinary, and reproductive systems. Some practical understanding of these major systems is given from a naturopathic physician/acupuncturist’s perspective. One class briefly introduces energetic systems of anatomy (e.g., meridians, chakras). Special fee to cover two optional visits to a cadaver lab. Fee will be refunded if student chooses not to participate.

PSYB101 Introduction to Western Psychology [3]
This survey course explores psychology as it has developed in the Western world. Students learn to better understand mental life and behavior by studying diverse Western traditions that range from laboratory science to the intuitive clinical work involving clients and therapist. Specifically, students develop familiarity with many of the distinct perspectives, concepts, and terms of Western psychology. Topics covered include brain function, consciousness, perception, learning, thought, maturational, emotion, personality, mental illness, and therapy. Understanding these topics is deepened by critically valuating Western psychological frameworks with respect to each student’s own experience.

PSYB102 Embodying Process and the Individual [3]
The body is the vessel of emotions, the vehicle for actions, and the tool of perceptions. Culturally, we have been trained to ignore bodily processes. This class examines the role of bodily experience in the unfolding of life’s process. Out of a study of sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice for embodying their personal process.

PSYB209 Herbal Medicine [3]
An introduction to the use of food, herbs, and other natural remedies to maintain and improve a wide variety of health conditions. We discuss herbal preparations, safety, and dosaging, and also learn to identify many local plants in this area. Topics include herbal history, food as medicine, reproductive health, and emotional health using natural remedies, natural medicine for children, addictions, psychoactive plants, aromatherapy, and immune system health. The class has an East-West approach, incorporating many of the principles of Oriental medicine, yet mostly using native plants.

PSYB225 Family Systems [3]
An investigation of the family as a system, which has a structure and organization of its own. Interactions between family members are seen from a systematic perspective, thereby deepening the students’ understanding of their family of origin and the families of others. The course provides an introduction to the history of family therapy and to the major theorists in the field. The importance of family in various therapeutic contexts is explored as well as diversity of family forms found within our culture and the cultures of others. The course combines readings, lectures, discussions, and experiential exercises. Open to all students with 45+ credits.
PSYB234
Perception (3)
The senses give our mind access to the world. All human senses, including sight, hearing, taste, smell, touch, bodily sensations, etc., are studied. Students practice contemplative sensory awareness, attending to nuance and detail and document their own experience by journaling. Introspection (direct observation of conscious experience) joins with scientific understanding of perceptual processes in laboratory exercises, lecture, and discussion. Findings from modern research on perception and attention provide more complete understanding of the embodied nature of subjective experience. Materials fee.

PSYB239
Nutrition (3)
Students learn basic human physical, nutritional requirements from four perspectives: the field of nutritional anthropology, the scientific discoveries of the twentieth century; direct experience; and from intuition. Students acquire information and tools to determine a diet that suits them best now, as well as how to alter that diet as requirements may change during life. We study the dietary changes in the twentieth century that underlie our most common causes of chronic disease and death and suggest nutritional strategies to prevent those diseases.

PSYB255
Body-Mind Centering (3)
This class focuses on the relationship between the body and mind through basic patterns of movement. Students experience their patterns through guided development and transform movement patterns in both themselves and others. The basis of the work is Body-Mind Centering® movement re-education, and analysis developed by Bonnie Bainbridge Cohen. This class includes a study of living anatomy that brings awareness to the different body systems, developmental movements, and supports alignment and integration. Open to upper-division Contemplative Psychology and Interdisciplinary Studies students only. Others by permission of the instructor.

PSYB301
Statistics and Research Methods (3)
This course introduces statistical analysis and research methods used to test theories within psychological science. Students learn the most common techniques for describing data and making inferences in psychological research. Students learn to develop research questions, design rigorous and ethically sound experiments, and collect, analyze, and interpret data. Prerequisite: PSYB101, Introduction to Western Psychology.

PSYB303
The Psychology of the Five Elements I (3)
An exploration of the “law of the five elements” and the system of medicine connected with it. The ancient Chinese viewed body, mind, and spirit as inseparable from the world of nature; careful observation of nature reveals the cause of suffering to any or all of these three areas. Through lecture, discussion, and hands-on exercises, students examine their existing state of physical, mental, and spiritual health. Students develop tools and skills to help improve personal and interpersonal environments. Open to upper-division students only. Others by permission of the instructor.

PSYB304
Somatic Intelligence: The Neuroscience of Our Body-Mind Connection (3)
An introduction to somatic psychology, this course presents theoretical conceptualizations of the body-mind continuum, emphasizing emotions, movement, perception, and the nature of illness and healing as illustrated by recent scientific theories and findings. By studying how our bodies and psyches weave together, we can become aware of their interdependence and construct more effective therapeutic experiences both for ourselves and for others. Students learn the fundamental principles of the somatic psychology field and explore in depth their relationship with advanced developmental psychology theories. Prerequisite: PSYB101, Introduction to Western Psychology; PSYB100, Anatomy, is strongly recommended.

PSYB314
Buddhist Psychology I: Mindfulness Meditation (3)
This required course is an introduction to the psychological principles and sitting practice of mindfulness-awareness meditation, and is drawn from the Tibetan and Zen Buddhist traditions as well as the Shambhala teachings of sacred warriorship. We explore the many ways—both obvious and subtle—in which ego-fixation creates suffering and confusion in our lives. We train students to begin to develop inner tranquility, insight, and loving-kindness as the essential ground for working effectively with their own life challenges and those of other people. Co-requisite: PSYB101. Open to Contemplative Psychology and Interdisciplinary Studies students with 45 credits only. Others by permission of instructor.

PSYB323
The Psychology of the Five Elements II (3)
A continuation of the work in PSYB303. Students work more deeply with five element diagnoses—the officials, color, sound, odor, and emotion diagnosis in our personal healing journeys. In addition, we journey to various local plants and trees to access their wisdom and healing powers within the context of the five elements. This is a beginning of the work with “plant spirit medicine.” Students are expected to have a solid ground in the elements, seasons, and officials so that there is a strong base for work with diagnosis. Prerequisite: PSYB303. Open to upper-division students only. Others by permission of instructor.

PSYB325
Buddhist Psychology II: Awakening Compassion (3)
An in-depth examination of the principles of compassionate action, as taught in both the Tibetan tradition of Mahayana Buddhism (the bodhisattva path) and the Western tradition of service to others. Students learn and practice tonglen meditation and the skills of deep listening, empathic attendance, dialogue, and servant leadership. Each student also writes weekly reflection papers that track the unfolding of a helping relationship with another person in light of the principles being presented. Prerequisite: PSYB314 or meditation experience and permission of instructor. Open to Contemplative Psychology and Interdisciplinary Studies students only. Others by permission of instructor.

PSYB328
Gestalt: Presence (3)
Gestalt is first and foremost a way of being and a powerful, provocative way of understanding and working with the body, speech, and mind. By focusing on the details of moment-to-moment experience and the interplay between the individual and the environment, Gestalt seeks to develop self-knowledge, satisfaction, self-support, and clear boundaries. The course includes readings, lectures, discussions, and experiential exercises on the nature of being and ego. Upper-division Contemplative Psychology and Interdisciplinary Studies students only. Prerequisite: PSYB101.

PSYB329
Approaches to Healing (3)
A basic overview of the theory, practice, and use of various natural approaches to health and healing. Emphasis is placed upon understanding and appreciating these modalities and discerning when and for what they are appropriate. Students research and articulate the paradigms of holistic medicine, clarifying their personal interest for future work in this field. Open to upper-division students with 60+ credits only. Materials fee.

PSYB330
Introduction to Jungian Psychology (3)
A general introduction to the psychology of C.G. Jung, this course covers Jung’s major contributions to dynamic psychology, including topics such as ego consciousness, complexes, libido theory, archetypes, and the collective unconscious, persona and shadow, anima and animus, the Self, individuation, synchronicity, active imagination, and dream analysis. Students are required to explore their own inner world and confront the school of Natural and Social Sciences 111
unconscious processes by maintaining a journal, sharing dreams, and working toward developing a “life myth.” Each class combines lecture, discussion, and process, in order to bring meaning and reality to Jung’s concepts. Prerequisite: PSYB101 or by permission of instructor. Open to students with 30+ credits.

**PSYB333**

Hakomi Somatics (3)
Recognizing that mind and body jointly express and reflect deeply held, often unconscious beliefs about oneself and others, Hakomi somatics helps bring these beliefs to conscious awareness. The body, with its various patterns, is used to access an intelligence that underlies habitual, limiting patterns. Thus, limiting patterns are recognized and understood, making learning and transformation become possible. Students engage in exercises in mindfulness. Topics include the Hakomi principles, character strategies, boundaries, resources, and somatic psychological skill building, which can be used in daily life. Upper-division BA students only.

**PSYB343W**

Contemplative Community Retreat (1)
This two-day retreat at Shambhala Mountain Center takes place every other fall semester. The practices of sitting and walking meditation, Tonglen, Maitri Space Awareness, and contemplative play, bring students, faculty, and staff together in community with a sense of purpose and friendship. Open to Contemplative Psychology students only. A required retreat orientation occurs in advance of the retreat and serves to prepare students for success in the PSYB343W retreat environment. Co-requisite: PSYB314. Special fee for room and board.

**PSYB345/345e**

Developmental Psychology (3)
A study of theory in human development from birth through the span of life. Students are introduced to major theorists and discuss the philosophical and practical relationship of ethics to psychology, including cross-cultural issues. Students clarify, formulate, and develop their own beliefs and approaches to human development in relation to these major schools of thought. We explore the relationship of these traditional approaches to the contemplative and transpersonal perspectives. Prerequisite: PSYB101.

**PSYB350**

Humanistic Psychology (3)
An exploration of the basic principles of humanistic and existential psychology and psychotherapy. This is the so-called “third force” in the modern Western tradition of psychology, which emerged after 1940 both as an expansion and an alternative to the psychoanalytic and behavioral schools that preceded it. It emphasizes the authenticity of the therapist as the key factor in promoting the client’s potential for growth and healing. We focus on the work of Adler, Rogers, and Maslow among the humanists, and the work of Yalom, May, Frankl, Perls, and Bugental among the existentialists. Prerequisite: PSYB101. Open to Contemplative Psychology and Interdisciplinary Studies students only.

**PSYB354**

Introduction to Transpersonal Psychology (3)
This course uses the work of Jung, Assagioli, Grof, Wilber, Walsh, Vaughan, and others to introduce students to the theoretical concepts and practical applications of transpersonal psychology. Students also learn to utilize the tools of this field of study, as well as explore their personal journey through the lens of transpersonal psychology. Prerequisite: PSYB101. Open to upper-division Contemplative Psychology and Interdisciplinary Studies students only.

**PSYB355**

Dynamics of Intimate Relationships (3)
An exploration of multiple approaches to intimate relationship from schools of thought such as feminist psychology, social psychology, attachment theory, counseling psychology, Buddhist and transpersonal psychology, sociology, queer theory, and multicultural and scientific research. Issues discussed include attraction, communication, neurobiology of love, relationship as spiritual path, attachment and family of origin, cultural influences, relationship dysfunction, relationship violence, gender, and sexuality. Through the synthesis of contemplative introspection, critical thinking, and the research and theories explored in class, students develop their own theories of relationship. Prerequisite: PSYB101. Open to upper-division students only.

**PSYB357**

Cognitive Psychology (3)
This course concerns the study of thought, conscious experience, and associated mental functions. This area of psychological science focuses on the high-level mental processes and related brain activity involved in conscious mental life and unconscious information processing. Specific topics include attention, language, intelligences, imagery, emotion, conceptual knowledge, memory, problem solving, expertise, reasoning, and decision-making. This course emphasizes the perspectives of information processing, cognitive neuroscience, and contemplative psychological science. Prerequisite: PSYB101.

**PSYB359**

Learning from Trauma: Understanding Its Effects and Building Personal Resources (3)
Unresolved trauma affects our psychological and physical well-being. This class educates students about the aftereffects of trauma, such as the inability to modulate physiological arousal, dissociation, and emotional problems and negative beliefs that might arise following trauma. This is an experiential class that emphasizes learning resources, especially somatic resources, for working with the effects of trauma in a group setting. The primary focus is on working through the body to develop somatic resources that help a person cope with and resolve the symptoms of trauma and gain mastery over helpless and overwhelming feelings. Prerequisite: PSYB101. Open to upper-division students only.

**PSYB371/371e**

Personality Theories (3)
Students explore the development of human personality. We study the theories of major traditional systems of psychology, including psychoanalysis, analytical psychology, behavioral, humanistic, systemic, feminist, and existential models. Students clarify, formulate, and develop their own thoughts and approaches to the psychology of personality in relation to these major theories. We also explore the relationship of these approaches to the contemplative and transpersonal perspectives. Prerequisite: PSYB101. Open to students with 45+ earned credits only.

**PSYB373**

Social Psychology (3)
How do attitudes form and change? How do group dynamics influence decision-making? What factors influence altruistic behavior? This course examines concepts and research evidence from areas of social psychology, such as the social self, social influence, cultural variation, attraction, humanitarian behavior, among others. The underlying variables of mindfulness and arousal are examined as a bridge to the contemplative perspective. Prerequisite: PSYB101. Open to upper-division Contemplative Psychology and Interdisciplinary Studies students only. Others by permission of the instructor.

**PSYB415**

Maitri: Working with Emotions (3)
In the maitri practice, particular postures and specially designed rooms evoke a variety of psychological spaces from which different styles of thought and emotion arise. Students explore the major types of psychological spaces; their relation to pride, passion, paranoia, ignorance, frustration, and aggression; and the Buddhist approach to sanity and neurosis through a weekly lecture, practice in maitri rooms, and participation in a smaller group to process material more personally. Prerequisite: PSYB325 or equivalent meditation experience. Upper-division
Contemplative Psychology and Interdisciplinary Studies students only.

PSYB420/420e
Abnormal Psychology (3)
Students investigate the merits and liabilities of Western assessment and treatment approaches to psychological problems. We consider the sociocultural contexts in which assessment and treatment approaches are variably formulated and applied. We investigate both transcultural understandings of psychological problems and the wisdom of cultural relativity. Students acquire a solid foundation in traditional Western clinical approaches to mental health as articulated and codified in the DSM-5. Prerequisites: PSYB345, or PSYB357, or PSYB371. Open to students with 60+ earned credits only.

PSYB425
Field Placement (3)
Students engage in an approved community-based volunteer project. Lectures, dialogue, guest speakers, and experiential activities support students in developing their own vision of socially relevant, community-based learning that is culturally sensitive and nurtured by contemplative practice. Students hone previously learned skills in diversity and contemplative practice and apply these to real-world settings. Prerequisites: PSYB415.

PSYB430
Exploring Dream Psychology (3)
This course works with dreams in a highly experiential manner and context, using an eclectic variety of perspectives with an emphasis on Jungian and Gestalt approaches. Students’ dreams are explored in and out of the classroom: individually, in small and large group contexts, and with art media. An ongoing dream practice is required, including the creation and maintenance of a dream journal. Students are asked to relate their dream work to their waking psychological life in assignments. Prerequisite: PSYB330 or PSYB354.

PSYB435
Authentic Movement/Body Awareness Practice (3)
Authentic Movement is a self-directed movement process employing the wisdom of the body as a pathway to awareness. It offers an opportunity to experience the individual and collective body as a vessel for healing and transformation and creative process. This course explores the ground form of Authentic Movement: the mover, the witness, and the relationship between them. Students explore their own process while experiencing this therapeutic movement form. Through learning how to increase the authenticity of presence, students explore the ground of healing relationship. Authentic Movement provides a model for life lived in authentic relationship to self, others, and community. Prerequisite: Any one of the following: PSYB208, PSYB255, PSYB304, PSYB333, or PSYB359.

PSYB482
Senior Seminar I: Transformational Psychology—The Group Experience (3)
Senior Seminar I is the initiatory phase in a two-semester multisensory, multifaceted process, whereby students explore the nature of creativity and its fundamental relationship to psychology in the context of the classroom community. Through readings, writings, class discussions, and exercises, students uncover their relationship to creativity and learn what exposing oneself to the larger world means. By engaging their curiosity and liveliness, and developing awareness around habitual patterns and resistances, students cultivate trust in themselves and their inherent qualities of wakefulness, wisdom, and compassion. Open to Contemplative Psychology seniors with 90 credits only or by permission of instructor. Materials fee.

PSYB483
Senior Seminar II: Transformational Psychology—The Threshold Experience (3)
Senior Seminar II is the culminating phase in a multisensory, multifaceted process, which introduces and explores the topic of transition. Students
The Early Childhood Education major is a dynamic and diverse program, calling upon students to be immersed in contemporary theories of development, rich curriculum studies, and in-depth training in contemplative traditions, all of which supports the ground of developing teachers from the inside out. In addition, students’ learning is expanded by observations, service learning, lab assignments, and international service work, which fosters the students’ practical classroom experience from day one.

