

Non-Degree Seeking Student Course Availability Fall

2026

8/24/2026 – 12/11/2026

Public Registration Form

- You MUST receive permission from the instructor to join the course. Instructors reserve the right to refuse registration to non-degree seeking students.
- The cost to take a course for no credit is \$250 per course, or \$300 per 4 credit foreign language course.
- The cost to take a course for credit varies based on academic level and course modality:
 - Online Undergraduate Courses = \$500 per credit hour
 - If you take a mix of online and in person undergraduate courses, you will be charged the in-person rate.
 - In Person Undergraduate Courses = \$1,210 per credit hour
 - Graduate Courses = \$850 per credit hour
 - Naropa Alumni = \$30 per credit hour
- Courses in our Clinical Mental Health Counseling programs are not available to non-degree seeking students at this time.
- Course numbers with an “E” at the end are offered online. Online courses meet asynchronously unless otherwise noted.

ART: Visual Arts

ART-101-A: 2-D Design (3 credits)

Instructor: Barbara Rudlaff (brudlaff@naropa.edu)

Meeting Info: Mondays, 3:00-4:30PM, Nalanda Campus, NALA 9124

Course Description: 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.

ART-101E-A: 2-D Design (3 credits)

Instructor: Barbara Rudlaff (brudlaff@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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.

ART-102-A: Contemplative Ceramics (3 credits)

Instructor: Misuhng Suh (msuh@naropa.edu)

Meeting Info: Wednesdays, 8:30-11:15AM, Nalanda Campus, NALA 9138

Course Description: For millennia, humans have used ceramics both to sustain life and for personal expression. In this hands-on class, students develop their own individual approach to the medium, using methods that include pinching, coiling, slab construction, and wheel throwing. Students find ways to embody their contemplative practice by investigating how ceramics can create meaning with forms intended to connect with others. Students deepen their artistic practice by exploring the use of ceramics in the world.

ART-132E-A: 3-D Ephemeral Art (3 credits)

Instructor: Amy Bobeda (amy.bobeda@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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.

ART-155-A: Figure Drawing (3 credits)

Instructor: Charmain Schuh (cschuh@naropa.edu)

Meeting Info: Wednesdays, 3:00-5:45PM, Nalanda Campus, NALA 9124

Course Description: The structure of this course is established by centering concentration on the figurative motif. 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.

ART-302-A: World Art History (3 credits)

Instructor: Charmain Schuh (cschuh@naropa.edu)

Meeting Info: Thursdays, 3:00-4:30PM, Nalanda Campus, NALA 9124

Course Description: What are the origins of art? This course serves as an introduction to the visual arts from prehistory to the Middle Ages, across linages, forms, and crafts with an emphasis on cross-cultural exchange and influence from Africa, Asia, The Middle East, Australia, Europe, and the Americas.

ART-302E-A: World Art History (3 credits)

Instructor: Charmain Schuh (cschuh@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: What are the origins of art? This course serves as an introduction to the visual arts from prehistory to the Middle Ages, across linages, forms, and crafts with an emphasis on cross-cultural exchange and influence from Africa, Asia, The Middle East, Australia, Europe, and the Americas.

ART-455-A: Making Conscious Media (3 credits)

Instructor: Mari Brown (mari.brown@naropa.edu)

Meeting Info: Tuesdays, 11:45AM-2:30PM, Nalanda Campus, NALA 9138

Course Description: This course is an exploration of creative media through short production and post-production projects. The course focuses on tactics and strategies of independent media production, leading to the completion of a final project in either documentary, experimental, or narrative genres. Content emphasis will be on material that is socially provocative, artistically bold, or infused with content that reflects a consciously grounded exploration of the human condition. Cross-listed with WRI-458.

ATH: Undergraduate Art Therapy

ATH-230E-A: Introduction to Art Therapy (3 credits)

Instructor: Liv Sullivan (liv.sullivan@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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.

ATH-330E-A: Art Therapy Theory & Application (3 credits)

Instructor: Serena Martinez-Coleman (serena.coleman@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course offers a general survey of the literature, theories, and practices of art therapy with various client populations. Students will 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. Prerequisite: ATH230E with a minimum grade of B.

ATH-430-A: Studio Methods (3 credits)

Instructor: Emily Black (Emily.black@naropa.edu)

Meeting Info: Thursdays, 11:45AM – 2:30PM, Arapahoe Campus, Sycamore 8120

Course Description: 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 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. Prerequisite: ATH230 with a minimum grade of B.

