COURSE OUTLINE — DAN 209 CONTEMPLATIVE PRACTICES AND THE ARTS — FALL 2014

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

Week	Date	Topic	To Prepare for Class	What's Due	Events/Assignments
1	8/25	Introductions; What is Contemplative Practice?; Setting up a Meditation Practice Moodle Reflection Focus: Beginning	-Barbezat & Bush (Moodle) -Pang "Introduction" -Piver pages 3-15, 103-109 -Avoiding Plagiarism (Moodle)	-*Reflections*: 11 pm Thurs; 11 pm Sun. ***Readings due 8/28***	- Meditation: Goler (Moodle)
2	9/1	LABOR DAY HOLIDAY — NO CLASS, but work continues Moodle Reflection Focus: Entering into Practice	-Pang chap. 1 -Cameron "Basic Tools" (9-24)	-*Reflections*: 11 pm Thurs.; 11 pm Sun. ***Prompt posted 9/2***	-Start Morning Pages -Continue meditating
3	9/8	Why Do Contemplative Practice?; More Practices; Course Intention Moodle Reflection Focus: Safety	-Pang chap. 2 -Piver "Shamatha" -Cameron chap. 1	- *Reflections*: 11 pm Thurs; 11 pm Sun.	-Meditation: Shamatha (Moodle) -Observation Exercise 9/9-15 *-Doxology Ring Shout 9/13 and 14*
4	9/15	Contemplative Computing and Research (Jordan Moore visits); Labyrinth Moodle Reflection Focus: Identity	-Labyrinth readings (Moodle) -Pang chap. 5 -Cameron chap. 2	-*Reflections*: 11 pm Thurs.; 11 pm Sun.	*-Brides of Anansi* Museum Exhibit 9/16-21
5	9/22	Contemplative Practice and Dance: Dianne McIntyre Moodle Reflection Focus: Integrity	-Goler lecture (Moodle) -Pang chap. 6 -Piver "Vipassana" -Cameron chap. 3	-*Reflections*: 11 pm Thurs.; 11 pm Sun. -Letter to McIntyre	-Meditation: Vipassana (Moodle) -Artist Date 9/23-29
6	9/29	Contemplative Practice and Visual Artists: Missionary Mary Proctor and Minnie Evans Moodle Reflection Focus: Possibility	-Proctor and Evans readings and videos (Moodle) -Pang chap. 7 -Cameron chap. 4	-*Reflections*: 11 pm Thurs; 11 pm Sun. -Contemplative Collage	-Digital Sabbath 9/30-10/5 *-Shakespeare in the Park 10/2-5*
7	10/6	Contemplative Practice and Music: Alice Coltrane Moodle Reflection Focus: Power	-Coltrane readings (Moodle) -Piver "Zazen" -Cameron chap. 5 -Pang chap. 8	-Observation Paper (10/10) -Meditation Logs and *Reflections* (10/12)	-Meditation: Zazen (Moodle)

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8	10/13	FALL BREAK — NO CLASS, but work continues Moodle Reflection Focus: Abundance	-Cameron chap. 6	-*Reflections*: 11 pm Thurs. ***Prompt posted 10/15***	-Homecoming
9	10/20	Contemplative Visual Art Experience Moodle Reflection Focus: Connection	-Mandala Readings (Moodle) -Piver "Metta" -Cameron chap. 7	-*Reflections*: 11 pm Thurs.; 11 pm Sun. -Creativity Project idea (Wed. 10/22)	-Meditation: Metta (Moodle) -Nature Field Trip: Hahn Woods 10/26
10	10/27	Silence as Contemplative Practice Moodle Reflection Focus: Compassion	- Smith, Tippett, and Iyer pieces (Moodle) -Cameron chap. 9	-*Reflections*: 11 pm Thurs.; 11 pm Sun.	
11	11/3	Contemplative Practice and Writing Moodle Reflection Focus: Strength	-Walker essay (Moodle) -Piver "Tonglen" -Cameron chap. 8	-Digital Narrative idea (11/4)	-Meditation: Tonglen (Moodle) -Artist Date 11/4-10 —VOTE—
12	11/10	Mind and Body Together: Contemplative Movement, Drawing and Thinking Moodle Reflection Focus: Self-Protection	-Reading TBA (Moodle) -Cameron chap. 10	-Conscious Computing Paper (11/12) -*Reflections*: 11 pm Thurs.; 11 pm Sun.	
13	11/17	Contemplative Seeing and Listening Moodle Reflection Focus: Autonomy	-Ziegler and Francis pieces (Moodle) -Piver "Healing" -Cameron chap. 11	-Digital Narrative Draft (in class) -*Reflections*: 11 pm Thurs.; 11 pm Sun.	-Meditation: Healing (Moodle) *-Spelman Dance Theatre 11/20-23*
14	11/24	Contemplative Practice and Daily Life Moodle Reflection Focus: Faith	-Mindful Eating essay (Moodle) -Cameron chap. 12	-Meditation/Morning Pages Paper (11/25)	*Happy Thanksgiving!*
15	12/1	Digital Narrative Presentations; Course Wrap-Up Moodle Reflection Focus: Intention vs. Experience	-Kempton essay (Moodle)	-Completed Digital Narrative -*Reflections*: 6 pm Mon. 12/1	
16 Mon. 6-8 pm	12/8	Creativity Project Presentations		-Creativity Project and Paper; -Meditation Logs all due Mon. 12/8	