This major draws upon the richness of Boulder’s contemplative early education community, including Alaya Preschool, Naropa’s lab school. Program courses emphasize the integration of mindfulness-awareness with holistic teaching practices. Observation-based child development courses emphasize emotional development. Students explore contemplative teaching skills drawn from holistic and spiritual traditions, such as Waldorf, Montessori, Shambhala, and Reggio Emilia. Teaching skills grow from firsthand observation practice and course study with master teachers in a variety of contemplative preschool settings.

Internship
The culmination of the BA degree is the internship course in which students apprentice with experienced teachers in Naropa’s lab school or other early education programs. This highly individualized on-the-job training helps students develop and refine their teaching skills in exemplary educational environments. (It is strongly encouraged for students to take no more than 1.2 credits during the internship.)

Entering the Major
In accordance with University policy, students can declare their major at any time. In order to progress through the coursework in this major, students should take the following important course prerequisite at the earliest opportunity: EDU245 Education, Culture, and Critical Pedagogy. Because of the nature of this program, it is important to meet with program faculty either before you declare or soon after. Please consult with your academic advisor to plan your schedule in the program.

Portfolio
All students must submit a portfolio, according to department guidelines, of their work prior to graduation. The portfolio is part of the undergraduate Early Childhood degree program requirements.

BA in Early Childhood Education Requirements

Prerequisite Course
EDU245 Education, Culture, and Critical Pedagogy (3)

Required Courses
EDU200 Foundations of Contemplative Education (3)
EDU310 Kindergarten Magic: ECE Curriculum Development (3)
EDU330 Holistic Teaching Traditions: Introduction to ECE Profession (3)
EDU360 Administration of Early Childhood Care and Education Programs (3)
EDU365 Administration: Human Relations for Early Childhood Professions (3)
EDU380 Observing Development: Infant and Toddlers (3)
EDU385 Observing Development: Early Childhood Growth & Development (3)
EDU404 Maitri and Learning Styles (3)
EDU420 Energy and Expression: Guidance Strategies for Children (2)
EDU430 Teaching Young Children: ECE Lab Technologies (3)
EDU450 Supervised Teaching Practicum (4)

Choose one elective:
EDU352 Poverty Matters (3)
EDU393 Issues in Education: The Mary Culkin Series (3)

Total Credits 36

Minor in Contemplative Education
EDU200 Foundations of Contemplative Education (3)
EDU245 Education, Culture, and Critical Pedagogy (3)
EDU330 Holistic Teaching Traditions: Introduction to ECE Profession (3)
EDU404 Maitri and Learning Styles (3)

Total Credits 12

Minor in Early Childhood Education
Choose four courses from the following:
EDU310 Kindergarten Magic: ECE Curriculum Development (3)
EDU352 Poverty Matters (3)
EDU380 Observing Development: Infant and Toddlers (3)
EDU385 Observing Development: Early Childhood Growth & Development (3)
EDU393 Issues in Education: The Mary Culkin Series (3)
EDU430 Teaching Young Children: ECE Lab Technologies (3)

Total Credits 12

Certificate Program in Early Childhood Education
A certificate program in Early Childhood Education is available. The certificate in Early Childhood Education is not a teaching certificate but is designed for those who wish to immerse themselves in a contemplative education study. The program is open to those who already have completed a minimum of 60 semester credits. The completion requirements for the certificate are 24 semester credits in core Early Childhood Education courses and 6 credits of general electives from anywhere in the university. Students can complete the requirements for this certificate program in one academic year, taking 15 credits/semester which is charged at the block rate for tuition. Please see http://www.naropa.edu/costs-aid/costs/undergraduate-costs/tuition-fees.php for details on costs for tuition and fees.

For information about careers related to a certificate in Early Childhood Education, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Occupation name and SOC code: Pre-School Teachers, 25-2011 O*NET link for occupational profiles: http://www.onetcodeconnector.org/ccreport/25-2011.00
BA in Early Childhood Education Course Descriptions

EDU200 Foundations of Contemplative Education (3)
This course lays the ground for discovering the richness and dignity of ourselves and children. Through an exploration of the Shambhala/Buddhist approaches to contemplative education and studying the principles of holistic education, we engage in creating a dynamic and fluid philosophical ground from which to build. Students learn to work with their minds directly, gently, and creatively. During the class they develop practices in mindfulness-awareness, sensory awareness, and contemplative educational observation. These practices enable students to better understand themselves and children without prejudice and aggression. Students are instructed in sitting meditation and are required to have a regular meditation practice.

EDU210 Nature and Education (3)
This course contributes to broadening and deepening student understanding with the relationship between nature and education. The scope, scale, trends and implications of nature and education in classroom practices, pedagogy, and curriculum are theoretically and experientially examined and practiced.

EDU245 Education, Culture, and Critical Pedagogy (3)
Education, culture, and critical theory promote the idea that education is to help students make sense of their world and at the same time help students make sense of themselves in the world. Students are both subjects and objects of education. They are the learner, teacher, and the researcher. Through the study of critical theory, this class explores the questions of what education can be, develops skills to uncover what education actually is, and deepens students’ understanding of the contradictions that have shaped their own and other people’s consciousness. This course deepens the students’ appreciation of inquiry through literary review and discussion and increases their ability to recognize the ways power operates to create oppressive conditions for some groups and privilege for others. Students gain skills in challenging the more common views of reality.

EDU310 Kindergarten Magic: ECE Curriculum Development (3)
An opportunity for teachers of young children to focus on the artistry and essential skills of being a preschool or kindergarten teacher. Movement, story, song, crafts, puppetry, circle time, and painting are explored as part of the early childhood curriculum. Students create an environment for each other to work with those skills and discover their own creative impulse in relationship to sharing the magic while learning to develop an early childhood curriculum.

EDU330 Holistic Teaching Traditions: Introduction to ECE Profession (3)
During this course, students encounter some of the most important contemporary holistic and contemplative approaches to teaching young children. The study focuses primarily on the contemplative traditions of Shambhala, Montessori, Waldorf, Reggio Emilia, and others. On-site observations are done in preschools that use these approaches. Students explore and compare these traditions to enhance their development as teachers. In this process they begin to incorporate personally meaningful aspects of these traditions into their own emerging and unique teaching styles. Sitting meditation requirement.

EDU352 Poverty Matters (3)
An exploration of the beliefs and myths surrounding poverty and its effects on people, the environment, and the communities of practice. Opportunities are provided for students to gain a deep understanding of diversity by developing relationships with the people of Jalapa, Nicaragua, and participating in a two-week residential program, or by working locally with diverse populations who are economically challenged. It is not necessary to have Spanish as a second language for the work in Nicaragua. Prerequisite: EDU245.

EDU360 Administration of Early Childhood Care and Education Programs (3)
This course examines Colorado’s minimal licensing requirements, as well as optimal standards pertaining to the operation of programs for young children. This course focuses on the director’s administrative skills and role as a community advocate for young children and addresses birth through age twelve. Course content focuses on establishing a new center, administrative functions, and advocacy.

EDU365e Administration: Human Relations for Early Childhood Professions (3)
This course focuses on the human relations component of an early childhood professional’s responsibilities, including director-staff relationships, staff development, leadership strategies, parent-professional partnerships, and community interaction.

EDU380 Observing Development: Infants and Toddlers (3)
A study of the development of children, ages birth to three, with particular emphasis on toddlers and three-year-olds. The approach begins with firsthand contemplative observation, and then proceeds to studies of relevant developmental theory within a contemplative context in the areas of body, speech, and mind.

EDU385 Observing Development: Early Childhood Growth and Development (3)
A study of the development of children ages four to eight with emphasis on four to six-year-olds. As in EDU380, the study begins with firsthand contemplative observation and then proceeds to relevant developmental theories within a contemplative context of the areas of body, speech, and mind. Prerequisite: EDU380, Observing Development: Infants and Toddlers.

EDU393 Issues in Education: The Mary Culkin Series (3)
A public lecture series through which students can learn about a wide variety of issues in the field of education, including early education, higher education, and contemplative education. Regional and national leaders address such topics as diversity and multicultural perspectives, public policy, current research, spirituality, leadership, and other key issues of interest to educators. Through this broad survey of topics, we become connected to the larger education community. A companion discussion forum is available for students taking this course for credit. Course work includes relevant readings and response papers relating to each topic.

EDU404 Maitri and Learning Styles (3)
Students study and practice the traditional five Buddhist energy styles in relation to teaching and learning. Integrated into this approach is an exploration of multiple learning styles. Adapted for westerners from the tradition of Tibetan yoga, maitri training is a sophisticated method of cultivating awareness of the emotions and developing appreciation of discrete styles of statement in ourselves and others. Students learn how they might manifest these intrinsic wisdoms in their own educational journeys, in teaching, in curriculum development, and in creating learning environments. Prerequisite: Established meditation practice and permission of instructor. Materials fee.

EDU420 Energy and Expression: Guidance Strategies for Children (2)
The art of teaching through awareness of and synchronizing with the energetic expressions of young children is cultivated. The aim is to develop teaching skills that nurture graceful and expressive movement and authentic social and emotional skills in children. Educational strategies that address the wide variety of issues within these areas such as behavior, discipline, making transitions, developing an individual sense of body-mind, and...
creating a caring community are studied. Through observations, discussion, and experiential exercises, students learn to meet and guide the energetic needs of individuals and groups of young children.

**EDU430**

**Teaching Young Children: ECE Lab Techniques [3]**

This course brings a contemplative view to learning the skills necessary for teaching preschool children, emphasizing the importance of observation and reflection. The class combines lecture-discussion, observation, and experiential approaches. Students utilize developmentally appropriate practice and the seven core dispositions of teaching to examine the dynamics of the child, the adult, and the environment within a contemplative setting. The class visits each of the internship settings, and students are assigned their internship placements for the spring semester. The study of preschool teaching then focuses on the details of that particular philosophy and teacher. Prerequisites: EDU245 and EDU380.

**EDU450**

**Supervised Teaching Practicum [4]**

This practicum provides supervised internship teacher training in a contemplative preschool setting. As the culmination of the BA program, this course is an internship with a skilled teacher who practices contemplative preschool education. Interns practice and are trained in all the skills of teaching a preschool class. Supervision includes regular meetings with the supervising teacher, the teaching team, and the program director. Open to program students only. Prerequisites: EDU245, EDU330, EDU380, EDU404, and EDU430. EDU420 and EDU310 can be taken simultaneously with or prior to EDU450.

**EDU499**

**Independent Study [1–3]**
Environmental studies is an inherently transdisciplinary field arising from the interaction of Western-based natural and social sciences, and from other sources of wisdom and tradition. The Environmental Studies program is designed to empower students to develop the knowledge base and skill set needed to address complex environmental issues.

The Environmental Studies curriculum integrates the complex and interconnected relationships of the natural environment, human culture, and personal experiences. These relationships are studied through six interrelated strands: field science, sacred ecology, sustainability, permaculture, environmental history and justice, and learning community.

**Program Vision**
Environmental studies at Naropa University integrates a deep understanding of the living world through the study of science, systems, sacred ecology, historic and contemporary environmental movements, diverse perspectives and wisdom, and contemplation as well as engaging in hands-on, community-based work. We believe that through critical examination and understanding, engaging in deep relationships, and developing appropriate skills, humans can learn how to respond to the ecological crisis and return to harmonious sustainable relationships within the living world.

**Entering the Major**
In accordance with University policy, students can declare their major at any time. Please consult with your academic advisor to plan your schedule in the program.

**Senior Project**
BA majors are required to complete an individual senior project in the final year of the program. The project can take the form of either a traditional senior thesis paper or a community-based project. This requirement is fulfilled by completing ENV480, Senior Project.

**Internship and Independent Study Opportunities**
The Environmental Studies program has fostered partnerships with community organizations where students can arrange internships and co-create meaningful independent study opportunities that supplement the Environmental Studies curriculum.

**Permaculture Certificate**
Students who take and successfully complete ENV260, Introduction to Permaculture, and ENV342, Permaculture Design, at Naropa University with grades of “B” or better in both courses, including their final project, are eligible for a Permaculture Certificate. This is issued from the permaculture instructor who is authorized by Permaculture Institute USA Inc.

**BA Environmental Studies Requirements**

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ENV207</td>
<td>History of the Environmental Movement [3]</td>
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<tr>
<td>ENV215</td>
<td>Sustainability [3]</td>
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<td>ENV220</td>
<td>Ecology and Systems Science [3]</td>
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<td>ENV238</td>
<td>Survival Skills [3]</td>
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<td>ENV260</td>
<td>Introduction to Permaculture [3]</td>
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<td>ENV318</td>
<td>Deep Ecology [3]</td>
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<td>ENV350</td>
<td>Nature, the Sacred, and Contemplation [3]</td>
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<td>ENV355</td>
<td>Environmental Justice [3]</td>
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<td>ENV420</td>
<td>Environmental Service Learning: Ecological Restoration [3]</td>
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<td>ENV480</td>
<td>Senior Project Course [3]</td>
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<td><strong>SUBTOTAL</strong></td>
<td><strong>30</strong></td>
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**Minor in Environmental Studies**
Students from other departments interested in an Environmental Studies minor may select one of the following 12-credit minors. Courses must be taken in the appropriate sequence where prerequisites exist.

**Ecology and Systems Science**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ENV100</td>
<td>Physical Geography: Beholding the Body of the Earth [3]</td>
<td></td>
</tr>
<tr>
<td>ENV220</td>
<td>Ecology and Systems Science [3]</td>
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<tr>
<td>ENV238</td>
<td>Survival Skills [3]</td>
<td></td>
</tr>
<tr>
<td><strong>One field science course [3]</strong></td>
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**Environmental History and Justice**

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<tr>
<td>ENV207</td>
<td>History of the Environmental Movement [3]</td>
<td></td>
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<tr>
<td>ENV355</td>
<td>Environmental Justice [3]</td>
<td></td>
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<tr>
<td>ENV363</td>
<td>Indigenous Environmental Issues [3]</td>
<td></td>
</tr>
<tr>
<td>ENV420</td>
<td>Environmental Service Learning: Ecological Restoration [3]</td>
<td></td>
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**Environmental Sustainability**

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<tr>
<td>ENV215</td>
<td>Sustainability [3]</td>
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<tr>
<td>ENV236</td>
<td>Green Building [3]</td>
<td></td>
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<tr>
<td>ENV253</td>
<td>Environmental Economics [3]</td>
<td></td>
</tr>
<tr>
<td>ENV260</td>
<td>Introduction to Permaculture [3]</td>
<td></td>
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<tr>
<td><strong>TOTAL CREDITS 12</strong></td>
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**Permaculture**

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<tr>
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<tbody>
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<td></td>
</tr>
<tr>
<td>ENV220</td>
<td>Ecology and Systems Science [3]</td>
<td></td>
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<tr>
<td>ENV260</td>
<td>Introduction to Permaculture [3]</td>
<td></td>
</tr>
<tr>
<td>ENV342</td>
<td>Permaculture Design [3]</td>
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<td><strong>TOTAL CREDITS 12</strong></td>
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**Sacred Ecology**

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<tr>
<th>Course Code</th>
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<tr>
<td>ENV245</td>
<td>Geography: Pilgrimage and Sacred Landscape [3]</td>
<td></td>
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<tr>
<td>ENV350</td>
<td>Nature, the Sacred, and Contemplation [3]</td>
<td></td>
</tr>
<tr>
<td>ENV318</td>
<td>Deep Ecology [3]</td>
<td></td>
</tr>
<tr>
<td>ENV370</td>
<td>Ecopsychology [3]</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL CREDITS 12</strong></td>
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</table>
BA in Environmental Studies Course Descriptions

ENV100
Physical Geography: Beholding the Body of the Earth (3)
Deepening our natural understanding of the earth as a living system, this course explores Gaia Theory and the new cosmology of the earth that is emerging in science. Within this framework we explore the formation of the earth—geomorphology and geophysiology—or one could say the “digestion,” “circulatory,” and other systems of Gaia. This new vision in Western science can reawaken understanding and reconfirm our commitment and reciprocity with the earth.

ENV207
History of the Environmental Movement (3)
An examination of the history of the environmental movement from a U.S. and global perspective. Fundamental elements that inform and shape environmental movements around the world and the impact on people and their response are studied. Required for ENV majors.

ENV215
Sustainability (3)
An introduction to the definitions and principles of sustainability, this course explores models and dimensions of sustainability in both the natural world and in human societies. Current examples of sustainable design and development in different parts of the world are offered to inspire students to “think sustainability” and to be alert to it in every aspect of their learning. Personal impact on the environment and personal sustainability are examined as aspects of developing a sustainable vision for the present and the future. Required for ENV majors.

