



COURSE OUTLINE — DAN 209 CONTEMPLATIVE PRACTICES AND THE ARTS — FALL 2015

Course content may vary from this syllabus to meet the needs of this particular class. I will notify you in class and on Moodle if this is the case.

Week	Date	Topic	To Prepare for Class	What's Due	Events/Assignments
1	8/24	Introductions; What is Contemplative Practice?; Setting up a Meditation Practice Moodle Reflection Focus: Beginning	-Barbezat & Bush (Moodle) -Pang "Introduction" -Avoiding Plagiarism (Moodle)	- <i>Reflections</i> : 11 pm Sun. Readings due 8/27	- Start meditating on the breath
2	8/31	Contemplative Computing and Research (Jordan Moore visits); the Labyrinth as Another Practice Moodle Reflection Focus: Safety	-Labyrinth readings (Moodle) -Pang chap. 1 -Williams/Penman chap. 1 -Cameron "Basic Tools" (pp. 9-24)	- <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Start Morning Pages -Continue meditating
3	9/7	LABOR DAY HOLIDAY — NO CLASS, but work continues Moodle Reflection Focus: Entering into Practice	-Pang chap. 2 -Williams/Penman chap. 2 -Cameron chap. 1 -start Goler lecture (Moodle)	-Begin McIntyre IBL assignment - <i>Reflections</i> : 11 pm Thurs; 11 pm Sun.	-Continue meditating -Observation Exercise 9/8-14
4	9/14	Why Do Contemplative Practice?; More Practices; Course Intention Moodle Reflection Focus: Identity	-Pang chap. 5 -Williams/Penman chap. 3 -Cameron chap. 2	- <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Continue meditating -Howardena Pindell Museum Exhibit 9/15-20
5	9/21	Contemplative Practice and Dance: Dianne McIntyre Moodle Reflection Focus: Integrity	-Goler lecture (Moodle) -Pang chap. 6 -Williams/Penman chap. 4 -Cameron chap. 3	-Letter to McIntyre (in class) -Begin visual artist IBL assignment - <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Meditation: Track 1 -Artist Date 9/21-27 - <i>Conversation: Howardena Pindell and Dr. Campbell</i> 9/24
6	9/28	Contemplative Practice and Music: Alice Coltrane Moodle Reflection Focus: Possibility	-Coltrane readings (Moodle) -Pang chap. 7 -Williams/Penman chap. 5 -Cameron chap. 4	- <i>Reflections</i> : 11 pm Thurs; 11 pm Sun. -Observation Paper (9/30)	-Meditation: Track 2 -Digital Sabbath 9/29-10/4 - <i>Seven Guitars</i> 10/1-4
7	10/5	Contemplative Practice and Visual Artists: Missionary Mary Proctor and Minnie Evans Moodle Reflection Focus: Power	-Proctor and Evans readings and videos (Moodle) -Pang chap. 8 -Williams/Penman chap. 6 -Cameron chap. 5	-Contemplative Collage (in class) -Meditation Logs and <i>Reflections</i> (10/11)	-Meditation: Tracks 3 and 4

Week	Date	Topic	Reading	What's Due	Events/Assignments
8	10/12	FALL BREAK — NO CLASS, but work continues Moodle Reflection Focus: Abundance	-Cameron chap. 6 -Williams/Penman chap. 7	- <i>Reflections</i> : 11 pm Thurs.	-Meditation: Track 5 - <i>Homecoming Weekend</i>
9	10/19	Contemplative Visual Art Experience Moodle Reflection Focus: Connection	-Mandala Readings (Moodle) -Williams/Penman chap. 8 -Cameron chap. 7	-Creativity Project idea (Wed. 10/21) - <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Meditation: Track 6 -Nature Field Trip: Hahn Woods 10/25
10	10/26	Silence as Contemplative Practice Moodle Reflection Focus: Compassion	- Smith, Tippett, and Iyer pieces (Moodle) -Williams/Penman chap. 9 -Cameron chap. 9	- <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Meditation: Track 7 - <i>Flow</i> 10/29-11/1
11	11/2	Contemplative Practice and Writing Moodle Reflection Focus: Strength	-Walker essay (Moodle) -Williams/Penman chap. 10 -Cameron chap. 8	-Digital Narrative idea (11/3)	-Continue meditating -Artist Date 11/3-9
12	11/9	Mind and Body Together: Contemplative Movement, Drawing and Thinking Moodle Reflection Focus: Self-Protection	-Reading TBA (Moodle) -Williams/Penman chap. 11 -Cameron chap. 10	-Conscious Computing Paper (11/11) - <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Continue meditating
13	11/16	Contemplative Seeing and Listening Moodle Reflection Focus: Autonomy	-TBA and Francis pieces (Moodle) -Williams/Penman chap. 12 -Cameron chap. 11	-Digital Narrative Draft (in class) - <i>Reflections</i> : 11 pm Thurs.; 11 pm Sun.	-Continue meditating - <i>Spelman Dance Theatre</i> 11/19-22
14	11/23	Contemplative Practice and Daily Life Moodle Reflection Focus: Faith	-Mindful Eating essay (Moodle) -Cameron chap. 12	-Meditation/Morning Pages Paper (11/24)	-Continue meditating <i>Happy Thanksgiving!</i>
15	11/30	Digital Narrative Presentations; Course Wrap-Up Moodle Reflection Focus: Intention and Experience	-Kempton essay (Moodle)	-Completed Digital Narrative (in class) - <i>Reflections</i> : 6 pm Mon. 11/30	-Continue meditating
16	12/7	Creativity Project Presentations <i>Mon. 6-8 pm</i>		-Creativity Project (in class) and Paper; -Meditation Logs all due Mon. 12/7	-Continue meditating

