### Mindfulness Studies Master of Arts Degree
#### Program of Study and Course Sequencing

<table>
<thead>
<tr>
<th>Semester One/Fall One</th>
<th>Course Number</th>
<th>Course Name</th>
<th>Credits</th>
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<tbody>
<tr>
<td>GMIND 6032 Graduate Academic Writing</td>
<td>3 credits</td>
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<tr>
<td>GMIND 6042 Mindfulness: Practice, Theory, and Science</td>
<td>3 credits</td>
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<tbody>
<tr>
<td>GWKSP 6062 Mindfulness Studies Residency</td>
<td>0 credits</td>
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<tr>
<td>GMIND 6049 Contemplative Practice Traditions</td>
<td>3 credits</td>
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<td>GMIND 6050 Mindful Leadership and Social Change</td>
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<tr>
<td>GWKSP 6057 Mindfulness Meditation Retreat</td>
<td>0 credits</td>
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<tr>
<td>GMIND 6058 Introduction to Contemplative Neuroscience</td>
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<tr>
<td>GMIND 6056 Mindful Internship: Social Engagement</td>
<td>3 credits</td>
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<tr>
<td>GMIND 6047 Mindful Communication</td>
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<tr>
<td>GMIND 6XXX Teaching Mindfulness: Practical Skills</td>
<td>3 credits</td>
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<tr>
<td>GMIND 7001 Thesis Proposal Seminar</td>
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<td>GMIND 7500 Thesis</td>
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**Semester One (Fall One): 6 credits**

**GMIND 6032  Graduate Academic Writing**
In this course students hone their graduate level research and writing skills. They engage in online research activities and master the APA style of academic citation. Through various writing exercises, they demonstrate their ability to integrate thoughtful reflection and the critical analysis of subject matter. They develop an annotated bibliography and a literature review, toward the completion of a 15-page research paper on a topic of particular personal interest. (offered fall only)

**GMIND 6042  Mindfulness: Practice, Theory, and Science**
This course engages students in the theory and practice of mindfulness through both academic study and experiential learning. Students engage in several forms of mindfulness practice, read and discuss the movement’s foundational literature, become familiar with the brain structures
and processes relevant to the practice of meditation, and review some of the scientific studies of mindfulness. Students also focus on the application of these ideas and practices in their daily, academic, and professional lives. (offered fall only)

**Semester Two (Spring One): 6 credits**

**GWKSP 6062 Mindfulness Studies Residency**  
*To be held in Cambridge in January, no credits attached*  
During this residency students attend classes and advisory sessions, participate in daily meditation, meet with faculty members, network with peers, and attend community building events. It is a valuable opportunity for students of the online program to meet in person and develop a sense of shared community as they move through the duration of the program as a cohort, as well as to get to know their faculty and become familiar with the program. (offered spring only)

**GMIND 6049   Contemplative Practice Traditions**  
This course investigates foundational contemplative principles and practices in world traditions, primarily Buddhist. We explore the nature of meditation and mental development as expressed in early classical texts, examine how these practices evolved in South, Central, and East Asia, and explore their adaptations by the west and by modernity. Emphasis is placed on understanding the traditional roots of mindfulness, refining our own experience of it, and recognizing its adaptations to the modern world. (offered fall and spring only)

**GMIND 6050 Mindful Leadership and Social Change**  
This course investigates the meaning of mindful leadership. Students explore how fundamental principles of Buddhist ethics can extend, and have been extended, into the realm of engagement with the contemporary world in the service of social change. Students gain an understanding of the role of ethics in mindful leadership through classical and contemporary readings and apply these teachings to their own lives as foundational principles for transformation at the inner, relational, and community levels. (offered spring only)

**Semester Three (Summer One): 6 credits**

**GWKSP 6057 Mindfulness Meditation Retreat**  
*To be held at the Barre Center for Buddhist Studies, no credits attached*  
As an important part of their training in mindfulness studies, students attend and complete a five-day silent meditation retreat with their cohort. The retreat is led by an experienced meditation teacher and assisted by a Lesley faculty member and includes periods of instruction and discussion before and after the days of silent practice. Students gain valuable experience in meeting and working through the classical challenges of meditation and gather important first-hand experience with mindfulness practice. (offered summer only)
GMIND 6058  Introduction to Contemplative Neuroscience
This course investigates the field of contemplative neuroscience, surveying peer reviewed scientific research on how meditation affects the brain and body. Students learn the scientific method, experimental design, and basic neuroscience concepts, focusing on current debates and future directions for the field. The course emphasizes the critical evaluation of scientific findings and related media reports. Incorporating primary and secondary literature, as well as first-person experience, students integrate knowledge through written reflection, discussion, and meditation practice. (offered summer only)

