

MINOR IN CONTEMPLATIVE STUDIES

College of Health Sciences

Required Courses

HEA 315	Mind, Body, and Health	3
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HEA 325	Stress Management	3
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Required Contemplative Tradition Courses

Select one of the following two options:		6
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Option 1: India

PEA 142	Yoga
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PHI 204	Philosophies and Religions of India
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Option 2: Far East

PEA 144	T'ai Chi Ch'uan
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PHI 205	Philosophies and Religions of the Far East
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Elective Courses

Student must select two elective courses, offered as two-course modules:		6
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Choose India (if not taken as the required option)	
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PEA 142	Yoga
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PHI 204	Philosophies and Religions of India
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Or choose the Far East (if not taken as the required option)	
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PEA 144	T'ai Chi Ch'uan
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PHI 205	Philosophies and Religions of the Far East
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Or choose an overview of Therapeutic Interventions	
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HEA 333	Alternative and Complementary Medicine
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PSY 200	Positive Psychology: The Science of Happiness and Well Being
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Total Credits		18
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