

SPRING 2016

EHS401: CRN80570

OR

EHS501: CRN80571



**MIAMI UNIVERSITY MINDFULNESS AND
CONTEMPLATIVE INQUIRY CENTER**

Tuesday/Thursday 2:30 - 3:50

EHS401/501 Life, Meaning, and Mindfulness



OPEN TO ALL MAJORS!

In this 3-credit course, students read and critique multi-disciplinary literature about mindfulness, meditation and other contemplative practices. How do these practices contribute to meaning in life, school and work? Students explore meaning and purpose across multiple disciplines and their own unique potential to impact local and global communities across the life course.

For additional information please contact Dr. Klatt | klatts@miamioh.edu