ENV220
Ecology and Systems Science (3)
This science course introduces students to the basic principles of ecology and natural cycles in the earth, soil, water, air, and living systems. It also introduces the basic principles of systems theory. Students develop a strong foundation in basic ecology and systems thinking for the subsequent field science courses and applied courses in horticulture. Required for ENV majors.

ENV236
Green Building (3)
An introduction to green construction practices and design and a wide range of green technologies that contribute to sustainable living. The course includes practical hands-on experience and field trips.

ENV238
Survival Skills (3)
This course introduces philosophical understanding of living in the natural world in its rhythms and seasonal cycles. Basic wilderness survival skills are learned including making fire, building shelter, finding medicinal plants, hunting, and tracking. Materials fee. Required for ENV majors. Prerequisite: ENV100.

ENV245
Geography: Pilgrimage and Sacred Landscape (3)
Religious and cultural worldviews play a significant role in shaping our understanding of and impact on the earth. Students explore the world through the lens of pilgrimage and sacred landscape. Geography is a discipline of storytelling of the earth. Thus, we engage in listening, reading, writing, and telling stories to recall and awaken our connection with the earth.

ENV253
Environmental Economics (3)
An examination of how conventional economic theory, as well as alternative economic theories, applies to natural resource use and the environment. Fundamental principles of economic relationship to natural resources, externalities, limits to economic growth, the trade-off between growth and the environment, globalization and global ecological issues are studied. Students learn tools of economic analysis and their application to environmental issues and problems.

ENV260
Introduction to Permaculture (3)
This course introduces a core set of principles that help us to design human living environments that are increasingly self-sufficient while reducing our society’s reliance on industrial systems of production and distribution that are fundamentally damaging to the planet’s ecosystems. This design system, known as Permaculture, covers basic agro-ecological design theory. We explore this in a hands-on way while creating edible landscapes, diverse gardens, compost systems, and growing food on the campus. This course also includes field trips and demonstrations. Materials fee. Required for ENV majors.

ENV311
Plant Ecology (3)
This field course introduces students to the principles of plant identification and the ecosystems of the Boulder region. Field trips are the central aspect of this class. We visit the diverse array of ecosystems of this region at various elevations. Students learn to read and understand the plant distribution patterns of this region. Prerequisite: ENV220. Offered every other year.

ENV318
Deep Ecology (3)
This course serves as an exploration of the philosophical dimensions of the human-nature relationship. While Deep Ecology serves as the primary framework for this exploration, other approaches, such as ecofeminism and social ecology, are considered. Deep ecology alternatives for addressing ethical and ecological problems are examined along with options for effective and compassionate action. Prerequisite: COR115. Required for ENV majors.

ENV321
Geology (3)
This field course introduces students to the basic principles of geology through exploring the Front Range and using the world-class rock exposures found in this area. Students learn to identify rocks and minerals, as well as landscapes shaped by streams, wind, and glaciers. We study the vast expanse of geologic time in the context of the history of the Rocky Mountains. Field trips are a central part of this course. Prerequisite: ENV220. Offered every other year.

ENV342
Permaculture Design (3)
Advanced coverage of the Permaculture Design course curriculum. Students solidify their understanding of Permaculture and build competence in using ecological design principles and practices to create regenerative human living environments. Students gain practical skills for building living soils, harvesting runoff rainwater, designing ecological pest control, and the development of sustainable food-producing landscapes. Each student designs a final project modeling Permaculture principles and ecological soundness. Materials fee. Prerequisite: ENV260.
ENV350
Nature, the Sacred, and Contemplation [3]
An exploration of the individual, cultural, and contemplative dimensions
of the human-nature relationship. It provides the contemplative tools of
mindfulness meditation, sensory awareness exercises, and other nature-
based awareness practices in order for students to examine and refine their
own experiences of nature and the sacred. A three-day residential retreat
with a solo contemplative nature walk is a required part of the course.
Course fee. Required for ENV majors. Prerequisite: ENV245.

ENV355
Environmental Justice [3]
An examination of contemporary issues of environmental justice and racism
in the United States and throughout the world. The environmental justice
movement is based on social justice and multicultural issues. Required for
ENV majors. Prerequisite: COR150.

ENV363
Indigenous Environmental Issues [3]
An exploration of the historical relationship between indigenous peoples
and their environment in each of the ecosystems under consideration,
change in the relationship as a result of European contact, modernization
and development, and the current integration of these areas into the present
global market economy. Prerequisite: COR150. Offered every other year.

ENV370
Ecopsychology [3]
This course highlights key theories and core practices associated with the
emerging field of ecopsychology. A basic tenet of ecopsychology is that
personal and planetary well-being is inseparable. The theory and practice
of ecopsychology is directed toward enhancing the health of the human-
nature relationship. The work of ecopsychology is to understand, heal, and
develop the psychological dimensions of the human-nature relationship
through connecting with natural processes in the web of life. Prerequisite:
COR130.

ENV399
Independent Study (1–4)
Recommended for students majoring in Environmental Studies. Best taken
after required courses in this area.

ENV420
Environmental Service Learning: Ecological Restoration [3]
This course requires students to apply their skills from classroom learning
and to engage in hands-on environmental work while developing their
leadership skills and contemplative approaches to environmental action.
Students engage in real issues and learn through practical experience
about environmental problem-solving, community concerns, and teamwork.
In this service-learning team project, students engage with community
partners in ecological restoration work in our community. Students are
responsible for project planning and design, implementation, and final
presentation of outcomes to the community partners. Prerequisite: COR220.
Required for ENV majors.

ENV480
Senior Project Course [3]
The Senior Project Course is a capstone project-based course in which
students demonstrate their cumulative knowledge, skills, and abilities in a
specific environmental-based research or action project. Students meet in
a course format and work independently and collectively on a research
project. Students are expected to follow guidelines for the research project
and meet specific course criteria. Required for ENV majors. Cross-listed as
PAX480.
The 36-credit major in Peace studies provides opportunities to study and practice a wide range of approaches to community building, conflict transformation, and peacebuilding—from the interpersonal to the global level. The mission of the program is to cultivate compassion and develop the knowledge and skills to engage complex real-world issues.

Students in this program explore a range of methods—meditative and reflective inquiry, dialogue and deliberation, mediation and negotiation, policy research, community organizing, and direct service—to promote peace, social justice, human rights, and environmental sustainability. Faculty design and promote active learning environments, encouraging independent and collaborative projects that reflect students’ personal passions and commitments. From introductory to advanced courses, the program creates opportunities for students to integrate and apply their learning.

The Peace Studies major includes primary and cross-listed courses in education, environmental studies, psychology, and religious studies. Students complete an internship and a senior project as part of the major.

### Program Vision
The Peace Studies program offers an interdisciplinary approach to the study of peace and conflict that takes students into the community and brings the community into the classroom. Faculty and students work together to create dynamic learning communities that cultivate compassion and develop the knowledge and skills to engage complex, real-world issues. While some students choose to focus on local civic engagement projects and initiatives, others are drawn to work nationally and internationally. The program approaches the study of peace and conflict holistically—with attention to personal and social transformation, to the needs of individuals, communities, and the global commons.

### Entering the Major
In accordance with University policy, students can declare their major at any time. Please consult with your academic advisor to plan your schedule in the program.

### BA in Peace Studies Requirements

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PAX250</td>
<td>Introduction to Peace and Conflict Studies (3)</td>
<td></td>
</tr>
<tr>
<td>PAX327</td>
<td>Law, Human Rights, and Social Change (3)</td>
<td></td>
</tr>
<tr>
<td>PAX335</td>
<td>Socially Engaged Spirituality (3)</td>
<td></td>
</tr>
<tr>
<td>PAX340</td>
<td>Conflict Transformation: Theory and Practice (3)</td>
<td></td>
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<tr>
<td>PAX345</td>
<td>Skills for Peacebuilding: Leadership, Restorative Justice, and Dialogue (3)</td>
<td></td>
</tr>
<tr>
<td>PAX360</td>
<td>International Affairs (3)</td>
<td></td>
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<tr>
<td>PAX450</td>
<td>Internship (3)</td>
<td></td>
</tr>
<tr>
<td>PAX480</td>
<td>Senior Project (3)</td>
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**SUBTOTAL** 24

Choose 3 credits from Themes in Peace & Conflict Studies

<table>
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<tr>
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<tbody>
<tr>
<td>PAX315</td>
<td>Gender, Politics, and Social Change (3)</td>
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<tr>
<td>EDU352</td>
<td>Poverty Matters (3)</td>
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<tr>
<td>ENV355</td>
<td>Environmental Justice (3)</td>
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<tr>
<td>PSYB 359</td>
<td>Learning from Trauma: Understanding Its Effects and Building Personal Resources (3)</td>
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**SUBTOTAL** 3

### Minor in Peace Studies

**Required Course**

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<td>PAX250</td>
<td>Introduction to Peace and Conflict Studies (3)</td>
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**SUBTOTAL** 3

Choose 9 credits from the following:

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</tr>
<tr>
<td>PAX360</td>
<td>International Affairs (3)</td>
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</tr>
</tbody>
</table>

**SUBTOTAL** 9

**TOTAL CREDITS 12**

### BA in Peace Studies Course Descriptions

**PAX250**

**Introduction to Peace and Conflict Studies (3)**

An investigation of key questions in the interdisciplinary field of peace and conflict studies: What are the causes and conditions of violence and the conditions that foster peace and social justice? What is the difference between “negative” and “positive” peace? How do ordinary citizens, non-governmental organizations, and international organizations, such as the United Nations, contribute to peacebuilding? What are the ethical values and practical tools of peacebuilders across cultures? Source materials include biographical and autobiographical narratives, film, and student-generated interviews with veterans, community leaders, and concerned citizens. This course may include a community service-learning project with refugee youth or another community.

**PAX315**

**Gender, Politics, and Social Change (3)**

Gender is investigated as a lens on global politics and social change. The course examines the impact of war and violence on women, and historical and contemporary examples of women’s peace activism and political leadership. Through selected case studies, students become familiar with
a range of interlocking issues that affect women globally, examining the
gendered politics of war and peace and multiple versions of feminism and
coalition building. We move the classroom into the community through field
trips and partnerships with local community groups and invite scholars,
activists, and community leaders from diverse locations into the classroom.
Prerequisite COR115.

PAX327
Law, Human Rights, and Social Change (3)
Selected aspects of U.S. law, legal institutions, and traditions with a view
toward understanding how they respond to and effect social change are
surveyed. The course examines landmark court cases, such as Miranda v.
Arizona, Roe v. Wade, and Brown v. Board of Education, that demonstrate
how the judicial branch of government affects everyday life and develops,
shapes, and enforces social policy. We also consider how the U.S.
is, or is not, influenced by international treaties such as the Universal
Declaration of Human Rights (UDHR) and the Geneva Convention. Students
are introduced to and practice legal skills, such as case law analysis,
advocacy, issue analysis, fact/evidence selection and relevance, and the
ability to examine and argue both sides of an issue. Prerequisite: COR150
or COR113.

PAX335
Socially Engaged Spirituality (3)
A study of varied traditions and ways of articulating socially engaged
spirituality from historical and contemporary perspectives. The lives and
work of Gandhi and King are used as reference points, and examples
from around the globe engage students in understanding the dynamics
of socially engaged spirituality in different settings and in their own
lives. As they investigate the relationship between personal and social
transformation, students develop a personal dialogue with selected
peacemakers and justice seekers. Assignments encourage students to
clarify their own ethical principles and commitments, deepening the inquiry
through shared exploration. Source material may range from autobiography
and biography to literary texts and film. Methods include individual and
group contemplative practices, community-based fieldwork, and creative
expression. Prerequisite: COR110 or COR130.

PAX340
Conflict Transformation: Theory and Practice (3)
An exploration of theories and practices of conflict transformation in a
range of settings and locations—from conflict resolution programs in public
schools in the United States to the South African Truth and Reconciliation
Commission. The course examines interpersonal and structural dynamics of
conflict, building skills to work effectively with individuals and small groups,
and studying attempts to end cycles of violence, revenge, and trauma at the
national and international level. We investigate our own assumptions about
conflict, the potency of cultural and religious differences, the complexities
of intervention, and the possibility of transformation. We consider the
role of curiosity, creativity, the media, and “the moral imagination” in
peacebuilding. Fieldwork assignments link theory and practice, providing
hands-on, experiential learning. Students in this course acquire beginning
level skills in mediation and gain practical experience mediating low-stakes
conflicts. Prerequisite: COR110 or COR130.

PAX345
Skills for Peacebuilding: Leadership, Restorative Justice, and Dialogue (3)
An exploration of the principles, practices, and ethical foundations of
community leadership, restorative justice, and dialogue. The course
examines historical and contemporary models of leadership, gleaning
insights students can apply to their own leadership challenges. We
approach restorative justice as a philosophy and practice, with special
attention to local restorative justice initiatives. As we investigate theories
and practices of dialogue at the local, national, and international level,
students gain practical experience in designing, facilitating, and evaluating
dialogues. Methods may include small group discussion, experiential
activities, and community service on local restorative justice panels. Each
student completes an individual or group leadership project. Prerequisite:
COR110 or COR130.

PAX360
International Affairs (3)
This course introduces students to the field of international relations and
international politics. We study a number of theoretical approaches in
international relations and key concepts in the field to illuminate selected
aspects of contemporary global issues. Themes will vary from semester to
semester but may include globalization, geopolitics and nationalism,
international food politics, human rights and humanitarian intervention, and
refugees. Using a case study approach, we will explore key themes in
regional contexts, which will vary depending on current hot spots and the
areas of specialization of the instructor. Prerequisite: COR110 or COR150.

PAX450
Internship (3)
The internship provides students with opportunities to deepen their
understanding of the practical means of working for social change by
working on projects that require a range of skills—grassroots organizing,
coalition building, lobbying, policy research, grant-writing, and fundraising.
Students may pursue internships that build on prior experience or pursue
a new direction. Internship placements range from community-based
media to restorative justice initiatives and to educational organizations
working on issues of social justice, peace, human rights, and environmental
sustainability. The internship culminates in presentations to the community
in which students bring back new knowledge and skills to the Naropa
community.

PAX480
Senior Project (3)
The senior project requires both sustained independent work and
collaboration, as students read and research, conduct interviews in the
community, and receive feedback from a faculty mentor. Students are
encouraged to design senior projects that include self-reflection and inquiry,
creativity and scholarship, and the intention to serve a specific community.
Senior project research methods range from case study and community-
based research to arts-based research, biography, and oral history. The
outcomes vary—publication, performance, building organizational capacity,
and other forms of public work. Students complete a self-assessment as part
of their senior projects, which culminate in celebratory presentations to the
community. Cross-listed as ENV480.
MA IN CONTEMPLATIVE EDUCATION

The MA in Contemplative Education is a two-year professional-development degree for practicing teachers from all levels of instruction. This program is also open to non-teachers interested in a nonsectarian contemplative approach to teaching and learning.

This low-residency degree program is offered by way of summer retreats and online courses. It joins the wisdom and skilful means of Eastern meditative traditions with Western holistic educational methods and insights. Based on the principles and practices of mindfulness and awareness primarily from the Tibetan contemplative traditions, the curriculum offers a path of personal nourishment and effective pedagogy.

The program begins in late June with a three-and-a-half-week residential program, which is followed by two online courses in each of the fall and spring semesters. The second year repeats this sequence. The program is completed during the third summer with a weekend for presentation of Masters’ Projects and Graduation. Summer programs focus on the contemplative transformation of the teacher. Online semesters apply contemplative approaches to each student’s classroom teaching, as well as extending academic studies of spiritual approaches to teaching, learning, and human emotional development.

Education Beyond the Classroom

Education Beyond the Classroom (EBC) welcomes non-teachers to apply to the MA Contemplative Education program. This option is open to those interested in directing their study beyond the program’s existing central emphasis on pedagogy and curriculum design. While EBC students are required to take all the existing courses in the MA Contemplative Education program, they can tailor selected course assignments to meet their individual interests. Education Beyond the Classroom students are required, as are all program students, to integrate contemplative personal experience, daily life applications, and relationship skills into their course work.

