

Science of Meditation

2-315 Bartlett 34

Week	Attendance in Class	Things To Do By Tuesday 2pm	Things To Do By Thursday 2pm
1	Tuesday 1/14 Orientation to Course Thursday 1/16 Meditation Practice		Exploration Blog: Hanson & Mendius Ch 11, pp 86-87; Dorjee pp 18-20, Nataraja Ch 1, Ch 7
2	Thursday 1/23 Brain Basics	Reading Blog: H&M Chs 1-3; Nataraja Ch 2 & 3	Exploration Blog: Chosen Topic
3	Thursday 1/30 Emotion & Motivation	Reading Blog: H&M Chs 4-7	Exploration Blog: Chosen Topic
4	Thursday 2/6 Complex Emotions	Reading Blog: H&M Chs 8-10	Exploration Blog: Chosen Topic
5	Thursday 2/13 Attention, Self, & Diet	Reading Blog: H&M Chs 12-13, App	Exploration Blog: Chosen Topic
6	Thursday 2/20 Happiness	Reading Blog: Dorjee Intro & Ch1	Exploration Blog: Chosen Topic
7	Thursday 2/27 Intention	Reading Blog: Dorjee Ch 2	Exploration Blog: Chosen Topic
8	Thursday 3/6 Attention	Reading Blog: Dorjee Ch 3	Exploration Blog: Chosen Topic
9	Thursday 3/13 Emotion	Reading Blog: Dorjee Ch 4	Exploration Blog: Chosen Topic
	Spring Break	Spring Break	Spring Break
10	Thursday 3/27 Consciousness	Reading Blog: Dorjee Ch 5	Exploration Blog: Chosen Topic
11	Thursday 4/3 Implications	Reading Blog: Dorjee Ch 6	Exploration Blog: Chosen Topic
12	Thursday 4/10	Reading Blog: Attention	Exploration Blog: Meditation Apps
13	Thursday 4/17	Reading Blog: Sleep	Exploration Blog: Fairfield, IA
14	Thursday 4/24	Reading Blog: Creativity Nataraja Ch 5	Exploration Blog: Vedic City Field Trip
15	Thursday 5/1	Reading Blog: Relationships/Health Nataraja Ch 6	
16 Final	Wed May 7 1-250pm	Meditation Project Due	