ENV: Environmental Studies

ENV-223-A: Field Ecology (3 credits)

Instructor: Cat Pantaleo (cpantaleo@naropa.edu)

Meeting Info: Thursdays, 8:30-11:15AM, Arapahoe Campus, Lincoln 4140

Saturday, 9/12/2026, Off Campus Retreat, 7:30AM – 2:00PM

Course Description: This course introduces students to the principles of ecology, systems science, and the ecosystems of the Boulder region. The flow of energy and cycles of materials through the earth, water, air, and biological systems are explored. Field trips are one 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 ecosystem patterns of our area and observe systems principles expressed in the landscape. Required for ENV majors.

ENV-238-A: Survival Skills (3 credits)

Instructor: Ian Sanderson (isanderson@naropa.edu)

Meeting Info: Fridays, 3:00-5:45PM, Arapahoe Campus, Lincoln Shambhala Hall

Course Description: 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. Required for ENV majors.

ENV-245E-A: Geography: Pilgrimage/Sacred Landscape (3 credits)

Instructor: Anne Parker (aparker@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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.

ENV-342-A: Permaculture Design (3 credits)

Instructor: Amy Scanes-Wolfe (amy.scaneswolfe@naropa.edu)

Meeting Info: Tuesdays, 11:45AM – 2:30PM, Arapahoe Campus, Sycamore 8150

Course Description: 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.

Prerequisite: ENV260.

ENV-350E-A: Nature, the Sacred, and Contemplation (3 credits)

Instructor: Stephanie Yuhas (syuh@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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 solo contemplative nature walk is a required part of the course.

ENV-371-A: Complexity Thinking (3 credits)

Instructor: Ian Sanderson (isanderson@naropa.edu)

Meeting Info: Wednesdays, 3:00-5:45PM, Arapahoe Campus, Lincoln 4140

Course Description: Indigenous and Buddhist worldviews and thought traditions can offer many ways to break out of the dominant mindset in order to create justice and expand our perception of reality, uncovering the complexity that is at the heart of being human. This course will help students disrupt their unhelpful thought patterns (and build on their helpful ones) while expanding their perception of reality, epistemologies, thinking traditions, personal transformation, and meeting complexity with complexity. Students will then apply these insights to the most relevant challenges of our times. General systems and complexity theory, language and linguistics, oral and literary traditions, mythology, pattern recognition/disruption, nature-based skills, neuroscience, quantum theory, and even martial arts will be explored.

ENV-401E-A: ENV Leadership Skills (3 credits)

Instructor: Stephen Polk (spolk@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: Throughout the course students will reflect on and develop their own unique leadership style. Experiential and participatory practice develops skills required for successful environmental leadership in professional, non-profit, government, community, agriculture/ecological and environmental justice settings. The tool-kit for this course focuses on communication strategies, project management, campaign development, and community organizing across multiple settings. The relationship between contemplative practice and leadership is a recurring theme.

ENV-411E-A: Science of Sustainability (3 credits)

Instructor: Doug Dupler (ddupler@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: Students will explore the science fundamentals of sustainability via the principles of ecology, climate science and systems thinking especially as they relate to human and other-than-human systems. Through lectures, case studies, and hands-on activities, students will explore the major concepts of Earth as a living system, along with the science behind successful sustainability research, trends and practices. Students will investigate how modern challenges stem from particular worldviews. By the end of the course, students will be able to discern, analyze, and explain the critical components of sustainability science, research, methods and practices, and examine their efficacy. This course will also provide students the opportunity to develop a self-directed research or action project that integrates the key learning strands in the major. The goal of this course is to equip students with the tools and resources needed to assess, encourage and implement sustainability initiatives within their communities and beyond.

ENV-415-A: Ecopsychedelics (3 credits)

Instructor: Travis Cox (tc Cox@naropa.edu)

Meeting Info: Thursdays, 11:45AM – 2:30PM, Arapahoe Campus, Lincoln 4140

Course Description: This course will explore the current resurgence of psychedelics from Ecopsychological and philosophical lenses. In addition to the traditional Western medical model from which this resurgence tends to view psychedelics, students will learn additional frameworks which will supplement and interrogate the dominant mode, in the hopes of discovering how alternative states of consciousness might be used to build a more just and sustainable society. Also, because of the fast moving and expansive nature of the disciplines of psychedelics at the current moment, students will engage in their own individual and group research projects.

MUS: Music

MUS-230-A: Improvisation (3 credits)

Instructor: Khabu Young (kyoung@naropa.edu)

Meeting Info: Tuesdays, 3:00-5:45PM, Nalanda Campus, NALA 9157

Course Description: Improvisation is the disciplined practice of awareness, precision, and generosity. Through open playing, exercises, and simple composition, students explore various means of individual and group creativity. In this class, we learn by doing!