MA Contemplative Education Requirements

First year, summer
EDU600 Presence in Teaching (2)
EDU605 The Mindful Teacher (4)
SUBTOTAL 6

First year, fall (online)
EDU615 Perspectives in Sacred Learning (3)
EDU635 Contemplative Teaching (3)
SUBTOTAL 6

First year, spring (online)
EDU530 Emotional Roots of Development (3)
EDU655 Compassionate Teaching (3)
SUBTOTAL 6

Second year, summer
EDU700 Cultivating Authentic Knowledge (2)
EDU705 Embodied Wisdom (4)
SUBTOTAL 6

Second year, fall (online)
EDU735 Transforming Instruction & Curriculum (4)
EDU850 Master’s Project I: Inquiry and Preparation (2)
SUBTOTAL 6

Second year, spring (online)
EDU720 Spiritual Roots of Development (3)
EDU880 Master’s Project II: Articulation and Presentation (3)
SUBTOTAL 6

Third year, summer
Masters’ Project Presentation & Graduation (part of EDU 880e)
TOTAL CREDITS 36

MA in Contemplative Education Course Descriptions

EDU530
Emotional Roots of Development (3)
A study of emotional development from Western and Eastern sources as an access point to engaging one’s spirituality. Course material encourages teachers to cultivate an empathic appreciation of emotional challenges inherent in humanity across the lifespan. The course covers three aspects: (1) emotion, (2) meaning making, and (3) self-reflection. The approach is to explore these topics across development, appreciating how changes in the physical body and the cognitive mind influence core features of development and vice versa. Observation practices are used to expand awareness and apply understanding. Prerequisites: A teaching practice and experience with meditation. Students who are not matriculated in the MA program must receive permission of the instructor to register.

EDU600
Presence in Teaching (2)
An exploration of the building blocks of form and space as the basis of the art of teaching. Since teachers are improvisational artists, we examine the ingredients for performance: actor and audience. The study includes the topics of presence, projection, intention, ego territories, gesture, emotion, language, story, and other forms of communication. We explore contemplative teaching within the laboratory of body, speech, and mind. The goal is to learn how we as teachers can use space awareness and acting training to refine our presence in the classroom and to improvise more freely with our world. Students who are not matriculated in the MA program must receive permission of the instructor to register.

EDU605
The Mindful Teacher (4)
At the heart of contemplative education is the wakefulness of the teacher. This course explores contemplative concepts, skills, and practices in preparation for the journey of mindful teaching. The basic approach comes from Tibetan meditative traditions, but other Buddhist and contemplative teachers are studied. Observations, perceptual exercises, and emotional awareness skills complement readings and discussions. Mindfulness-awareness development is experienced both personally and as a component of community learning. Students who are not matriculated in the MA program must receive permission of the instructor to register.
EDU615e
Perspectives in Sacred Learning (3)
Students study theories and approaches from a variety of traditions in holistic education, as well as current trends. The course focuses on "sacred learning" and how various traditions, educators, and theorists have attempted to educate in sacred ways. Students learn about the historical roots and evolution of the holistic education movement, which is connected to sacred learning. The purpose of this course is to help students distinguish the main tenets of these different stances and to identify how they converge on the sacred. Students who are not matriculated in the MA program must receive permission of the instructor to register.

EDU635e
Contemplative Teaching (3)
An exploration of contemplative concepts, skills, and practices introduced in the summer module. As preparation for the journey of mindful teaching, the Tibetan Buddhist meditative traditions (drawn from Naropa University’s heritage) form the basis, or ground, of the course. Practices and perspectives of master teachers and current educators of various contemplative traditions will also be examined and put to the test. Audio lectures, observation techniques, meditation, and experiential exercises will complement written lectures, readings, and discussions. Mindfulness-awareness development will be experienced both personally and as a component of community learning.

EDU665e
Compassionate Teaching (3)
An exploration of compassionate teaching in the classroom. A nonsectarian approach to teaching as a personal spiritual journey brings the teacher’s inner life to the art of teaching. Students investigate the traditional compassionate qualities of generosity, patience, discipline, exertion, and knowledge in teaching and learning and also explore the dynamics of transitions observation and compassionate relationships in learning communities. Readings come from leaders in the field as well as from relevant Buddhist and other spiritual teachers. The course includes mindfulness-awareness meditation and loving-kindness practice. Students who are not matriculated in the MA program must receive permission of the instructor to register.

EDU700
Cultivating Authentic Knowledge (2)
Preparation for the sacred transformation of curriculum within nonsectarian contexts. Students experience curricular activities and principles derived from a spiritually based educational tradition, Ten Aspects of Knowledge of the ancient Indian University, Nalanda. The essence of the Ten Aspects is cultivating both subject content and spiritual depth as the basis for authentic curriculum development. Prerequisite: Completion of Summer Session I. Students who are not matriculated in the MA program must receive permission of the instructor to register.

EDU705
Embodied Wisdom (4)
A deepening of contemplative teaching and learning through the practices of meditation, loving-kindness, and Maitri Space Awareness. Methods that develop facility with emotions, expression, and relationships, in the exploration of personal, experiential, and traditional knowledge of the five elemental energies of Tibetan Buddhism are utilized. Students lay the foundation for tailoring their teaching methods and styles to their own and their students’ authentic expressions. The practices of aesthetics, presence, and contemplative movement further deepen facility with these energies. Prerequisite: Completion of Summer Session I. Students who are not matriculated in the MA program must receive permission of the instructor to register.
MA in Environmental Leadership

The MA in Environmental Leadership prepares the next generation of innovative leaders to transform and guide communities and organizations toward an environmentally just and sustainable society. Employing an integrated, living-systems perspective and infused with insights from ecopsychology and contemplative traditions, the program offers a balance of theory, skills, inner development, and experiential application. The two-year 39-credit residential program is composed of semester-long courses and an eight-day summer field course that includes a three-day wilderness solo. In the final year, students apply their leadership skills to a substantial project in collaboration with an organization or community group. Most classes are scheduled in the late afternoon and evening and on occasional weekends to accommodate working students.

MA Completion
This is a professional skill-based degree, which does not require a thesis. Students volunteer and work in an organization and demonstrate competency by completing documentation, presentation, and formal assessment of their applied leadership project.

MA Environmental Leadership Requirements

**First year, fall**
- ENV600 Inner Work for Environmental Leaders I (3)
- ENV610 Groups as Living Systems: Matrixworks (3)
- ENV630 Transforming Systems (3)
**SUBTOTAL 9**

**First year, spring**
- ENV637 Multicultural Perspectives for Environmental Leadership (3)
- ENV645 The New Science and Its Cultural Applications (3)
- ENV650 Inner Work for Environmental Leaders II (3)
**SUBTOTAL 9**

**First year, summer**
- ENV665 Wilderness Solo (3)
- ENV701 Non-Profit Management & Social Entrepreneurship (3)
**SUBTOTAL 6**

**Second year, fall**
- ENV705 Leadership Skills Seminar (3)
- ENV710 Sustainability: Policy and Practice (3)
- ENV725 Applied Environmental Leadership Project (3)
**SUBTOTAL 9**

**Second year, spring**
- ENV750 Application of Contemplative Practices & Perspectives (2)
- ENV775 Professional Coaching Skills (1)
- ENV785 Environmental Leadership Capstone Seminar (3)
**SUBTOTAL 6**

**TOTAL CREDITS 39**

**MA in Environmental Leadership Course Descriptions**

**ENV600**
Inner Work for Environmental Leaders I (3)
This course introduces mindfulness training through sitting and walking meditation as a ground for developing wakefulness and trust in ourselves and the phenomenal world, as well as nature-based ecopsychological practices that explore the relationship between nature, psyche, and spirit. Emphasis is on bringing the nonduality of wilderness mind back home and applying it to our daily activities and relationships. Experiencing mind without analysis, reinforcement, or rejection clears the way to relate directly with others and develop skills for a new kind of leadership. The course includes an introductory two-day retreat. Course fee. Required for EL MA.

**ENV610**
Groups as Living Systems: Matrixworks (3)
This course introduces both the concepts and principles of groups as living systems and an experiential approach to working with groups based on the Matrix Leadership model. The course utilizes new principles in science, spirituality, and psychology to conceptualize and support the growth and development of healthy, high functioning groups, while meeting the needs of the individual. Students learn by experientially and analytically engaging the three stages of group life: inclusion, conflict, and mutual connection. Students develop a number of key tools for generating and maintaining creative and functional groups that are applicable in any organizational or community setting. Required for EL MA.

**ENV630**
Transforming Systems (3)
An introduction to general and living systems theory as an effective paradigm for engaging in change processes at different scales in both biological and social domains. Particular attention is given to how systems of all scales transform into new systems, leading to an exploration of environmental, social, and cultural change processes. The course provides interwoven strands of information, theory, and application from the sociocultural, ecological, spiritual, political, economic, and personal/contemplative spheres. Theory is anchored in lived experience through personal and group work, field learning in the social and natural sciences, and problem-solving. Required for EL MA.

**ENV637**
Multicultural Perspectives of Environmental Leaders (3)
This course is designed to provide multicultural perspectives for environmental leaders. The key focus is to examine the ways race, culture, history, class, and other socio-economic conditions, geography, and gender affect environmental issues. This is examined at both a global and national level through the fields of political ecology and environmental justice. The course also has a strong focus on understanding and healing. The class is highly interactive and requires a deep level of research, presentation, and discussion by all participants. As a result of this course, students have a heightened capacity to bring these issues to their work and service to the world.
ENV645
The New Science and Its Cultural Applications (3)
In a synthesis of the old and new visions in Western science, this course develops an understanding of the new material emerging in science regarding the earth as a living system; examines cosmology and Gaian science, as well as key principles of geophysiology; and explores the significant cultural implications and applications. This material provides key tools and perspectives for environmental leaders as well as insights useful for working with organizations and communities. Required for EL MA.

ENV650
Inner Work for Environmental Leaders II (3)
A continuation of Inner Work for Environmental Leaders I. In addition to mindfulness training and nature-based ecopsychological practices, the course introduces specific practices of loving-kindness and cultivating compassion in oneself and others (metta and tonglen from the Buddhist tradition) as essential tools for environmental practitioners. Topics include working with strong emotions, transformative approaches to conflict, effective communication with others, and caring for the activist. This course includes a nonresidential weekend intensive. Course fee. Required for EL MA.

ENV665
Wilderness Solo (3)
This eight-day wilderness camping retreat, which includes a three-day solo, is designed to mark a transition in the student’s program through an integration of learning, connections to land and place, and a solo experience. In a context of solitude and deep connection with nature, the course seeks to integrate the first year of learning, assisting students in finding a path, clarifying responsibility in reciprocity with the earth, and illuminating the heart of service to the community. Community work and ritual surround and support this important solo experience. Must be taken in the summer between the first and second years of the program. Course fee. Required for EL MA.

ENV701e
Nonprofit Management and Social Entrepreneurship (3)
This online course provides students with perspectives and practical tools for working in organizations, focusing on nonprofit management and social entrepreneurship. Topics covered include practical tools such as strategic planning, fundraising, and grant writing, as well as the visioning and inspiration that underlie this work. Case studies, models, and applications to the MA Applied Leadership Projects ground this class in real-world examples and experience. Required for all MA ENV students. The standard online fee applies.

ENV705
Leadership Skills Seminar (3)
In this seminar, students study and gain hands-on experience in essential traditional leadership skills. Theory and practical applications of conflict resolution, mediation, and other selected skills are presented. Students develop their understanding through case studies and research, and learn and apply these skills in the class. Required for EL MA.

ENV710
Sustainability: Policy and Practice (3)
Sustainability has emerged as a potentially unifying paradigm for work that simultaneously fosters human and planetary well-being. Students study the historical origins, theoretical frameworks, and tools associated with the three-legged view (economy, environment, society) of current sustainability policies and practices, and use case study methodologies to analyze and evaluate how sustainability policies and practices are being designed and implemented in a variety of organizations and communities. Students conduct an experiential exploration of the personal and spiritual dimension of sustainability practice. Required for EL MA.

ENV725
Applied Environmental Leadership Project (3)
Students are required to take a leadership role in a substantial project that leads to increased sustainability in an organizational or community setting. The project serves as demonstration of competence in the practical application of theory and skills learned in this degree program. This course is designed to support students through this process. Elements of project design and report writing are covered. Classes focus on coaching, feedback, analysis, and presentation of the applied leadership projects. Required for and restricted to EL MA students.

ENV750
Application of Contemplative Practices and Perspectives: Going Forth (2)
This course provides students with continuity and support for contemplative practices and perspectives gained in the first year. Students further their cohort/community relationships, acquire skills in group reflection and health, and bring this understanding to their Applied Leadership Project, as well as their evolving leadership style. They choose and apply a personal sustainability practice throughout the semester. This course serves as closure to the program and transition into the work world.

ENV775
Professional Coaching (1)
Training in and applications of professional coaching skills, this work gives students access to fresh perspective and feedback, as well as a lifelong tool for their work as leaders. Students apply coaching skills to their work on the Applied Leadership Projects. Course required for all ENV MA students.

ENV785
Environmental Leadership Capstone Seminar (3)
In this capstone course, the student is expected to synthesize and integrate the conceptual and theoretical knowledge and understanding as well as skills acquired in the curriculum through course work, internships, leadership development, research, and other learning activities. The emphasis is on the student’s demonstrated development and competency of applied environmental leadership skills and written analytic material that can be utilized for individual student assessment and program assessment. Students are assessed on their professional report and formal presentation of their Applied Environmental Leadership Project during this semester. Prerequisite: completion of all other required courses in this major. This course includes a nonresidential weekend intensive. Required for and restricted to EL MA students. Course fee.
We are a community of students, faculty, and staff dedicated to human awakening and transformation through embodied artistic expression. We strive for a level of rigor, investigation, and cultural relevance that translates complex personal, spiritual, and social elements into the tangible forms of music, dance, theater, and the visual arts. Our emphasis on openness, invention, evolution, and contemplative practice re-envisions the role of the artist in contemporary life.

**Undergraduate Majors and Minors**
- Bachelor of Arts in Music
- Bachelor of Fine Arts in Performance
- Bachelor of Arts in Visual Arts
- Minor in Music
- Minor in Performance
- Minor in Visual Arts

**Certificate Programs**
- Music
- Visual Arts

**Graduate Degrees**
- Master of Fine Arts in Theater: Contemporary Performance
Students are free to make the music that is most meaningful to them without restrictions on genre or style. Training includes performance, harmonic analysis, aural and rhythmic acuity, theory, history, and multicultural perspectives on musical traditions. Creativity is grounded in the practice of improvisation—making music in the moment—and extends to the craft of composition, recording, and innovative uses of music technology.

### Entering the Major
In accordance with University policy, students can declare their major at any time. In order to progress through the coursework in this major, students should take the following important courses at the earliest opportunity: MUS250 with a grade of “B-” or higher; MUS200 with a grade of “B-” or higher; Declaration Passage with a grade of “Pass.” Please consult with your academic advisor to plan your schedule in the program.

### BA Music Requirements

#### Required Courses
- MUS200 Musicianship I (3)
- MUS210 Musicianship II (3)
- MUS220 Declaration Passage (noncredit)
- MUS250 Music Appreciation: Music of the Old World, the New World, and Beyond (3)
- MUS280 Recording Studio I: Introduction to Music Technology (3)
- MUS330 Junior Passage (noncredit)
- MUS360 Musicianship III (3)
- MUS370 Musicianship IV (3)
- MUS397 Private Music Lessons [8-9 as needed]
- MUS470 Capstone Passage (noncredit)
- MUS485 Senior Project (1)

**SUBTOTAL 27–28**

#### Choose one of the following courses:
- MUS255 Introduction to World Music: The Music of Japan (3)
- MUS256 Introduction to World Music: The Music of India (3)
- MUS260 Listening to Jazz (3)

#### Choose one of the following courses:
- MUS230 Improvisation (3)
- MUS380 Recording Studio II: Technology and Creativity (3)
- MUS400 Composition (3)
- MUS490 Special Topics in Music (3)

#### Choose one of the following courses:
- MUS103 Afro-Pop Ensemble (3)
- MUS208 Naropa Chorus (3)
- MUS215 Rhythm Hemispheres: World Percussion Traditions (3)
- MUS225 Balinese Gamelan Orchestra (2)
- MUS265 Jazz Ensemble (2)
- MUS270 Guitar Ensemble (2)
- MUS420 Naropa Composers and Improvisers’ Orchestra
- MUS397 Private Music Lessons (1 credit as needed)

**TOTAL CREDITS 36**

### Minor in Music

Choose one basic skills course, depending on your qualifications:

- MUS200 Musicianship I (3)
- MUS210 Musicianship II (3)
- MUS360 Musicianship III (3)
- MUS370 Musicianship IV (3)

### Certificate Program in Music

Students can complete the requirements for this certificate program in one academic year, taking 15 credits/semester which is charged at the block rate for tuition. Please see http://www.naropa.edu/costs-aid/costs/undergraduate-costs/tuition-fees.php for details on costs for tuition and fees. This program is open to those who already have completed a minimum of 60 semester credits.

