**Summer 2021**

**GED 526-A Beyond Mindfulness: Supporting the Inner Lives of Educators and Students**

Mindfulness is a practice, an attitude, and a way of being that can positively impact physical, emotional, mental and spiritual well-being. It involves learning how to focus attention, expand awareness, and regulate thoughts and emotions, often resulting in more compassion for self and others. Because Mindfulness practices also offer an entry point to our deep “inner lives," this course will explore the source of contemplative and spiritual dimensions of our beings and how these deeper dimensions can benefit our personal and professional lives. This experiential and interactive course invites educators, whether mindfulness novices or experienced practitioners, to renew their bodies, minds and spirits; reflect on their educational practices; and expand their knowledge about nourishing the inner lives of their students (pre-K though adulthood). Topics to be explored include developmental perspectives on love, wonder, gratitude, kindness, creativity, meaning and life purpose, ecological regeneration, and social justice. Course activities will include varied contemplative and aesthetic practices, instructor and student presentations, small and large group discussions, and curriculum development explorations.

**Credits:** 3 cr

**Instructors:** Aostre Johnson and Sam Crowell