MUS-280-A: Recording Studio Essentials (3 credits)

Instructor: Robi Robichaud (ws-rrobichaud@naropa.edu)

Meeting Info: Mondays, 6:15-9:00PM, Nalanda Campus, NALA 9157

Course Description: This course provides students with a baseline of technical knowledge as it applies to the production of creative work on the stage and in the recording studio. Areas of study include audio/video recording, live sound, and stagecraft. Through hands-on experience in Naropa's Recording Studio and event spaces, students explore the weaving together of technology and creativity in service of art-making.

PAX: Peace Studies

PAX-370E-A: Social Innovation & Entrepreneurship (3 credits)

Instructor: Katherine Malachuk (kmalachuk@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This interdisciplinary seminar introduces students to the emerging field of social entrepreneurship through readings, case studies, guest lectures, films, and field trips. As we examine the history, methods, challenges, and opportunities of local and global social entrepreneurs and innovators, we elicit our own bold visions for the future. We engage the local community as an incubator of social innovation, exploring the role of creativity, collaboration, courage, and compassion in social entrepreneurship. Students in this course build practical skills, developing business plans and models for ventures that address social challenges in education, health care, human rights, and food security, among others. Students from all disciplines who seek to build capacity as visionary, pragmatic change agents are welcome.

POJS: Political & Justice Studies

POJS-200E-A: American Politics (3 credits)

Instructor: Stephen Polk (spolk@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course analyzes vital elements essential to the American political project from its founding to the present day. Through dialogue, writing, critical thinking, students examine America's early beginnings and the intent and legacy of the founders; the strengths and weaknesses of democracy in America; key American political institutions; and how individuals, moments and movements irrevocably shaped its political fabric.

POJS-300E-A: Democratic Theory (3 credits)

Instructor: Monica Mueller (monica.mueller@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course studies the emergence of democracy in Western and non-Western contexts with particular emphasis on the institutions, governance, and culture it engenders. Democracy's multiple forms, practices, and expressions will be analyzed from the ancient Greeks to our contemporary global system, from the Haudenosaunee to contemporary Indigenous and Global South communities and countries. Students will apply their knowledge by participating in a democratic process of their choosing.

PSYB: Undergraduate Psychology

PSYB-101E-A: Introduction to Psychology (3 credits)

Instructor: Jason Appt (jappt@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This survey course explores psychology, especially as it has developed in the Western world. Students learn to better understand mental life and behavior by studying diverse approaches that range from laboratory science to the intuitive clinical work involving clients and therapist. Topics covered include brain function, consciousness, perception, learning, thought, maturation, emotion, personality, mental illness, and therapy. Understanding of these topics is deepened by critically evaluating theoretical frameworks with respect to each student's experience.

PSYB-208-A: Embodying Process and the Individual (3 credits)

Instructor: Shara Brun (sbrun@naropa.edu)

Meeting Info: Mondays, 3:00-5:45PM, Nalanda Campus, NALA Dojo

Course Description: 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. By studying sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice of embodiment.

PSYB-209-A: Herbal Medicine (3 credits)

Instructor: Brigitte Mars (bmars@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 11:45AM – 1:00PM, Arapahoe Campus, Lincoln 4140

Course Description: This course offers an introduction to the use of food, herbs, and other natural remedies to experience vital health. Students learn to make a few simple herbal preparations, and discuss herb safety and proper dosages. Topics include herbal history, food as medicine, reproductive health, emotional health, children's health, addictions, psychoactive plants, aromatherapy, color therapy, feng shui, and careers in natural medicine. The class has an East-West approach and enables students to use plants and other natural therapies for their own health as well as for helping others.

PSYB-303-A: Psychology of the Five Elements (3 credits)

Instructor: Erin Hesby (erin.hesby@naropa.edu) & Laurel Miller (laurel.miller@naropa.edu)

Meeting Info: Wednesdays, 3:00-5:45PM, Arapahoe Campus, Lincoln 4130

Course Description: Explore the Law of the Five Elements and the ancient System of Kings, a cornerstone of Ancient Chinese Medicine dating back over five thousand years. The Ancient Chinese understood that our body, mind, and spirit are intricately connected to nature, believing that close observation of the natural world reveals the origins of our ailments. Through discussions, lectures, meditations, visualizations, and hands-on exercises, we engage our senses to uncover the the profound influences of color, sound, odor, and emotion,

illuminating the balance and imbalance within us. Together we delve into our intrinsic holistic health-physical, mental, and spiritual.