- MUS200 Musicianship I (3)
- MUS250 Music Appreciation: Music of the Old World, the New World, and Beyond (3)
- MUS360 Musicianship III (3)
- MUS370 Musicianship IV (3)
- MUS397 Private Music Lessons (2)

**Music Elective (3)**

**TOTAL MUSIC CREDITS 17**

**ELECTIVE CREDITS 13**

**TOTAL CREDITS 30**

For information about careers related to a certificate in Music, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Occupation name and SOC code: Musicians and Singers, 27-2042. O*NET link for occupational profiles: http://www.onetcodeconnector.org/find/result?s=27-2042.

### BA in Music Course Descriptions

**MUS103** Afro-Pop Ensemble (3)

From Jiti to Jitjive, this ensemble learns and performs contemporary popular music of Africa. Precise rhythms and lively singing are the backbone of the ensemble. All instruments are welcome, and there’s plenty of room for those who don’t play a standard Western instrument. Be prepared to sing.
MUS200  
Musicianship I (3)  
Training in skills necessary for the performance of many types of music including classical, jazz, folk, and popular styles. Through games, exercises, theoretical analysis, improvisation, and composition, students develop rhythmic precision, aural skills, and an understanding of the basic principles of music theory. Topics include intervals, major and minor scales, key signatures, meter, and notation.

MUS208  
Naropa Chorus (3)  
In an atmosphere of discovery and experimentation, students explore three basic themes: body awareness, voice control, and performance. Using music from all periods of history (Medieval, Renaissance, Baroque, classical, folk, pop, jazz, world, and contemporary), students learn how to breathe freely, stand and move dynamically, and sing in many styles and voice qualities with comfort and confidence. Participants must be able to carry a tune. The ability to read music is helpful, but not essential. The aim of the class is to learn how your voice actually works, how to use your whole self while singing, and to apply this knowledge and awareness to various vocal styles in performance.

MUS210  
Musicianship II (3)  
A continuation of MUS200. Additional topics include four-part writing, the modes, harmonic analysis, and seventh chords. Prerequisite: MUS200 or its equivalent.

MUS215  
Rhythm Hemispheres: World Percussion Traditions (3)  
Introduction to a wide scope of musical traditions as embodied in the study of percussion. The course covers world percussion traditions, including African, Asian, Indian, South American, North American, and European traditions from a variety of periods of music history. Different traditions and periods are covered from year to year. The ability to read music is helpful, but not essential.

MUS220  
Declaration Passage (noncredit)  
The Declaration Passage is a scheduled meeting between the student, a chosen faculty from the Music program, and the lead faculty of the Music program in order for the student to officially declare a major in Music.

MUS225  
Balinese Gamelan Orchestra (2)  
This class provides an introduction to the traditional music of Bali using Naropa University’s Gamelan Orchestra. Gamelan is a musical form dominated by percussion instruments similar to the xylophone, as well as drums, gong, cymbals, Gamelan flutes, and voice. Gamelan is often used to accompany dance, theater, or puppetry. The Gamelan Orchestra appears in concert at the end of each semester. No previous experience is required.

MUS230  
Improvisation (3)  
Improvisation is the disciplined practice of awareness, musical creativity, technical precision, and generosity in ensemble performance. Through unstructured play, conceptual exercises, and simple composition, students explore various means of making music in the moment. In this class, we learn by doing!

MUS250  
Music Appreciation: Music of the Old World, the New World, and Beyond (3)  
An introduction to the sound of the world through the music of many cultures. Students gain a basic understanding of music history and theory, and an appreciation of the wisdom and beauty of music from a multicultural perspective. A comparative introduction to basic musical principles including rhythm, melody, harmony, notation, and instrumentation from the perspectives of China, Japan, the United States, Europe, and Africa. This course offers students insight into our human heritage through a broad overview of music-making throughout the world. Open to all students.

MUS255  
Introduction to World Music: The Music of Japan (3)  
The music of Japan features a tradition of musical preservation and evolution spanning more than a thousand years. This course uses the combination of the universal experience of music and the unique characteristics of specific musical traditions as its starting point. It aims at musical appreciation and enjoyment through the discovery of the practice and preservation of musical traditions ranging from prehistoric to folk and classical on such instruments as the shakuhachi (traditional bamboo flute), shamisen (three-string lute), and koto (thirteen-string zyther). No previous experience in music is required. Alternates with Introduction to World Music: The Music of India.

MUS255  
Introduction to World Music: The Music of India (3)  
Through lectures, recordings, demonstration, and interactive discussion, this course provides an introduction to the concepts and structure of both North (Hindustani) and South (Karnataka) Indian styles. We cover the fundamental elements of raga, tala, and laya, as well as the musical instruments and history of Indian music within the context of Indian culture, society, and religion. Some comparisons to Western musical concepts and performance are included. No previous experience in music is required. Alternates with Introduction to World Music: The Music of Japan.

MUS260  
Listening to Jazz (3)  
Open to all students, this class examines the multifaceted traditions of jazz, arguably the most significant musical development of the twentieth century. Through readings and by listening to recorded examples and to live music, students explore the cultural and artistic elements of this richly expressive musical form.

MUS265  
Jazz Ensemble (2)  
Jazz performance ranges from the complex compositions and arrangements of Duke Ellington to the colorfully expressive “free jazz” of Ornette Coleman. The Naropa Jazz Ensemble explores many aspects of jazz including improvisation and student composition, with emphasis on the arrangement and rehearsal of music for a performance at the end of the term. Students audition with the instructor on the first day of class.

MUS270  
Guitar Ensemble (2)  
The scope of the Guitar Ensemble ranges from the complex compositions and arrangements of such groups as the League of Crafty Guitarists and the LA Guitar Quartet to expressive and free improv ensembles inspired by legends such as Derek Bailey and Fred Frith, with explorations of the landscapes between these extremes: The Assad Brothers and The Guitar Trio (McLaughlin/Dimeola/delucia). The Naropa Guitar Ensemble explores many aspects of guitar performance, including improvisation and student composition, with emphasis on the arrangement and rehearsal of music for a performance at the end of the semester. Each student auditions on the first day of class to clarify each participant’s intention.

MUS280  
Recording Studio I: Introduction to Music Technology (3)  
In this class we develop an understanding of the basic principles of acoustics and electronics as they pertain to sound transmission and recording. Of particular concern is the hands-on use of microphones, signal and dynamic processors, and multitrack recording equipment, both as creative and archival tools. We also gain practical experience through group and individual recording projects that explore the technical
differences between analog and digital recording and their respective techniques. Prior recording or music experience, though helpful, is not required.

MUS330
Junior Passage (noncredit)
The Junior Passage is a required meeting for all music majors in their junior year. The student meets with two faculty members and two peers to assess the student’s academic and artistic growth and development at Naropa to date, and to reevaluate and clarify the student’s professional, academic and creative goals as he or she moves toward graduation.

MUS360
Musicianship III (3)
Intensive musical training sessions involving sight-singing, musical dictation, rhythm exercises (using rhythms from India, Africa, Brazil, and Cuba, jazz, rock, and contemporary classical music), and the study of harmony as used in classical, jazz, and pop music. Prerequisite: MUS210 or equivalent.

MUS370
Musicianship IV (3)
A continuation of MUS360. Prerequisite: MUS360 or its equivalent.

MUS380
Recording Studio II: Technology and Creativity (3)
Students explore and experiment with the tools of the recording studio and their role in the creative process. Advanced recording and studio techniques are applied. Particular emphasis is given to the use of signal processing (equalization and effects) and digital editing and the creative opportunities provided by these technologies. Group and individual projects are the means through which we foster creativity and its evolution. Prerequisite: MUS280.

MUS397
Private Music Lessons (0.5–4)
Restrictions apply as to who may take private music lessons for credit. See Private Music Lesson Policy. Cross-listed as MUS597.

MUS400
Composition (3)
The content and direction of this course is determined largely by the interests of those enrolled. Alone and together, we explore a variety of unconventional approaches to composition, helping each other diversify as we go. Possible avenues include multitrack recording techniques, alternative intonation systems, and composing for dance, theater, and film. Knowledge of conventional music theory and notation and skill on particular instruments is welcome, but not required.

MUS420
Naropa Composers and Improvisers’ Orchestra (3)
An advanced level performance ensemble that generates and performs students’ original music and interdisciplinary work. The orchestra develops compositions and improvisational structures based on the contemplative principles and awareness practices offered in the music program, and prepares these pieces for performance at the Works In Progress concert, the Student Arts Concert, and other venues of our choosing. Prerequisite: MUS230 or MUS400. Others considered by audition.

MUS448
Senior Project (1)
Senior Project represents the fruition of a student’s work at Naropa and affords students the opportunity to successfully demonstrate the learning objectives of the Music program. Students independently design and execute a performance, recording, or other creative project that incorporates vital elements of musicianship and creativity acquired in their training at Naropa. Elements include selecting, arranging, or composing the works to be presented; assembling and rehearsing a performance ensemble; lighting and sound design; publicity and other aspects of performance; recording and/or scholarship. This course is geared specifically toward offering students an opportunity to present their creative vision and to provide students with a benchmark in their development as musicians in the world beyond the university. Open to Music majors only.

MUS490
Special Topics in Music (3)
The Special Topics Seminar investigates specific applications of theories and methods of music not offered in other courses. Specific topics are announced the semester this course is offered. The seminar is open to advanced undergraduate students.

MUS499
Independent Study (1–3)
The BFA in Performance offers a vibrant alternative approach to contemporary live performing arts. Rooted in traditional contemplative teachings, integrating dance/movement and acting/text, students develop performance skills and hands-on techniques for self-generated performance work grounded on personal interests and strengths.

In a through-the-body studio-based learning environment, students focus on new forms of dance, psychophysical acting techniques, ensemble creation, interpreting text, devising processes, writing for performance, and performer/audience dynamics. Lectures and seminars in critical and performance theory serve to culturally and politically contextualize the performance practices offered in the program and contribute to deepen students' personal vision. Through the participation of visiting artists and a faculty of professional practicing artists, students develop an understanding of the work of seminal companies and practitioners who have helped define the field of performance at the beginning of the 21st century.

This 60-credit program includes significant involvement in professionally directed project-based work and self-generated performance projects designed to aid in students' personal and professional development.

To strengthen and amplify students' professional development, we strongly recommend an additional 6 credits in studio work, special topics, or performance projects.

### Entering the Major
In accordance with University policy, students can declare their major at any time. In order to progress through the coursework in this major, students should take the following important courses at the earliest opportunity: PAR100, Wisdom of the Body, with a grade of “B-” or higher, or PAR101, Experiential Anatomy, with a grade of “B-” or higher, and a meeting with the program director. Please consult with your academic advisor to plan your schedule in the program.

*This course may be waived in lieu of previous performance training. Waiver should be requested through the program; students will be assessed on an individual basis.*

### BFA in Performance Requirements

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PAR210</td>
<td>Acting Studio I [3]</td>
</tr>
<tr>
<td>PAR310</td>
<td>Acting Studio II [3]</td>
</tr>
<tr>
<td>PAR220</td>
<td>Dance Studio I [3]</td>
</tr>
<tr>
<td>PAR320</td>
<td>Dance Studio II [3]</td>
</tr>
<tr>
<td>PAR230</td>
<td>Preparing the Voice: Breathing Is Meaning [3]</td>
</tr>
<tr>
<td>PAR231</td>
<td>Articulating Sound: Voice &amp; Speech [3]</td>
</tr>
<tr>
<td>PAR330</td>
<td>Verse Interpretation [3]</td>
</tr>
<tr>
<td>PAR331</td>
<td>Prose Interpretation [3]</td>
</tr>
<tr>
<td>PAR301</td>
<td>Acting Ensemble [3]</td>
</tr>
<tr>
<td>PAR302</td>
<td>Dance Ensemble [3]</td>
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### Devising Practices: 6 credits

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PAR360</td>
<td>Improvisation/Composition I [3]</td>
</tr>
<tr>
<td>PAR460</td>
<td>Improvisation/Composition II [3]</td>
</tr>
</tbody>
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### Performance Studies Context & Theory: 9 credits

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PAR240</td>
<td>Re-Thinking the History of Performance: From Antiquity to 1700s [3]</td>
</tr>
<tr>
<td>PAR241</td>
<td>Art Movements of the 20th Century: Movers, Shakers, &amp; Rule Breakers [3]</td>
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### Practical Applications: 6 credits

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PAR400</td>
<td>Building a Career in the Arts for the 21st Century [3]</td>
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<tr>
<td>PAR401</td>
<td>Interarts Performance Practicum [3]</td>
</tr>
</tbody>
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### Contemplative Practices: 6 credits

Choose either:

- 6 credits in one Traditional Eastern Art (Aikido, Yoga, Tai Chi)
- OR
- PAR260 Mudra Space Awareness [3] and PAR321 Contemplative Dance Practice [3]

### TOTAL CREDITS 60

### ELECTIVES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PAR100</td>
<td>Wisdom of the Body [3]</td>
</tr>
<tr>
<td>PAR101</td>
<td>Experiential Anatomy [3]</td>
</tr>
<tr>
<td>PAR160</td>
<td>Contact Improv [3]</td>
</tr>
<tr>
<td>PAR222</td>
<td>Dance of Africa I [3]</td>
</tr>
<tr>
<td>PAR323</td>
<td>Dance of Africa II [3]</td>
</tr>
<tr>
<td>PAR490</td>
<td>Special Topics in Performance [3]</td>
</tr>
</tbody>
</table>

### Minor in Performance

Choose one history and context of performance course:

- PAR240 Re-thinking the History of Performance: From Antiquity to 1700s [3]

Choose 9 credits of any other PAR courses with the recommendation that 3 credits be in a Production Project course, either PAR301, Acting Ensemble, or PAR302, Dance Ensemble.

### TOTAL CREDITS 12

To strengthen and amplify your degree we strongly recommend an additional 6 credits in studio work of your choice.
BFA in Performance Course Descriptions

PAR100
Wisdom of the Body (3)
A beginning performance studies class exploring movement, voice, and creativity. What is the feeling of being “embodied”? How do we synchronize the body and mind? The embodied approach to performance grows out of a non-dualistic experience of the body/mind. Through gentle and precise physical exercises and improvisation, we look at performance presence, precision, and impulse. We enter the world of improvisational delight to integrate and explore the creative edges of the “unknown.” This course provides an opportunity for students with no previous dance or theater experience to explore a range of creative and contemplative processes that serve as gateways to further training in performance. The development of individual presence and awareness of the dynamics of ensemble is emphasized throughout the semester. This course serves as prerequisite to PAR dance and theater courses, the BFA gateway course, and is intended for students interested in embodied creative process and performance skills.

PAR101
Experiential Anatomy: A Somatic Approach (3)
This course provides a framework to study the skeletal, organ, muscular, and nervous systems from a western, scientific, and experiential/personal perspective. Through a combination of anatomical information, guided imagery, improvisation, and movement, the body can become a creative source for artistic response, increased sensory awareness, and body-mind synchronization. Based on the pioneering work of somatic educator, Bonnie Bainbridge Cohen, the originator of Body-Mind Centering®, this work is primarily a course in somatic (the study of the soma, or body) techniques of embodiment.

PAR160
Contact Improv (3)
Contact Improvisation is the spontaneous dance of two or more people moving together while maintaining a physical connection and releasing into the flow of natural movement. The class follows a general progression of contact improvisation skills such as rolling, falling, taking and giving weight, playing with momentum and gravity, discovering ledges and levels, and exploring different depths and textures of touch. Skills in individual, partner, and group dances are developed. Both beginners and more experienced contact improvisers are welcome.

PAR210
Acting Studio I (3)
This course, the first in a two-part sequence, is designed to introduce and develop basic skills of the actor within an interdisciplinary context. Drawing from both traditional and contemporary acting techniques and including contemplative approaches to performance developed within Naropa University’s Performance program, the student actor develops a personal discipline that brings together physical expressiveness with clarity of inner psychological/emotional states and processes. Within ensemble approaches such as sensory awareness, presence, empathy, stillness, rhythm, intention, and creative imagination are honed. Students are also exposed to various lineages of contemporary performance.

PAR220
Dance Studio I (3)
An entry/intermediate level technical training in both classical and postmodern contemporary dance technique and aesthetic. With a focus on strength through alignment and efficiency in movement, we work to tune the body with awareness and ease allowing for individual expression in choreographed and improvised dance material. Students are introduced to both classical dance vocabulary and exercises as well as less conventional techniques for preparatory and extended dance training. Strong attention is given to strength, body placement, space, shape, relaxed precision rhythm, sequence memory, and the ongoing interplay between self and other.

PAR222
Dance of Africa I (3)
This class teaches dance and rhythm of one or more cultural traditions of Africa. Students learn to hold respect for cultural traditions, including the role dance plays in community, the relationship between student and teacher, and the joys of dance. Students are required to maintain a practice regimen and attend community-sponsored traditional African dance concerts. Students dance hard, have fun, and are required to participate in a performance weekend at the end of the semester. Students are expected to wear traditional dance costumes for public performances and for class.