Elective One (see elective options)

Semester Four: Fall Two (6 credits)

GMIND 6056  Mindful Internship: Social Engagement
In this course students integrate theoretical perspectives and formal mindfulness practice with social engagement, as interns serving in community settings. Students arrange their own service project in their particular area of interest and participate in online readings and writing on the nature of service. While acting as mindful citizens in a helping capacity, students deepen their ability to sustain mindfulness in interactions with diverse populations, while engaging in the ongoing examination of their daily life. (offered fall only)

Elective Two (see elective options)

Semester Five: Spring Two (9 credits)

GMIND 6XXX Teaching Mindfulness: Practical Skills
This course provides a means for developing early competency in the range of skills needed to offer mindfulness training to others. Students apply knowledge from their ongoing studies to constructing a cohesive mindfulness offering, inviting participation, presenting information, guiding mindfulness practices, managing a group practice period, and responding to practice-related questions. We also examine the practical and ethical choices and implications related to context, population, and to the overall act of teaching mindfulness to others. (offered spring only)

GMIND 6047  Mindful Communication
This course explores the influence of mindfulness on the process of communication. Starting with Buddhist ideas of “right speech” and investigating the ideas of David Bohm, the course focuses on the theory and practice of Insight Dialogue, a form of interpersonal mindfulness, and examines its relationship with the principles of non-violent communication. Students engage in regular communication exercises with one another using, text, voice, and video media, and learn to both listen and speak mindfully. (offered spring only)
GMIND 7001 Thesis Proposal Seminar: Research and Methodology
This course provides students with an overview of research methods and design as a first step
in defining and envisioning their thesis project. Through readings, application exercises, and
reflections, students cultivate a thoughtful and open research mindset, including being mindful
and addressing unexamined biases. Students articulate their thesis question and its foundation,
and explore suitable research designs and techniques. Their coursework culminates in a
comprehensive thesis proposal (typically 10-20 pages) along with a literature review. (offered
spring only)

Semester Six: Summer Two (3 Credits)

GMIND 7500 Thesis/Capstone
In this course students develop to completion the work they began in GMIND 7001: Thesis
Proposal Seminar. Students draft, revise, edit, polish, and present a final thesis as the
culmination of their work in the Mindfulness Studies program. Students also prepare a final
reflexive project, which may take the form of a presentation to the mindfulness community at
the next residency, and upload their final thesis to the Digital Commons for open public access.
(offered summer only)

Electives will be offered on a rotating basis in the summer and fall semesters only. See
options below:

GMIND 6059 Mindful Education
In this course students with a background or interest in education cultivate the knowledge and
skills to integrate mindfulness-based best practices into classrooms and curricula from pre-K to
university educational settings. Course participants investigate topics central to the field such as:
social-emotional development, the neurobiology of mindfulness, self-care, and mindful
movement. The course includes the critical examination of mindful education literature and
research and provides opportunities for both independent projects and small group
collaboration.

GMIND 6060 Mindfulness and the Environment
In this course students bring mindfulness concepts and techniques into environmental studies.
Students develop a mindfulness practice centered on the natural world, deepening a sense of
interbeing and awakening new perspectives on eco-spirituality, environmental ethics, and
human relationships with the other-than-human. Students bring a mindfulness lens to modern
environmental problems, leading to a deeper understanding of conflict resolution, personal
ethics, environmental justice, and social change during a time of environmental crisis.

GMIND 6061 Mindful Movement: Qigong
This course focuses on Qigong as a mindfulness practice, emphasizing awareness of the body,
energy, and movement. Students study Dragon and Tiger Medical Qigong, a fifteen-hundred-
year-old form of the art based on principles of Chinese medicine and grounded in the ancient spiritual traditions of Taoism and Buddhism. Students explore the concepts of Qi (Chi) and energy healing, compare how Chinese and Western medicines approach health, and examine evidence-based literature on the benefits of qigong.

**GMIND 6062 Mindful Creative Writing**
This course explores the bidirectional relationship between mindfulness and writing. Students explore the work of authors from a variety of cultural backgrounds, writing in multiple genres. Students develop their own creative writing skills, and practice techniques for bringing mindfulness to bear on their writing practice. Students learn specific aspects of writing craft and develop both individual and group mindfulness practices linked to creative writing.

**GMIND 6888 Special Topics in Mindfulness Studies**
Special Topics in Mindfulness studies is a one-time offering or pilot course, based on student or faculty interest.

**GMIND 6999 Independent Study**