PSYB-304E-A: Somatic Intelligence (3 credits)

Instructor: Vanessa Tate (Vanessa.tate@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: An introduction to somatic psychology, this course presents a theoretical study of the body-mind continuum. The importance of emotions, movement, perception, and the nature of illness and healing is illustrated by recent scientific theories and findings. By studying how our bodies and psyches weave together, we become aware of their interdependence and can 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: PSYB101e and any 300-level PSYB course. PSYB332: Human Anatomy is strongly recommended.

PSYB-314-A: Psychology of Mindfulness Meditation (3 credits)

Instructor: Peter Grossenbacher (peterg@naropa.edu)

Meeting Info: Mondays, 8:30-11:15AM, Arapahoe Campus, Lincoln 4130

Course Description: An introduction to the psychological principles and sitting practice of mindfulness-awareness meditation. The meditation is drawn from the Tibetan and Zen Buddhist traditions, as well as teachings of sacred warriorship. By exploring the many ways ego fixation creates suffering and confusion in our lives, students are trained to develop inner tranquility, insight, and loving-kindness. This develops an essential ground for working effectively with personal life challenges and those of others. Co-requisite: PSYB101. Open to Psychology, Art Therapy, and Interdisciplinary Studies students with 45+ credits only. Others by permission of instructor.

PSYB-314E-A: Psychology of Mindfulness Meditation (3 credits)

Instructor: Mark Winwood (mark.winwood@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: An introduction to the psychological principles and sitting practice of mindfulness-awareness meditation. The meditation is drawn from the Tibetan and Zen Buddhist traditions, as well as teachings of sacred warriorship. By exploring the many ways ego fixation creates suffering and confusion in our lives, students are trained to develop inner tranquility, insight, and loving-kindness. This develops an essential ground for working effectively with personal life challenges and those of others. Co-requisite: PSYB101. Open to Psychology, Art Therapy, and Interdisciplinary Studies students with 45+ credits only. Others by permission of instructor.

PSYB-325-A: Awakening Compassion (3 credits)

Instructor: Carla Burns (cburns@naropa.edu)

Meeting Info: Thursdays, 3:00-5:45PM, Arapahoe Campus, Lincoln Studio (4110)

Course Description: An in-depth examination of the principles of compassionate action as taught in the bodhisattva path of Mahayana Buddhism and Contemplative Psychology. Students learn and practice relational, social, and psychological skills, including embodied presence, deep listening, empathic attendance, compassionate inquiry, and metta and tonglen meditation. Students are required to engage in an attending relationship in order to apply learned skills. This course explores compassion in various cultural contexts. Prerequisite: PSYB314 or meditation experience with permission of instructor.

PSYB-325E-A: Awakening Compassion (3 credits)

Instructor: Mark Winwood (mark.winwood@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: An in-depth examination of the principles of compassionate action as taught in the bodhisattva path of Mahayana Buddhism and Contemplative Psychology. Students learn and practice relational, social, and psychological skills, including embodied presence, deep listening, empathic attendance, compassionate inquiry, and metta and tonglen meditation. Students are required to engage in an attending relationship in order to apply learned skills. This course explores compassion in various cultural contexts. Prerequisite: PSYB314 or meditation experience with permission of instructor.

PSYB-329-A: Approaches to Healing (3 credits)

Instructor: Mary Sanders (mary.sanders@naropa.edu)

Meeting Info: Tuesdays, 8:30-11:15AM, Arapahoe Campus, Lincoln 4140

Course Description: 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.

PSYB-329E-A: Approaches to Healing (3 credits)

Instructor: Kylie Fustini (kylie.fustini@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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.

PSYB-345-A: Dynamics Human Development (3 credits)

Instructor: Marci Davis (mdavis@naropa.edu)

Meeting Info: Tuesdays, 3:00-5:45PM, Arapahoe Campus, Lincoln 4130

Course Description: This course on human development centers the transformative changes that catalyzes the transition from earlier, simpler ways of understanding oneself and one's world to more inclusive, complex and expanded perspectives. These perspectives are embedded in our meaning-making, emotions and relationships. Likewise, the dynamics of brain development and physical development underlie these capacities. We study three distinct broad eras of lifespan development: infancy and childhood, adolescence, and adulthood with a focus on the qualitative changes that make an expanded sphere of activity possible. This course looks at theory and research as well as cultivates practices of looking inward at our own journey of adult development as it is unfolding. No prerequisites.

PSYB-354-A: Transpersonal Psychology (3 credits)

Instructor: Vanessa Tate (Vanessa.tate@naropa.edu)

Meeting Info: Mondays, 3:00-5:45PM, Arapahoe Campus, Lincoln 4140

Course Description: An exploration of the basic principles of transpersonal psychology and psychotherapy. This is the so-called fourth force in the modern Western tradition of psychology, which emerged in the 1960s as an expansion and alternative to the psychoanalytic, behavioral, and humanistic schools that preceded it. Transpersonal, meaning beyond the persona or mask, studies human transcendence, wholeness, and transformation. Focus is on the work of Jung, Assagioli, Grof, Wilber, Walsh, Vaughan, and others to introduce students to transpersonal theory and practice. Students also explore their personal journey through a transpersonal lens.