PAR230
Preparing the Voice: Breathing Is Meaning (3)
This course concentrates on liberating the breath for proper vocal support and healthy voice production. By means of Fitzmaurice Voicework®, students bring together the dynamics between body, breath, and voice, the imagination and language. The work consists of two phases—Destructuring: Through Tremorwork™ (a series of exercises developed by Catherine Fitzmaurice based on the work of Wilhelm Reich) through which the body rehearses to breathe in the most physiological efficient way. Students reconcile biology with biography reducing excess bodily tension and promoting spontaneous free breathing. Restructuring: This second phase focuses on supporting a vibrant voice that communicates intention and feeling without excess effort.

PAR231
Articulating Sound: Voice & Speech (3)
This course builds upon the Fitzmaurice Voicework® done in PAR230. Applying the acquired skills in voice production and care, we now focus more intently on resonance, muscularity of articulation, the speaker and the text, and voice as action. Through class work and individual coaching in Fitzmaurice Voicework®, actors gain a stronger sense of focus, intention, functionality, and structure in voice production and text interpretation. The course concentrates on assimilating the concept of voice as action, acquiring resonance and a deeper somatic awareness in voice production, and strengthening the relationship of the actor and the text.

PAR240
Re-Thinking the History of Performance: From Antiquity to 1700s (3)
A survey of the history of theatre and performance from early oral and written traditions up to the 1700s. It goes beyond the boundaries of Euro-American perspectives and examines performance in world terms through the lens of Theatre Anthropology. Viewing performance as a natural instinct of humans, this course introduces students to the basics of critical theory. Prerequisite: COR110.

PAR241
Art Movements of the 20th Century: The Movers, Shakers, and Rule Breakers (3)
An experiential research laboratory that aims to familiarize students with significant movements in the arts in the twentieth century, this course provides a framework for understanding the historical, contextual, and practical bases for contemporary art movements and art makers. Through research and practical application, relevant historical, social, and cultural perspectives that have shaped our current culture and contemporary art world are examined. Prerequisite: COR110 and PAR210 or PAR220.

PAR301
Acting Ensemble (3)
Students participate in the preparation, rehearsal, technical production, and performance of a departmental theatrical production. Students must commit to all performance dates; no absences are allowed for any performances scheduled, which will differ from the regularly scheduled class meeting times. For guest artists (non-BFA students), admission is by audition. Materials Fee.
PAR302
Dance Ensemble (3)
Students participate in the preparation, rehearsal, technical production, and performance of a departmental dance production. Students must commit to all performance dates; no absences are allowed for any performances scheduled, which will differ from the regular class meeting times. For guest artists (non-BFA students), admission is by audition. Materials Fee.

PAR310
Acting Studio II (3)
Building on the foundational skills acquired in Acting Studio I, students deepen them into dependable performance tools. The training focus is on techniques designed to enable students to create performances that are intelligently conceived, emotionally engaging, and physically precise: action-based script analysis, character creation, emotional crafting, scene study, composition, and devised work techniques. Students explore more fully the lineage of performance, including a deeper exploration of Naropa’s fusion of contemplative traditions. The semester culminates in performances for the larger Naropa University audience. Prerequisite: PAR210 or permission of the instructor.

PAR320
Dance Studio II (3)
A continuation of PAR220 at an intermediate/advanced level, this course focuses on the application and structure of a dance work and at times the spontaneous exploration of space, time, shape, sound, scenario, motion, and expenditure of energy to the end of attracting and holding the attention of the audience. Students expand dance vocabulary and exercises as well as less conventional techniques for preparatory and extended dance training. Prerequisites: PAR220 or permission of the instructor.

PAR321/521
Contemplative Dance Practice (3)
Sourced in the practices of sitting and walking mindfulness meditation, contemplative dance finds the dance every body knows. We sit, move, write—investigating the mind-body landscape. Alone and together we learn the spontaneous delights within stillness, and in any moment. Through deep play, we ignite the many layers of knowing and explore the boundaries between our art, meditation, and ordinary life. Some previous experience in meditation/dance is helpful. This class is open to sophomores and above. Prerequisite: any two PAR 200-level courses or instructor approval. Cross-listed as PAR521.

PAR323
Dance of Africa II (3)
This class is both a continuation of PAR222 as well as an introduction for students new to African dance. Examining different dances than those taught in PAR222, this course revisits dance and rhythm from diverse cultural traditions of Africa. Students learn to hold respect for cultural traditions, including the role dance plays in community, the relationship between student and teacher, and the joys of dance. Students are required to maintain a practice regimen and attend community-sponsored traditional African dance concerts. Students dance hard, have fun, and are required to participate in a performance weekend at the end of the semester. Students are expected to wear traditional dance costumes for public performances and for class.

PAR330
Verse Interpretation (3)
Ongoing training in oral interpretation with special attention to communicating in verse and poetic forms, integrating body, mind, and sound. Through expressive exercises, monologues, and scene work, students develop skills in the areas of articulation, focus, concentration, visualization, and the voice as action. Students learn how to take risks, vocalize and communicate intention in verse forms, and how to make informed interpretive choices.
in both choreography devised as well as memory. Performances collage

together solos, duets, trios, and quintets; also herds and flocks and mobs. 
Prerequisite: PAR360 or permission of instructor.

PAR490
Special Topics in Performance
The door opens on new, experimental, and demanding performance
art created with diverse teacher-artists from the Naropa community and 
nationally. Taking students into unfamiliar and demanding territories that 
invite them to use everything they have learned, these projects welcome 
depth of creative process and also those unexpected surprises that come 
our way! Prerequisite: Any two PAR 200-level courses.

PAR499
Independent Study (1–6)
The 36-credit major in Visual Arts includes studio electives in several painting media, calligraphic forms, sculpture, pottery, and photography. Required courses in drawing, world art history, contemplative and studio practice, and professional preparation form the foundation of the degree. Students are mentored in Advanced Studio Practice, Warrior Artist, and Portfolio and Gallery Presentation. The final project includes a digital portfolio, artist’s statement, and an exhibition in the Nalanda Gallery.

Vision
Naropa University’s founder, Chögyam Trungpa Rinpoche, an accomplished artist, taught that art joined to meditative practice educates one’s whole being; and that when the artist’s mind and body synchronize, art expresses a direct and unselfconscious vitality. This is the power and benefit of art to society, and why contemplation and visual art training are interwoven as the foundation of the Visual Arts program at Naropa. Applied to both traditional and contemporary art forms, these two disciplines are reciprocal: contemplation, or awareness practice, becomes the lens that focuses and brightens visual expression; and artistic practice develops the practical means to promote awareness. Beyond endorsing a technique or style, the Visual Arts major trains students to join inner imagination and outer observation. Students develop confidence in creative vision and the technical proficiency and critical thinking to express that vision. The Visual Arts Department offers a Bachelor of Arts in Visual Arts, as well as a minor and certificate program in Visual Arts.

Entering the Major
Students can declare their major at any time. Because of the nature of this program, it is required that you meet with program faculty either before you declare or soon after. You will be required to submit an Art Portfolio consisting of your best artwork (10–15 digital images on CD, blog or web site, prints, or photographs) within one semester of declaring the major. Please consult with your academic advisor to plan your schedule in the program.

BA in Visual Arts Requirements
Required Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>ART101</td>
<td>2-D Design: Art Techniques and Experimentation</td>
<td>3</td>
</tr>
<tr>
<td>ART125</td>
<td>Introduction to Drawing</td>
<td></td>
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<tr>
<td>ART200</td>
<td>The Contemplative Artist</td>
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<tr>
<td>ART245</td>
<td>Introduction to Painting: Realism</td>
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<tr>
<td>ART301</td>
<td>World Art I: Ancient to Middle Ages</td>
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<tr>
<td>ART351</td>
<td>World Art II: Medieval and Modern Transformations</td>
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<td>ART440</td>
<td>Warrior Artist: Articulation in Art</td>
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<tr>
<td>ART480</td>
<td>Portfolio and Gallery Presentation (Senior Project)</td>
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<tr>
<td>ART495</td>
<td>Community Building and Self Reflection in Visual</td>
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<td></td>
<td>Arts (noncredit)</td>
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SUBTOTAL: 24

Choose 12 credits from the following:

<table>
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<tr>
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<tbody>
<tr>
<td>ART102</td>
<td>Pottery</td>
<td>3</td>
</tr>
<tr>
<td>ART105</td>
<td>Art and Consciousness: Mixed Materials and Self-Exploration</td>
<td>3</td>
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<tr>
<td>ART116</td>
<td>Photography I</td>
<td>3</td>
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<tr>
<td>ART132</td>
<td>3-D Ephemeral Media</td>
<td>3</td>
</tr>
<tr>
<td>ART155</td>
<td>Figure Drawing</td>
<td>3</td>
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<tr>
<td>ART180</td>
<td>Sculpture</td>
<td>3</td>
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<tr>
<td>ART181</td>
<td>Traditional Chinese Brush Stroke I</td>
<td>3</td>
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<tr>
<td>ART215</td>
<td>Watercolor</td>
<td>3</td>
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<tr>
<td>ART216</td>
<td>Photography II</td>
<td>3</td>
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<tr>
<td>ART233</td>
<td>Thangka Painting I: Appreciation of Himalayan</td>
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<td></td>
<td>Buddhist Art</td>
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<td>ART260</td>
<td>Calligraphy and Book Arts</td>
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<tr>
<td>ART281</td>
<td>Traditional Chinese Brush Stroke II</td>
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<td>ART306</td>
<td>Photography III</td>
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<td>ART333</td>
<td>Thangka Painting II</td>
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<td>ART345</td>
<td>Painter’s Laboratory</td>
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<td>ART381</td>
<td>Traditional Chinese Brush Stroke III</td>
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<tr>
<td>ART406</td>
<td>Advanced Photography</td>
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<tr>
<td>ART431</td>
<td>Advanced Studio Practice</td>
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<tr>
<td>ART433</td>
<td>Thangka Painting III</td>
<td>3</td>
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<tr>
<td>ART443</td>
<td>Thangka Painting IV</td>
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<tr>
<td>ART450</td>
<td>Tracking, Gathering, and Synthesis</td>
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<tr>
<td>ART490</td>
<td>Special Topics in Visual Arts</td>
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</tr>
<tr>
<td>ART499</td>
<td>Independent Study (1-3)</td>
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</tr>
</tbody>
</table>

SUBTOTAL: 12

TOTAL CREDITS: 36

Minor in Visual Arts
To minor in Visual Arts, students must complete 12 credits from Visual Arts course offerings. At least one World Art course is recommended.

Certificate Program in Visual Arts
For a certificate in Visual Arts, students must complete 24 credits from Visual Arts course offerings. The additional 6 credits may be taken either from the Visual Arts Department or other approved departments. A mix of studio and World Art courses is highly recommended. Students can complete the requirements for this certificate program in one academic year, taking 15 credits/semester which is charged at the block rate for tuition. Please see http://www.naropa.edu/costs-aid/costs/undergraduate-costs/tuition-fees.php for details on costs for tuition and fees. This program is open to those who already have completed a minimum of 60 semester credits.

For information about careers related to a certificate in Visual Arts, we are providing the name and the US Department of Labor’s Standard Occupational Classification (SOC) code of the occupations for which the certificate program prepares its students. We have added a link to occupational profiles on the US Department of Labor’s O*NET Web site. Occupation name and SOC code: Fine Artists, O*NET link for occupational profiles: http://www.onetcodeconnector.org/ccreport/27-1013.00

BA in Visual Arts Course Descriptions

ART101 2-D Design: Art Techniques and Experimentation (3)

2-D Design is an introduction to a variety of technical, conceptual, and experimental methods used to make art. Students explore color theory and design principles using basic drawing, painting, and mixed materials. Intuitive, intellectual, and contemplative modes of inquiry provoke expanded possibilities and approaches to practicing studio art. Materials fee.
ART102
Pottery (3)
Basic issues of aesthetics and techniques are developed through direct manipulation of clay. A variety of forming techniques are explored and demonstrated including pinching, coiling, and slab constructing. Students form a variety of clay vessels working in a contemplative manner. Students deepen their artistic practice by exploring the use of vessels in their cultural settings from slide presentations, field excursions, readings, and by keeping a sketch journal. Materials fee.

ART105
Art and Consciousness: Mixed Materials and Self-Exploration (3)
Students are challenged to listen and trust their own inner experience as the basis for the creation of authentic artwork. Through material experimentation and investigation into realms of consciousness, we create art. Acrylic painting and mixed media are explored. Students discover that art relies upon its sources in the most profound levels of human consciousness for its ability to inspire and transform. Materials fee.

ART116
Photography I (3)
A foundation in basic photographic techniques, this course introduces students to equipment, materials, processes, and philosophy. Special emphasis is given to development of craft (technical aspects of the camera) and content (seeing) in relation to communication arts. Darkroom work provides an experiential approach to exploring black-and-white materials, roll film processing, and enlarging. Students provide their own manual 35 mm camera. Lab and materials fee.

ART125
Introduction to Drawing (3)
This studio class focuses on developing skillful use of drawing techniques, paired with an investigation of mind and perception. Drawing is presented here as a method for discovering the beauty and profundity of ordinary things. A graduated series of individual and collaborative exercises is presented for both beginning and more experienced students.

ART132
3-D Ephemeral Media (3)
This studio course explores the fundamental principles of three-dimensional design such as form, space, shape, value, balance, proportion, and movement. Students examine contemplative ways of creating art and experience the symbiotic relationship that occurs when using ephemeral media (natural materials that erode or decay over time) as a primary medium. Materials fee.

ART155
Figure Drawing (3)
The structure of this course is established by centering concentration on the live human figure. Class routine begins with gesture and warm-up drawing, followed by instruction and specific exercises, ending with extended poses or poses relative to a particular figurative study. Figure exercises are derived from an academic tradition to train the eye as well as the hand. Materials fee.

ART180
Sculpture (3)
This studio course explores the organizing principles of three-dimensional design as well as the nature of one’s creative thoughts. Students learn to use a variety of materials and techniques including clay, plaster, metals, and conceptual approaches. Investigations into the history of sculptural form raise questions pertinent to contemporary art. Materials fee.

ART181
Traditional Chinese Brush Stroke I (3)
Brush stroke class focuses on learning how to cultivate the inner-Qi, or energy, through the practice of brush calligraphy. The history of Oriental calligraphy and culture is studied. We focus on the process of meditation with a brush. Emphasis is placed on regular, running style, and grass style, Caoshu, with some exposure to seal script and brush painting, as well. Students learn how Asian paper and brushes are used, and how to place a chop red seal on Chinese calligraphy and painting. We study how the Asian brush is designed and how it differs from Western brushes. Every student has artwork at the end of this course. Classes begin with a light qigong standing meditation. Materials fee. Cross-listed as ART581.

ART200
The Contemplative Artist (3)
At the very heart of the word contemplative is the activity of observing, seeing. Contemplative, originally a term of divination, meant an open space marked out for observation. Contemplation implies attentive and meditative observation. Through mindfulness meditation, studio assignments, and selected readings, students explore a cosmology of art; how art arises; how seeing occurs, literally and poetically; how people navigate and appreciate the world through sense perceptions; how perceptions are affected by culture; and how these two streams of the personal and the public join in an individual’s aesthetic sense and artistic statement. Cross-listed as ART500.

ART215
Watercolor (3)
This course, open to beginners and experienced artists, is a series of exercises designed to lay the foundation for understanding this famously difficult medium. The methods presented distill the techniques practiced in the Western tradition of the past three centuries and provide the basis for a lifetime of anxious pleasure. This is a studio class with demonstrations by the instructor and a lot of painting and drawing by the students.

ART216
Photography II (3)
The primary goal of this course is to deepen and expand one’s knowledge of photography as a medium of artistic expression. The student needs to have completed at least one introductory course in photography and be ready to undertake more independent explorations of particular conceptual and artistic interests. Both theoretical and practical, this course is as much about thinking as about making images. At this level the student should have strong individual aspirations with regard to printing his or her images. Technical skills are expanded so that one’s printing ability is in sync with aesthetic aspirations. Prerequisite. ART116 or permission of the instructor. Materials fee.

ART230
Introduction to Art Therapy (3)
This course offers an introduction to the history, major theoretical viewpoints, and applications of art therapy. Through readings, seminar style discussions and experiential exercises, students formulate their own initial working/evolving definition of art therapy.

