# MINOR IN CONTEMPLATIVE STUDIES

**College of Health Sciences**

## Required Courses
- HEA 315  Mind, Body, and Health  3
- HEA 325  Stress Management  3

## Required Contemplative Tradition Courses
Select one of the following two options:  6

**Option 1: India**
- PEA 142  Yoga
- PHI 204  Philosophies and Religions of India

**Option 2: Far East**
- PEA 144  T’ai Chi Ch’uan
- PHI 205  Philosophies and Religions of the Far East

## Elective Courses
Student must select two elective courses, offered as two-course modules:  6

- Choose India (if not taken as the required option)
  - PEA 142  Yoga
  - PHI 204  Philosophies and Religions of India

- Choose the Far East (if not taken as the required option)
  - PEA 144  T’ai Chi Ch’uan
  - PHI 205  Philosophies and Religions of the Far East

- Or choose an overview of Therapeutic Interventions
  - HEA 333  Alternative and Complementary Medicine
  - PSY 200  Positive Psychology: The Science of Happiness and Well Being

## Total Credits
18