PSYB-354E-A: Transpersonal Psychology (3 credits)

Instructor: Jason Appt (jappt@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: An exploration of the basic principles of transpersonal psychology and psychotherapy. This is the so-called fourth force in the modern Western tradition of psychology, which emerged in the 1960s as an expansion and alternative to the psychoanalytic, behavioral, and humanistic schools that preceded it. Transpersonal, meaning beyond the persona or mask, studies human transcendence, wholeness, and transformation. Focus is on the work of Jung, Assagioli, Grof, Wilber, Walsh, Vaughan, and others to introduce students to transpersonal theory and practice. Students also explore their personal journey through a transpersonal lens.

PSYB-355E-A: Science of Intimate Relationships (3 credits)

Instructor: Carole Clements (carole@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course investigates the science of intimate relationships using an intersectional framework. It examines the interdisciplinary and transdisciplinary field of relationship science from sociocultural and psychological perspectives. It interrogates gender, sexual, and relational normativities through feminist and queer modes of inquiry. It studies scientific perspectives on attraction, attachment, social cognition, communication, interdependency, love, and sexuality, and explores relationship and sexuality as spiritual path. Critical thinking, introspection, and contemplative reflection invite students to apply their learning to personal experiences of intimate relationships. This course may contain readings/films that include sexually explicit material. Prerequisites: Any 300-level PSYB course. Strongly recommended: INTD-210E.

PSYB-368-A: Psychology/Neuroscience of Emotion (3 credits)

Instructor: Jordan Quaglia (jquaglia@naropa.edu)

Meeting Info: Tuesdays, 11:45AM-2:30PM, Arapahoe Campus, Lincoln 4140

Course Description: This course explores diverse approaches to studying emotional experience and its regulation. It discusses the evolutionary origins and biological bases of emotions and emotional expressions; the universal and culturally variable aspects of emotion; emotional development in infants, children, and adults; the role of emotion in attachment relationships and social interactions; emotion-cognition relations; and applications of emotion research in clinical psychology, the health professions, education, and the business world. This course also provides an introduction to the structure and function of the human brain. Students gain firsthand experience with research findings and methods through classroom demonstrations, experience sampling, and team projects. Prerequisite: PSYB101 or by permission of the instructor.

PSYB-368E-A: Psychology/Neuroscience of Emotion (3 credits)

Instructor: Kelly Zepelin (Kelly.zepelin@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course explores diverse approaches to studying emotional experience and its regulation. It discusses the evolutionary origins and biological bases of emotions and emotional expressions; the universal and culturally variable aspects of emotion; emotional development in infants, children, and adults; the role of emotion in attachment relationships and social interactions; emotion-cognition relations; and applications of emotion research in clinical psychology, the health professions, education, and the business world. This course also provides an introduction to the structure and function of the human brain. Students gain firsthand experience with research findings and methods through classroom demonstrations, experience sampling, and team projects. Prerequisite: PSYB101 or by permission of the instructor.

PSYB-373E-A: Social Psychology (3 credits)

Instructor: Carole Clements (carole@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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, and humanitarian behavior, among others. The underlying variables of mindfulness and arousal are examined as a bridge to the contemplative perspective. Prerequisite: PSYB101e.

PSYB-415-A: Maitri: Working with Emotions (3 credits)

Instructor: Carla Burns (cburns@naropa.edu)

Meeting Info: Mondays & Wednesdays, 1:00-2:15PM, Arapahoe Campus, Lincoln SHMHALL
Retreat, 11/20-11/21/2026, Arapahoe Campus, Room TBD, Time TBD

Course Description: This course introduces the Vajrayana approach to the Five Buddha Family principles through Maitri Space Awareness practice and study. Students practice particular postures in specially designed rooms, inviting a personal exploration of psychological states of mind and emotions such as pride, passion, paranoia, ignorance, and aggressions. Approaching these emotions with curiosity and openness, there is the possibility of discovering one's inherent wisdom, compassion, and insight. The course includes weekly lectures, practice in the maitri rooms, and participation in a smaller group to process material more personally. Prerequisite: PSYB325.