ART233
Thangka Painting I: Appreciation of Himalayan Buddhist Art (3)
Thangka painting, a traditional visual art form unique to the Himalayan Buddhist region, is approached in two ways: studio training in basic drawing and painting is paired with academic study within a broad context. Topics include history, styles, methods, content, and relevance to historical and contemporary societies. The class format includes slide lectures, films, readings, and field excursions. Students also work in a practice environment modeled after the Vajrayana nyinthang practice in two daylong sessions. Materials fee. Cross-listed as ART533.

ART245
Introduction to Painting: Realism (3)
Students develop technical ability as painters and increase their creative options for art making. With the still life as subject, the course focuses on color theory, the formal elements of painting, and the various surfaces, tools, techniques, and myriad effects that can be achieved with acrylic paint. Students explore the expressive potential of painting and discuss their
process during class critiques. Knowledge gained enables students to be articulate about and have a better understanding of the paintings that they encounter in the world. Materials fee.

**ART250**  
Perceptions in Media (3)  
An investigation into how images have powers of persuasion and manipulation, including their political, social, cultural, economic, and philosophical effects and ramifications. We examine not only film, but television, the World Wide Web, and commercial marketing. The goal of the course is to heighten individual perceptions and generate counter-messages of our own, making a dynamic and positive impact on the contemporary cultural landscape.

**ART260**  
Calligraphy and Book Arts (3)  
A study of the disciplines of Western calligraphy and book arts, incorporating design principles and artistic skills. An alphabet in its historical and contemporary form is studied. The study of the letter forms with the broad-edged pen is complemented by design exercises to explore color, texture, and rhythm. Students learn a selection of book forms designed from manuscripts and a wide variety of other purposes. Materials fee.

**ART281**  
Traditional Chinese Brush Stroke II (3)  
Based on skills learned in Traditional Chinese Brush Stroke I, students continue their exploration of the history, origin, and construction of the Chinese characters. Students delve further into the five calligraphy writing styles as a method to enhance their Chinese writing skills. To gain a better understanding of the aesthetic standard, oriental philosophy, and oriental painting, students examine ways Chinese poetic artistry (i.e., poetry, calligraphy, and painting) are interrelated in the Asian traditions. We look at modern Chinese and Japanese brush art work and the interaction between the West and the East. Classes begin with a light qigong standing meditation. Materials fee. Cross-listed as ART582.

**ART301**  
World Art I: Ancient to Middle Ages (3)  
An introduction to the visual arts of archaic societies, and of the civilizations of the Mediterranean and Middle East, Asia, Central and South America, and Africa. With a global perspective, we explore the historic and mythic lineages of vision, meaning, and craft. Includes art making. Materials Fee.

**ART306**  
Photography III (3)  
This advanced photography course undertakes an independent exploration of the student’s particular conceptual and artistic interests. Students concentrate on more independent projects while being exposed to further theoretical and practical aspects of studio work. Students are likewise encouraged to think beyond the single photo to more expanded notions of photography, such as series-related work, alternative processes, and installation work. Prerequisite: ART216 or permission of the instructor. Materials fee.

**ART311**  
Mixed Media (3)  
Students engage in the creation of art made out of mixing materials and media. Investigations include formal, technical, philosophical, and experiential aspects of art making. Sources of artistic imagery, from contemporary to traditional art, and the dynamics of aesthetic experience are examined. Students develop insights through witnessing many forms of art, critical intent, and personal creative experience. Emphasis is placed on making art, artistic evaluation, and the dynamics of group critique. Materials fee.

**ART325**  
Advanced Drawing (3)  
Open to anyone with previous drawing experience. Beginning with an emphasis on precise observational drawing, the class proceeds through an array of exercises designed to deepen each student’s native way of drawing. The working basis for this is the One Hundred Drawings project, a semester-long exploration of an individually chosen theme. Prerequisite: ART125 or permission of the instructor.

**ART330**  
Art Therapy Methods I (3)  
This course offers a general survey of the literature, theories and practices of art therapy with various client populations. Students investigate the general literature concerning the practice of art therapy and role of the art therapist when working with various populations (mental health, expressive therapies, community-based). A personal commitment to the exploration of one’s own creative process is highly stressed.

**ART333**  
Thangka Painting II (3)  
A continuation of ART233. Students learn to stretch and prime cloth for painting. Each student begins by painting the eight auspicious symbols and then advances to composing a complete thangka painting. Skills focused on include dry-technique shading, color mixing and application, and making gold paint. Detailed study of classic thangkas, both past and contemporary, complement the skills practiced. Prerequisite: ART233. Cross-listed as ART543. Materials fee.

**ART345**  
Painter’s Laboratory (3)  
Like a science lab, the painter’s laboratory is a place for practice, observation, and testing. This studio class is suitable for anyone wanting to explore and develop as a painter. The goal is to enhance seeing and to translate that highly personal skill into paint. We study and experiment with how to generate ideas, how to develop subject matter, how to build on and incorporate previous training and experience (including nonvisual), and how to engage the vastness of contemporary and historical arts as a mentor and ally. Lab skills include how to gather and use visual information for painting through collecting, drawing, and notation. This is a hands-on lab, the medium is acrylic paint. ART245 or permission of the instructor. Materials fee.

**ART350**  
Classics of International Film (3)  
This course critically evaluates the history of cinema from the mid-to-latter-twentieth century. Exploring the film heritage of various cultures, we discover how films reflected the times and conditions in which they were generated. Some of the themes that are examined are suppression of censorship within certain cultures and contexts, and the immediate as well as the long term effects of selected films upon their respective societies and the world at large.

**ART351**  
World Art II: Medieval and Modern Transformations (3)  
An introduction to the visual arts of cultures that flowered under the influence of Buddhism, Christianity, and Islam, as well as the art of Western Europe from the 13th century to the present. No prerequisite required for this class. Includes art making. Materials Fee.

**ART375**  
An Introduction to Screenwriting: Sitting Quietly, Doing Everything (3)  
For writers and artists, who want to become skilled in the art of visual storytelling. The course examines the singular demands of screenwriting; revealing character through action and the dynamics and nuances of dialogue, as well as what constitutes structure, sequences and scenes.
What makes a strong beginning, a consistent world and an inevitable conclusion? How are elements such as transition and point-of-view, most skillfully presented? At the end of the course, each writer will possess the necessary tools to effectively relate to an existing script and generate original work within this very particular form.

**ART381**
Traditional Chinese Brush Stroke III (3)
Based on skills learned in Traditional Chinese Brush Stroke I and II, students continue their exploration of the history, origin, and construction of the Chinese characters. Students delve further into the five calligraphy writing styles as a method to enhance their Chinese writing skills. To gain a better understanding of the aesthetic standard, oriental philosophy, and oriental painting, students examine ways Chinese poetic artistry (i.e., poetry, calligraphy, and painting) are interrelated in the Asian traditions. We look at modern Chinese and Japanese brush art work and the interaction between the West and the East. Classes begin with a light qigong standing meditation. Materials fee. Cross-listed as ART583.

**ART406**
Advanced Photography (3)
For advanced students of photography. Prerequisites ART306 or permission of the instructor. Materials fee.

**ART 430**
Art Therapy Studio Methods (3)
This course is designed to offer students an opportunity to engage in hands-on art experiences that often have direct relationship to art therapy methods, technique, and techniques. There is also an opportunity to explore your own creative/visualizing process throughout the course as a way to solidify your connection with your identity as an artist.

**ART431**
Advanced Studio Practice (3)
Students define and manifest their own artistic voice, incorporating the media and technique of their choice. Motivated students build a body of cohesive artwork, with emphasis on technical, formal, and conceptual development. Art and thought processes are supported by research, engaged inquiry, and a highly focused studio practice. Viewing art from contemporary and traditional cultures encourages students to realize a global understanding of what art is. Prerequisite: Two Visual Arts studio courses. Visual Arts majors only. Others by permission of the instructor.

**ART433**
Thangka Painting III (3)
For advanced students of thangka painting. Students continue to work on their compositions begun in Thangka Painting II. Further development of painting technique coincides with study and refinement of design—both linear and tonal. The sewing of brocades for mounting finished paintings is also demonstrated. Prerequisite: ART333. Cross-listed as ART553. Materials fee.

**ART440**
Warrior Artist: Articulation in Art (3)
Students learn and engage the skill of speaking about art, artistic processes, and artistic influences, and lineage. Research and articulation of influences provides students a greater clarity about how their art form relates to themselves and their world. Students also learn to talk about their art on the spot and to uncover wisdom through spontaneity. A variety of critique formats are explored to provide a view of the effect art creates on the viewer. The student’s ongoing studio art practice informs the course and encourages the development of consciousness and articulation about art. Prerequisites: Two Visual Arts studio courses. Visual Arts majors only. Others by permission of the instructor.

**ART443**
Thangka Painting IV (3)
For advanced students of thangka painting. Prerequisite: ART433. Cross-listed as ART563. Materials fee.

**ART450**
Tracking, Gathering, and Synthesis (3)
A studio arts course that explores the practical skill of identifying and gathering elements of artistic influence and synthesizing them into coherent expression. Students experiment with historical and contemporary gathering methods, inviting clear-headedness into the often chaotic experience of creativity. The goal is to strengthen the individual artist’s way of working. Prerequisites: Two Visual Arts studio courses. Visual Arts majors only. Others by permission of the instructor.

**ART455**
Making Conscious Media (3)
Exploration of creative cinema through short production and post-production projects. The course focuses on tactics and strategies of independent cinema production leading to the completion of a final project in either documentary, experimental, or narrative genres. Content emphasis is on material that is socially provocative, artistically bold or infused with content that reflects a consciously-grounded exploration of the human condition.

**ART480**
Portfolio and Gallery Presentation (Senior Project) (3)
This spring course prepares students for the presentation of their senior projects in the Naropa Gallery. The course covers practical elements of designing and assembling a portfolio, marketing, copyrights, presentation of artwork, and installation of exhibitions. BA Visual Arts seniors only. Others by permission of the instructor.

**ART490**
Special Topics in Visual Arts (3)
Special Topics Seminar investigates the applications of theories and methods of Visual Arts specific to historical, critical, and theoretical contexts. Specific topics are announced the semester the course is offered. Open to advanced undergraduate and graduate students. Materials fee. Cross-listed as ART690.

**ART495**
Community Building and Self Reflection in Visual Arts (noncredit)
This course marks time as a moment in the passage through the Visual Arts Program and in each student’s artistic lives. Experiential exercises evoke awareness of self and community. Reflecting on evolution, this course is a threshold between what has been learned, the student’s present seat of empowerment and goals for the future. Open to Visual Arts Majors only. Others by permission of the Instructor.

**ART499**
Independent Study (1 – 3)
An opportunity for students to engage in an in-depth, concentrated study with a particular faculty member for a semester. The design of study and course work is decided upon by the student and faculty member.

**ART500**
The Contemplative Artist (3)
At the very heart of the word contemplative is the activity of observing, seeing. Contemplative, originally a term of divination, meant an open space marked out for observation. Contemplation implies attentive and meditative observation. Through mindfulness meditation, studio assignments, and selected readings, students explore a cosmology of art; how art arises; how seeing occurs, literally and poetically; how people navigate and appreciate the world through sense perceptions; how perceptions are affected by culture; and how these two streams of the personal and the public join in an individual’s aesthetic sense and artistic statement. Cross-listed as ART200.
ART533
Thangka Painting I: Appreciation of Himalayan Buddhist Art (3)
Thangka painting, a traditional visual art form unique to the Himalayan Buddhist region, is approached in two ways: studio training in basic drawing and painting is paired with academic study within a broad context. Topics include history, styles, methods, content, and relevance to historical and contemporary societies. The class format includes slide lectures, films, readings, and field excursions. Students also work in a practice environment modeled after the Vajrayana nyinthang practice in two daylong sessions. Materials fee. Cross-listed as ART233.

ART543
Thangka Painting II (3)
A continuation of ART533. Students learn to stretch and prime cloth for painting. Each student begins by painting the eight auspicious symbols and then advances to composing a complete thangka painting. Skills focused on include dry-technique shading, color mixing and application, and making gold paint. Detailed study of classic thangkas, both past and contemporary, complement the skills practiced. Prerequisite: ART533. Cross-listed as ART333. Materials fee.

ART553
Thangka Painting III (3)
For advanced students of thangka painting. Students continue to work on their compositions begun in Thangka Painting I. Further development of painting technique coincides with study and refinement of design—both linear and tonal. The sewing of brocades for mounting finished paintings is also demonstrated. Prerequisite: ART543. Cross-listed as ART433. Materials fee.

ART563
Thangka Painting IV (3)
For advanced students of thangka painting. Prerequisite: ART553. Cross-listed as ART443. Materials fee.

ART581
Traditional Chinese Brush Stroke I (3)
Brush stroke class focuses on learning how to cultivate the inner-Qi, or energy, through the practice of brush calligraphy. The history of Oriental calligraphy and culture is studied. We focus on the process of meditation with a brush. Emphasis is placed on regular, running style, and grass style, Caoshu, with some exposure to seal script and brush painting, as well. Students learn how Asian paper and brushes are used, how to place a chop or red seal on Chinese calligraphy and painting. We study how the Asian brush is designed and how it differs from Western brushes. Every student has artwork at the end of this course. Workshops begin with a light qigong standing meditation. Materials fee. Cross-listed as ART181.

ART582
Traditional Chinese Brush Stroke II (3)
Based on skills learned in Traditional Chinese Brush Stroke I, students continue their exploration of the history, origin, and construction of the Chinese characters. Students delve further into the five calligraphy writing styles as a method to enhance their Chinese writing skills. To gain a better understanding of the aesthetic standard, oriental philosophy, and oriental painting, students examine ways Chinese poetic artistry (i.e., poetry, calligraphy, and painting) are interrelated in the Asian traditions. We look at modern Chinese and Japanese brush art work and the interaction between the West and the East. Classes begin with a light qigong standing meditation. Materials fee. Cross-listed as ART281.

ART583
Traditional Chinese Brush Stroke III (3)
A continuation of ART582. Materials fee. Cross-listed as ART381.

ART690
Special Topics in Visual Arts (3)
Special Topics Seminar investigates the applications of theories and methods of Visual Arts specific to historical, critical, and theoretical contexts. Specific topics are announced the semester the course is offered. Open to advanced undergraduate and graduate students. Materials fee. Cross-listed as ART490.
MFA IN THEATER: CONTEMPORARY PERFORMANCE

The MFA in Theater: Contemporary Performance program is a 48-credit degree program designed to train professional performers, creators, and facilitators of performance. It is the first graduate training program that integrates contemporary physical theater, Viewpoints theory and practice, and traditional contemplative practices. Students are expected to work in a technically and aesthetically extended physical, vocal, and emotional range, to create original work, and to work with the traditional scene/play form and under direction. Considerable production work, in a variety of scales and with particular emphasis on political and social relevance, is ongoing, especially in the second year. The creation and cultivation of ensemble is at the core of the Contemporary Performance pedagogy in both training and production work as well as research into the integration of contemplative view into training and production values. The program strives to support careers that integrate teaching and service with professional performance, directing, and creation of new performance aesthetics.

The curriculum is based on the following techniques and influences:

- Contemplative arts and meditation training;
- Psychophysical acting work of Jerzy Grotowski;
- Viewpoints as performance technique and directing/choreographic method;
- Extended Vocal Technique, based on the work of Roy Hart, applied to speech and new approaches in music theatre;
- Somatic physical techniques and contemporary dance/movement forms;
- Techniques of generating text through ensemble playwriting and self-scripting.

Each student completes an integrated thesis project combining production, documentation, creation of syllabi, and an optional practitioner’s paper intended for conference presentation or publication. Naropa MFA students have been a consistent presence at the annual ATHE Conference. The integrated thesis project is developed under the mentorship of core faculty.

Meditation practice and view practicum is offered in a three-semester sequence. Substantial course work over the arc of the 4 semesters is dedicated to integration of mindfulness/awareness practice into performance technique and creation of devised work.

Because of the professional nature of this training program, students are evaluated on an ongoing basis to assess their readiness for working successfully in an ensemble setting and continuing in the program altogether. The department may deny a student permission to continue successfully in an ensemble setting and continuing in the program.

MFA in Theater: Contemporary Performance Requirements

The following outline for year one is subject to changes in sequence, but over the course of the two-year program, all these components and faculty will be present. Both practice and view, and core training in acting, voice, and movement are ongoing throughout the two-year curriculum. Students take 12 credits per semester for a total of 48 credits. There is a materials/production fee each semester.

