

Peeling the Tangerine, Calming the Restless Mind
Winter 2019 - Course Syllabus
Coordinator: Susan Glogovac

Week One - January 7th

Introductions and Course Overview
Reflections on "Getting to Know Our Minds" Practice
Practice - Body in the Body
Home Practice

Week Two - January 14th

Reflections
Practice - Body in the Body
Practice Home

January 21st - NO Class

Home Practice
2nd Body Practice

Week Three - January 28th

Reflections
Practice - Walking Meditation
Home Practice

Week Four - February 4th

Reflections
Practice - Mindful Eating
Home Practice

Week Five - February 11th

Reflections
Practice - Deep Relaxation
Home Practice

February 18th - NO Class

Home Practice
2nd Body Practice

Week Six - February 25th

Reflections
Practice - Metta

Home Practice

Week Seven - March 4th

Reflections

Honoring Our Ancestors

Closing Circle