PSYB-415E-A: Maitri: Working with Emotions (3 credits)

Instructor: Lisa Wallace (llwallace@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course introduces the Vajrayana approach to the Five Buddha Family principles through Maitri Space Awareness practice and study. Students practice particular postures in specially designed rooms, inviting a personal exploration of psychological states of mind and emotions such as pride, passion, paranoia, ignorance, and aggressions. Approaching these emotions with curiosity and openness, there is the possibility of discovering one's inherent wisdom, compassion, and insight. The course includes weekly lectures, practice in the maitri rooms, and participation in a smaller group to process material more personally. Prerequisite: PSYB325.

PSYB-420E-A: Psychopathology (3 credits)

Instructor: Jason Appt (jappt@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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-V. Prerequisite: PSYB345e or PSYB357e.

REL: Religious Studies

REL-150E-A: Buddhist Journey of Transformation (3 credits)

Instructor: Amelia Hall (ahall@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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 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.

REL-210E-A: Religion & Mystical Experience (3 credits)

Instructor: Netanel Miles-Yepetz (Netanel.milesyepetz@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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. This course is offered online.

REL-247E-A: Embodying Sacred Wisdom (3 credits)

Instructor: Nicholas Kistler (Nicholas.kistler@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: An exploration of the human thirst for spiritual experience and transformation through the studies of biographies of nineteenth and twentieth-century contemplatives from several selected religious traditions, both Eastern and Western. Through examining the spiritual and religious journey 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.

REL-277E-A: Sanskrit I (4 credits)

Instructor: L.S. Summer (lsummer@naropa.edu)

Meeting Info: Mondays & Wednesdays, 1:00-2:45PM, Online

Course Description: 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 per week outside of class.

REL-321-A: Kabbalah and Hasidism (3 credits)

Instructor: Netanel Miles-Yepetz (Netanel.milesyepetz@naropa.edu)

Meeting Info: Wednesdays, 1:30-3:00PM, Arapahoe Campus, Lincoln 4130

Course Description: A historical-experiential introduction to the history, beliefs, and practices of Kabbalah and Hasidism. The course will explore the historical development of Jewish mysticism in relationship to normative Judaism, looking specifically at the body of teachings grouped conveniently under the term 'Kabbalah,' and the popular movement known as 'Hasidism.' An emphasis will be placed on the contemplative study of texts in translation, contemplative practices from Kabbalah and Hasidism, and the possibilities of spiritual transformation through them.

REL-321E-A: Kabbalah and Hasidism (3 credits)

Instructor: Netanel Miles-Yepetz (Netanel.milesyepetz@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: A historical-experiential introduction to the history, beliefs, and practices of Kabbalah and Hasidism. The course will explore the historical development of Jewish mysticism in relationship to normative Judaism, looking specifically at the body of teachings grouped conveniently under the term 'Kabbalah,' and the popular movement known as 'Hasidism.' An emphasis will be placed on the contemplative study of texts in translation, contemplative practices from Kabbalah and Hasidism, and the possibilities of spiritual transformation through them.

REL-334E-A: Hindu Tantra (3 credits)

Instructor: Sarah Spiegel (sarah.spiegel@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: What is referred to as Tantra encompasses a complex set of traditions, practices, and worldviews that have been subjected to a rather extreme degree of misunderstanding, romanticization, cultural appropriation, as well as vilification. This course aims to demystify Tantra and create a solid foundation for understanding, appreciating, and historically navigating its many streams, social dynamics, ritual technologies, and philosophies. The timeline of our inquiry spans from Hindu Tantra's first beginnings in fifth- to sixth-century India all the way up to its dramatic metamorphosis in twentieth and twenty-first-century traditions dubbed Neo-Tantra.

REL-377E-A: Sanskrit III (4 credits)

Instructor: L.S. Summer (lsummer@naropa.edu)

Meeting Info: Mondays & Wednesdays, 4:00-5:45PM, Online

Course Description: A continuation of the second year of basic Sanskrit grammar, pronunciation, dictionary usage, and vocabulary acquisition. There is strong emphasis on noun compounds (*samaasas*). We move onward 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.

Prerequisite: REL287.

TRA: Traditional Eastern Arts

TRA-105-A: Taijiquan I (3 credits)

Instructor: Larry Welsh (lwelsh@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 1:15-2:30PM, Nalanda Campus, NALA Dojo

Course Description: Students are introduced to the short Yang style of Taijiquan developed by Grandmaster Cheng Manching. The first section of the form is taught. Students are introduced to the philosophy and theory of Taijiquan. Students develop a personal practice based on the principles of relaxation, separation of yin and yang, moving from the center, maintaining an upright body, and developing sensitive hands.

TRA-133-A: Yoga I (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu) & Lisa Chatham (lchatham@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 10:00-11:15AM, Arapahoe Campus, Lincoln SHMHALL

Course Description: 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), and dharana and dhyana (meditation practices).