(Guest artists subject to change)

First year, fall (Module I): THR602
First seven weeks:
- Foundation Somatics/Investigating Physical Virtuosity: Developmental movement, experiential anatomy, release, dynamic alignment—Wendell Beavers, Erika Berland
- Roy Hart Vocal Work: Ethelyn Friend
- Viewpoints Technique: Ensemble Building: Core and Guest Faculty
- Psychophysical Acting: Applying Psychophysical Technique to Character work, Styles, and Performance: Guest faculty

Middle three weeks:
- Viewpoints Intensive & Presentations: Core and Guest faculty
- Voice Tutorials: Ethelyn Friend
- Intro to Psychophysical Acting/Grotowski Based: Plastiques, corporals, cultivating immediate access to emotional sources, creating containers for emotional understanding of presence—Core and Guest faculty
- Meditation Practice and View: Erika Berland and Naropa faculty

Final four weeks:
- Physical Training/Viewpoints: Core and Guest faculty
- Voice Intensive: Roy Hart guest faculty, guest artists, or associated companies
- Psychophysical Acting: Applying Psychophysical Technique to Character work, Styles, and Performance: Guest faculty
- Presentations

SUBTOTAL 12

First year, spring (Module II): THR652
First three weeks:
- Physical Training: Developmental movement, experimental anatomy forms
- Directing and Ensemble Playwriting: Tectonic Theater Co.
- Presentations

Second four weeks:
- Advanced Somatic Technique, Experiential Anatomy: Erika Berland, Wendell Beavers/Naropa faculty
- Vocal Intensive: Roy Hart or extended vocal technique—Guest faculty
- Composition/Choreography/Postmodern Tradition: Wendell Beavers, and guest faculty
- Practice and View: Erika Berland, Naropa faculty
- Presentations

School of the Arts 139
Final seven weeks:

- **Roy Hart Vocal Work:** Ethelyn Friend
- **Ensemble Projects:** Faculty
- **Physical Training:** Somatic technique, Psychophysical Acting: application to devised work—Faculty
- **Final First Year Project Presentations**

**SUBTOTAL 12**

Second year, fall (Module III): THR702

- **Advanced Physical Technique:** Dance-based techniques, release, somatic forms—Wendell Beavers, Erika Berland, and Faculty
- **Theater-Based Physical Techniques:** applications to scene study—Core and Guest Faculty
- **Scene, Monologue and Character:** Core and Guest Faculty
- **Vocal Work:** Relating song to text, extended vocal techniques—Roy Hart faculty, Carol Mendelsohn and Saule Ryan
- **Ensemble Project/Production:** Integrating dance, music, and psychophysical acting—Core or Guest Faculty Directed
- **Play Development:** Guest faculty
- **Thesis Seminar:** Faculty

**SUBTOTAL 12**

Second year, spring (Module IV): THR722

- **Advanced Physical Technique:** Continuation of semester I sequence
- **Viewpoints:** Composition, directing, and performance technique—Wendell Beavers, and Guest Faculty
- **Vocal Work:** Continuation of semester I sequence
- **Ensemble Playwriting/Directing:** Tectonic Theater Co.
- **Pedagogy Seminar:** Wendell Beavers and Guest Faculty
- **Thesis Practicum:** Faculty
- **Culminating Projects:** Initiated and designed by the student in the fields of service learning, creating pedagogy, pure research focused on training issues, or production

**SUBTOTAL 12**

**TOTAL CREDITS 48**
STUDY ABROAD

“Often I feel I go to some distant region of the world to be reminded of who I really am. There is no mystery about why this should be so. Stripped of your ordinary surroundings, your friends, your daily routines, your refrigerator full of food, your closet full of clothes—with all of this taken away, you are forced into direct experience. Such direct experience inevitably makes you aware of who it is that having the experience. It is not always comfortable, but it is always invigorating.”

- Michael Crichton, “Travels”

Naropa University values active engagement in a global context. We want our graduates to understand the differences and interdependencies that characterize our world. Study abroad is a powerful tool to expand students’ worldviews and awaken education. Most students who go abroad usually report meaningful shifts in connection to self and others, as well as a heightened sense of commitment to improving global inequities.

At Naropa University, there are two main paths to study abroad: you may choose the Where There Be Dragons-Naropa Sponsored Programs or you can choose one of Naropa’s Affiliated Programs. In special circumstances a student may choose Unaffiliated Programs, but limitations to financial aid and transferability of credit may apply.


Study Abroad Course Descriptions

**ANTH 211A**
Contemplative Intercultural Development and Leadership (Andes & Amazon) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in the Andes/Amazon region. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

**ANTH 211B**
Contemplative Intercultural Development and Leadership (China) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in China. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

**ANTH 211C**
Contemplative Intercultural Development and Leadership (Himalayan Studies) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in the Himalayan region. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

**ANTH 211D**
Contemplative Intercultural Development and Leadership (India) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in India. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

**ANTH 211E**
Contemplative Intercultural Development and Leadership (Central America) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in the Central American region. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

**ANTH 211F**
Contemplative Intercultural Development and Leadership (Indonesia) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in the Indonesian region. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

**ANTH 211G**
Contemplative Intercultural Development and Leadership (Mekong) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning, and engaging in the Mekong region. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills, and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.
ANTH211H
Contemplative Intercultural Development and Leadership (Middle East) (4)
The process of understanding self in relation to others in our globalized world is essential in the 21st century. Who we are is carefully examined through the experience of living, learning and engaging in the Middle Eastern region. Through both guided and organic processes, students examine global citizenship, develop effective intercultural and interpersonal communication skills and explore the depths of their internal landscape in relationship to the outside world. From this wellspring of inner knowing, students discover their own authentic leadership capabilities and strengths as a responsible and curious citizen of the globe.

ANTH250A
Regional Seminar: Tradition, Change, & Cultural Resilience (Andes & Amazon) (4)
This course is designed to immerse students in the myriad cultures of the Andes and Amazon and their relationship to the land. Through a combination of hands-on experiences, workshops, guest speakers, collaborative lessons, reading and writing assignments, as well as independent work, students come to know this material well and the importance of it in the Andes and Amazon. This course moves broadly through a variety of important ancient civilizations, with a focus on their present-day impact. South America’s colonial history is also examined and the role the region played in the Spanish empire and then the liberation of the region from Spanish rule. Present day Andean culture is studied, analyzing the effects of a variety of political forces while looking at racial and social conflicts that Bolivia and Peru have experienced. A special focus is placed on resource extraction and modern themes of sustainable development, human rights, and globalization. Students are required to complete various writing assignments throughout the course and prepare a final research paper on a social issue of their choice.

ANTH250B
Regional Seminar: China in Transition (4)
This course provides students with a solid background in modern Chinese history, setting the stage for a grounded understanding of the myriad social issues that China faces today. Issues related to education, public health, the environment, civil society, economic development, law, gender, ethnic minorities, human rights, and popular culture are surveyed. Taught by instructors and guest lecturers, students engage local experts in discussion, including local professors, development workers, business professionals, health care practitioners, scholars, and artists. Special guests enhance formal classes by guiding students in lessons in various Chinese arts and pastimes, such as calligraphy, martial arts, ink painting, and culinary design. Each hands-on experience addresses the importance of these art forms in modern Chinese society. Lectures are supplemented with readings, films, and field trips to schools, health clinics, and local non-governmental organization (NGO) project sites. Students are required to complete various writing assignments and prepare a final research paper on a social issue of their choice.

ANTH250C
Regional Seminar: Diversity in the Himalayas (4)
This course presents an overview of one of the most ethnically diverse regions of the world. Through selected readings, guest lectures, field trips, research method assignments, a village ethnography study, classroom discussions, and a service project, students explore the myriad ethnicities and religious traditions that constitute the region and the development issues that they face. Social inequality is looked at from the perspective of the environment, public health, education, human rights, caste, history, and the status of women. Students are introduced to the religious traditions that make up the Himalayan region to further understand and appreciate their philosophies and values and how they have evolved and influenced other systems of belief. Students are provided with an extensive introduction to Hinduism and to Mahayana Buddhism, in particular to the Tibetan tradition. As part of the latter, students participate in a ten-day meditation retreat.

ANTH250D
Regional Seminar: Life Along the Ganges River (4)
This course provides students with an in-depth introduction to the cultures and traditions along the Ganges River, with a focus on Varanasi (Banaras). Each week, professors from Banaras Hindu University (BHU) and local experts present lectures to students on such topics as the role of women in a Hindu and Muslim country, economic issues of the caste system, and environmental sustainability. Substantive readings and response papers are assigned weekly to give important historical context to these lectures. Then, utilizing the experiential learning potential of India’s oldest-living city, students also visit important sites in and around Varanasi. Students gain an understanding of some of the traditions, religious practices, history, and contemporary lifestyles of the people who make the cities and villages along the Ganges River their home. In addition to these field studies and family stays, students meet with locals who conduct research, perform in the arts, or serve as religious and/or community leaders.

ANTH250E
Regional Seminar: Central America Semester (4)
The Central America Semester is a journey that pushes students to explore the intricacies of life in Central America and tease out the fundamental interconnectedness between themselves, their homes, and the three strikingly complex countries in which they travel. This course’s educational goals can be divided broadly into three main currents; an analysis of unsustainable systems and their origins in Central America, an experience of grassroots movements and their responses to these systems and finally a deconstruction of cultural assumptions and worldviews. The tools used to achieve these goals are a selection of relevant academic readings, extended home-stays in rural communities, lessons on topics ranging from service to economics and testimonies from a wide range of people and experiences. Through deep reflection and critical analysis students are invited to reexamine their values and cultural framework with the ultimate goal of ‘unlearning’ disconnectedness and embracing the subtle connections that unite the world.

ANTH250F
Regional Seminar: Community, Conservation, and Culture in Indonesia (4)
Comprised of over 17,000 islands, 700 living languages, and home to the highest level of biodiversity of any nation, Indonesia is the embodiment of a cultural and environmental crossroad. Through participant observation, select academic readings, workshops, field trips, village ethnographic studies, and class discussions, students explore the unique mixtures of ethnic, religious, and cultural traditions that exist in modern Indonesia and how those traditions interact with their environments. Java, the political and economic center of Indonesia, serves as a base of study for students to explore the difficulties in defining what makes a nation in such a diverse geographic and human landscape. As the largest Muslim nation in the world, students examine how Islam has influenced and adapted to Indonesian society, as well as how other religious traditions concurrently thrive. Cultural art forms are windows into the synergetic layering of traditional Indonesian religions, Buddhism, Hinduism, and Islam over the millennia. From Java, students explore remote villages in the eastern islands of Sulawesi and Maluku province. Through village home-stays with marginalized ethnic groups in the jungle and floating sea nomad communities, students experience the complexities and controversies of development, conservation, and human ecology. Students learn about synergetic religious traditions, traditional hunting, farming, and fishing practices, environmental conservation and resource management, and the living history of modern colonialism across the archipelago.

ANTH250G
Regional Seminar: Life along the Mekong (4)
This course is designed to immerse students in the myriad cultures of Mekong region and the diverse ecosystem, which sustains life and livelihood for millions of people. Through a combination of selected academic readings, guest lectures, field trips, research method assignments,
a village ethnography study, classroom discussions and service projects, students explore the communities and religious traditions that constitute the region and the development issues that they face. Social inequality is looked at from the perspective of the environment, education, human rights, history and the status of minority groups. Students are introduced to the religious traditions that make up the Mekong region to further understand and appreciate their philosophies and values and how they have evolved and influenced other systems of belief. Students are provided with an extensive introduction to the interdependency of people and the natural world, exploring the ways in which the demand for electricity and other modern amenities stress ecosystems and traditional ways of life. Students are required to complete various writing assignments throughout the course and prepare a final research paper on a social issue of their choice.

**ANTH250H**
Regional Seminar: Land, Family, Gender, & Spirit in Contemporary Arab Society (4)
This course presents an overview of one of the most culturally complex regions of the world. Through selected academic readings, guest lectures, field trips, research method assignments, a village ethnography study, and classroom discussions, students explore the roles that family, gender, land, and spirit play in contemporary Arab society as a lens for understanding the greater socio-political context and spiritual traditions of the Arab space. These themes are explored as students transition physically from a nomadic to rural to urban setting in a progression, which traces the development of Arab society over the past 100 years. Students are introduced in-depth to the three Abrahamic faiths that form the cornerstone for faith in the region in order to further understand and appreciate their philosophies and values and how they have evolved and influenced other systems of belief. Students are provided with an extensive introduction to Islam within the context of the Judeo-Christian tradition with a particular emphasis on the different interpretations of Islam that exist through the Arab region today. As part of the latter, students participate in a five-day meditation retreat. The course explores the themes of land, family, gender, and spirit in the context of four different spaces: the nomadic tradition and a village setting, an urban context, the Israeli state, and a self-directed exploration of a student chosen space.

**ARAB150**
Arabic Language I (4)
This course is designed to provide a foundation in conversational Arabic for students with no previous knowledge of the language. Language proficiency is an essential aspect of the program and daily language classes with an Arabic instructor ensure that students are provided with the language skills needed to engage more deeply with the communities in which they are living and learning. With a principal focus on conversational Arabic and practical language skills, the language lessons presented throughout the semester also include grammar, vocabulary development, and the history of the language. Students also gain a basic understanding and utility of Arabic script. Students are tested regularly and a written and/or oral exam is required at the conclusion of the course.

**CHIN150**
Mandarin I (4)
Students participate in daily formal Mandarin lessons for approximately two hours per day while traveling and during extended home-stays with Chinese families. Classes focus on increasing vocabulary, improving grammar and pronunciation as well as learning to read and write Chinese characters. Additionally, students are assigned customized language projects that give them the opportunity to practice their language skills and develop the oral proficiency necessary to converse with native speakers. Experiential activities such as field trips to markets or temples and guided interaction with native speakers will supplement formal classroom instruction.

**CHIN250**
Mandarin II (4)
The four language skills: speaking, listening, reading, and writing introduced CHIN150 are reinforced. Students in this course develop language skills in a linguistically appropriate manner. Students participate in daily formal Mandarin lessons for approximately two hours per day while traveling and during extended home-stays with Chinese families. Classes focus on increasing vocabulary, improving grammar and pronunciation, as well as building on previously studied Chinese characters. Additionally, students are assigned customized language projects that give them the opportunity to practice their language skills and develop the oral proficiency necessary to converse with native speakers. Experiential activities such as field trips to markets or temples and guided interaction with native speakers will supplement formal classroom instruction.

**HIND150**
Introduction to Hindi (4)
This course is designed to provide a foundation in conversational Hindi for students with no previous knowledge of the language. Language proficiency is an essential aspect of the program and daily language classes with a local instructor ensure that students are provided with the language skills needed to engage more deeply with the communities in which they are living and learning. With a principal focus on conversational Hindi and practical language skills, the language lessons presented throughout the semester also include grammar, vocabulary development, and the history of the language. Students also gain a basic understanding and utility of the Hindi script (Devanagari script). Students are tested regularly and a written and oral exam is required at mid-course and at the conclusion of the course.

**HIND250**
Hindi II (4)
Continuation of HIND150.

**HIND350**
Hindi III (4)
Continuation of HIND250.

**INDO150**
Bahasa Indonesia I (4)
This course is designed to provide a foundation in conversational Bahasa Indonesia for students with no previous knowledge of the language. Language proficiency is an essential aspect of the program and daily language classes with trained language instructors ensure that students are provided with the language skills needed to engage more deeply with the communities in which they are living and learning. With a principal focus on conversational Bahasa Indonesia and practical language skills, the language lessons presented throughout the semester also include grammar, vocabulary development, and the history of the language. Students...
are tested regularly and a written and/or oral exam is required at the conclusion of the course.

**ISP325A**
Independent Study Project (Andes & Amazon) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students are matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.

**ISP325B**
Independent Study Project (China) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students are matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.

**ISP325C**
Independent Study Project (Himalayan Studies) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students are matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.

**ISP325D**
Independent Study Project (India) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students are matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.

**ISP325E**
Independent Study Project (Central America) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students will be matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s ISP topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.

**ISP325F**
Independent Study Project (Indonesia) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students will be matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s ISP topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.

**ISP325G**
Independent Study Project (Mekong) (4)
The Independent Study Project offers each student the opportunity to conduct in-depth study on a subject of his or her choice. Students will be matched with two ISP Advisors: a program instructor who has experience and knowledge relevant to the student’s ISP topic as well as a member of the local community with whom the student will study or apprentice. An ISP may involve either an academic focus of inquiry, or learning a skill which would require an apprenticeship.
**SPAN350**

Spanish III (4)

Designed to focus on articulate written and formal conversational Spanish as well as review of advanced grammatical structure. The course is principally focused on conversational Spanish and spoken fluency. It also includes important aspects of history and literature. Students are expected to read newspaper articles and literature, responding both orally and in writing. Students are tested regularly and a written and oral exam is required at mid-course and at the conclusion of the course.
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Transpersonal Counseling Psychology
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MA, Naropa University
MFA, Naropa University
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<tr>
<th>Name</th>
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<td>Donald Matthews</td>
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<td>Leslie McAllan</td>
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<td>Mark Miller</td>
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