Syllabus

"YOGA MINDFULNESS AND EDUCATION" - 34486

Last update 11-12-2013

HU Credits: 2

Degree/Cycle: 1st degree (Bachelor)

Responsible Department: Education

Academic year: 2

Semester: 1st Semester

Teaching Languages: Hebrew

Campus: Mt. Scopus

Course/Module Coordinator: Oren Ergas

Coordinator Email: oren.ergas@mail.huji.ac.il

Coordinator Office Hours: right after lesson

Teaching Staff:
Oren Ergas
**Course/Module description:**
This course opens a perspective on the contemplative turn in education that is currently lead by mindfulness practice. We will become familiar with the origins of the practice in Buddhism and its current secularized Western forms. We will explore the contemplative ethos of education and its implications on the concepts of self and knowledge. We will practice body-based contemplative practice and investigate the pedagogical processes that such practice unfolds from a personal perspective.

**Course/Module aims:**
Familiarity with East-Asian sources for educational theory and practice
Familiarity with mindfulness practice and its educational implications and applications in Western countries.

**Learning outcomes - On successful completion of this module, students should be able to:**
At the end of the course the students will have developed a critical approach to education. They will become familiar with contemplative education as a burgeoning educational field, and experience some contemplative pedagogies.

**Attendance requirements(%):**
80%

**Teaching arrangement and method of instruction:** Guided self-practice and frontal lecture and class discussion

**Course/Module Content:**
Theory of education and attention based on William James.
Contemplative education in the world.
The foundations of contemplative education and its sources in East-Asian cultures (Vedanta, Buddhism, yoga)
Mindfulness in its current secularized forms.
Self-inquiry as education.

**Required Reading:**

Additional Reading Material:

Course/Module evaluation:
End of year written/oral examination 0 %
Presentation 0 %
Participation in Tutorials 10 %
Project work 70 %
Assignments 20 %
Reports 0 %
Research project 0 %
Quizzes 0 %
Other 0 %

Additional information:
This course requires self practice of approx. 15 minutes a day throughout the semester, accompanied by a journal. This will be the basis for the final project. Without commitment to this practice the course is not relevant.