TRA-133E-A: Yoga I (3 credits)

Instructor: Melissa Lago (melissa.lago@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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), and dharana and dhyana (meditation practices).

TRA-205-A: Taijiquan II (3 credits)

Instructor: Larry Welsh (lwelsh@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 1:15-2:30PM, Nalanda Campus, NALA Dojo

Course Description: Students complete learning the full form of the short Yang style of Taijiquan developed by Grandmaster Cheng Manching. The first section of the form is refined and the remainder of the form is taught. Students develop a deeper understanding of Taijiquan principles and the practice of embodying them. Prerequisite: TRA105.

TRA-305-A: Taijiquan III (3 credits)

Instructor: Larry Welsh (lwelsh@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 1:15-2:30PM, Nalanda Campus, NALA Dojo

Course Description: In this class students will learn the Taijiquan Sword Form. The Taiji Sword Form consists of 53 postures combined with transitional movements. The Taiji sword form embodies the element of water and is traditionally a contemplative practice for cultivating one's spirit, health, and chi. Taijiquan sword fencing will also be introduced through partner work. The student will begin to learn how to transform conflict into balance and harmony through the application of the energetics of the circle and the square in Taiji sword fencing. Completion of Taijiquan levels I and II are a prerequisite for taking Taijiquan level III. We will also study form refinement and internal development. Prerequisite: TRA205.

TRA-333-A: Yoga III (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu)

Meeting Info: Fridays, 10:00AM-12:45PM, Arapahoe Campus, Lincoln SHMHALL

Course Description: This course integrates the breadth of yoga practice. In addition to deepening the practice of asana, students study advanced breathing practices (pranayama), bandhas and mudras (gestures that direct the current of life-force), concentration practices (dharana), yogic methods of physical purification, meditation (dhyana), internal and vocal sound (mantra), Ayurveda, and more of yoga's rich literature and philosophy. Prerequisite: TRA233.

TRA-423E-A: Online Yoga Teacher Training (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course provides knowledge and training essential for those who aspire to teach yoga in a holistic way, as well as enhance skillsets and understanding for those who already teach or want to deepen their practice. This class examines a broad range of topics critical to being a skilled practitioner and teacher of yoga, including: yoga history, philosophy and practice; the art of teaching asana, pranayama, and meditation; anatomy; ethics; trauma-informed teaching; yoga therapy; the principles of effective speech; and professional development. Students will also gain regular practice in teaching yoga, in a myriad of ways. This course includes an optional 9-day, in-person, retreat component. Upon successful completion of the course and retreat, students are eligible to apply for RYT300 through Yoga Alliance. Prerequisite: TRA233.

TRA-453E-A: History & Philosophies of Yoga (3 credits)

Instructor: Peter Monteparo (peter.monteparo@naropa.edu)

Meeting Info: Hybrid, Thursdays, 3:00-5:45PM, Arapahoe Campus, Lincoln 4130

Course Description: In this course we will explore the historical arc of major premodern Indian Yogic traditions. In addition to an analysis of the myriad psycho-somatic practices for liberation that came to be designated as "yoga," we will track the development of the major philosophies and views that animated these embodied disciplines. The course will shift between a close reading of primary sources and secondary scholarship. Regarding the former, we will read classic yogic works in their entirety, such as the Kaha Upaniad, the Bhagavadgita, the Yogasutra, and the Hahapradipika. However, we will also study and historicize lesser-known textual masterpieces on yoga.

TRA-463E-A: Yoga Meditation (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu) & Sheela Bringi (shebringi@naropa.edu)

Meeting Info: Hybrid, Tuesdays, 11:45AM-2:30PM, Arapahoe Campus, Lincoln SHMHALL

Course Description: This meditation practicum will be grounded in the mind training originally taught by Patañjali in the Yogasutras, particularly using the eight supports to gradually cultivate one-pointed concentration and deep meditative absorption. We will then explore how the meditative systems of Hathayoga, which include more nuanced body-based practices. The course culminates with a deep study and immersion in Self-inquiry as taught in Vedanta.

TRA-505-A: Taijiquan I

Instructor: Larry Welsh (lwelsh@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 1:15-2:30PM, Nalanda Campus, NALA Dojo

Course Description: Students are introduced to the short Yang style of Taijiquan developed by Grandmaster Cheng Manching. The first section of the form is taught. Students are introduced to the philosophy and theory of Taijiquan. Students develop a personal practice based on the principles of relaxation, separation of yin and yang, moving from the center, maintaining an upright body, and developing sensitive hands.

TRA-515-A: Yoga I (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu) & Lisa Chatham (lchatham@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 10:00-11:15AM, Arapahoe Campus, Lincoln SHMHALL

Course Description: 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), and dharana and dhyana (meditation practices).

TRA-515E-A: Yoga I (3 credits)

Instructor: Melissa Lago (melissa.lago@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: 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), and dharana and dhyana (meditation practices).

TRA-525-A: Taijiquan II (3 credits)

Instructor: Larry Welsh (lwelsh@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 1:15-2:30PM, Nalanda Campus, NALA Dojo

Course Description: The first third of the form is corrected. The second third of the form is taught. While continuing to work on the basic principles, the concepts of becoming more relaxed, soft, and open in the body and mind are emphasized. Prerequisite: TRA505.

TRA-545-A: Taijiquan III (3 credits)

Instructor: Larry Welsh (lwelsh@naropa.edu)

Meeting Info: Tuesdays & Thursdays, 1:15-2:30PM, Nalanda Campus, NALA Dojo

Course Description: Taijiquan Level III: In this class students will learn the Taijiquan Sword Form. The Taiji Sword Form consists of 53 postures combined with transitional movements. The Taiji sword form embodies the element of water and is traditionally a contemplative practice for cultivating one's spirit, health, and chi. Taijiquan sword fencing will also be introduced through partner work. The student will begin to learn how to transform conflict into balance and harmony through the application of the energetics of the circle and the square in Taiji sword fencing. Completion of Taijiquan levels I and II are a prerequisite for taking Taijiquan level III. We will also study form refinement and internal development. Prerequisite: TRA-525.

TRA-555-A: Yoga III (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu)

Meeting Info: Fridays, 10:00AM-12:45PM, Arapahoe Campus, Lincoln SHMHALL

Course Description: This course integrates the breadth of yoga practice. In addition to deepening the practice of asana, students study advanced breathing practices (pranayama), bandhas and mudras (gestures that direct the current of life-force), concentration practices (dharana), yogic methods of physical purification, meditation (dhyana), internal and vocal sound (mantra), Ayurveda, and more of yoga's rich literature and philosophy.

TRA-623E-A: Online Yoga Teacher Training (3 credits)

Instructor: Nataraja Kallio (nkallio@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This course provides knowledge and training essential for those who aspire to teach yoga in a holistic way, as well as enhance skillsets and understanding for those who already teach or want to deepen their practice. This class examines a broad range of topics critical to being a skilled practitioner and teacher of yoga, including: yoga history, philosophy and practice; the art of teaching asana, pranayama, and meditation; anatomy; ethics; trauma-informed teaching; yoga therapy; the principles of effective speech; and professional development. Students will also gain regular practice in teaching yoga, in a myriad of ways. This course includes an optional 9-day, in-person, retreat component. Upon successful completion of the course and retreat, students are eligible to apply for RYT300 through Yoga Alliance.

WRI: Writing

WRI-326-A: Professional Development: Small Press Publishing I (3 credits)

Instructor: Amy Bobeda (amy.bobeda@naropa.edu)

Meeting Info: Wednesdays, 11:45AM-2:30PM, Nalanda Campus, NALA 9138

Course Description: 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.

WRI-327-A: Professional Development: Small Press Publishing II (3 credits)

Instructor: Amy Bobeda (amy.bobeda@naropa.edu)

Meeting Info: Wednesdays, 11:45AM-2:30PM, Nalanda Campus, NALA 9138

Course Description: Continuation of WRI-326. 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.

WRI-449E-A: Writing Workshop: Embodied Poetics (3 credits)

Instructor: Michelle Naka Pierce (mn pierce@naropa.edu)

Meeting Info: Online, Asynchronous

Course Description: This class involves the study and analysis of selected literary and compositional issues and elements as they relate to somatic inquiry. Topics cover a wide range of subject matter and methods 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 multigenre); literary criticism; as well as film and media studies. Larger frames for the class may include somatic psychology, studies of the nervous system, animal ethologies, and performance-based approaches to posture and gesture events. We build projects centered upon somatic experiments of different kinds, asking, in the words of Akilah Oliver, "What are the limits of the body?"

WRI-458-A: Making Conscious Media (3 credits)

Instructor: Mari Brown (mari.brown@naropa.edu)

Meeting Info: Tuesdays, 11:45AM-2:30PM, Nalanda Campus, NALA 9138

Course Description: This course is an exploration of creative media through short production and post-production projects. The course focuses on tactics and strategies of independent media production, leading to the completion of a final project in either documentary, experimental, or narrative genres. Content emphasis will be on material that is socially provocative, artistically bold, or infused with content that reflects a consciously grounded exploration of the human condition.