

Continuing Studies

Seminar on Compassion

RELCS-500X-IR03, Redlands, Mondays 6-9PM, January 8th-April 9th 2018 (3.0 CEUs)

Open enrollment – no application or admission process required

Learn it today...apply it tomorrow

Explores what it means to live a life of compassion through these lenses:

- 1) biographical models such as Gandhi, Nelson Mandela, The Dalai Lama, Mary Oliver, Viktor Frankl, and Mother Teresa;
- 2) The compassion teachings of the world's religions;
- 3) The psychology of compassion
- 4) Experiential investigation of compassion practices.

About the Instructor



Fran Grace serves as Professor of Religious Studies and Steward of the Meditation Room Program. Following her Ph.D. from Princeton, she has received numerous recognitions for her teaching and research into spiritual life, including appearances on CSPAN and NPR. She finds inter-generational learning especially meaningful and relevant in this time of global change.

About the University of Redlands

University of Redlands is a private liberal arts and sciences university consistently ranked among the best universities in the nation by *U.S. News & World Report*. Since the university's founding in 1907, Redlands has emphasized academic rigor, personal development and interdisciplinary studies. An Education & culture of elevated learning provides students with a holistic education that results in a unique life transformation. Redlands students learn equally about service, commitment, life and the world.

Serving Southern California for more than 100 years!

Credits

3.0 CEUs
(undergraduate)

Tuition

\$350 full course.

Location

University of Redlands

Redlands Campus:

Larsen Hall 210 — The
Meditation Room

1200 E. Colton Ave.

Redlands, CA 92373

(909) 748-8060 (for directions)

Enroll now

Registration online by clicking
on the Enroll Now button at

Redlands.edu/continuingstudies

Information

Info-scs@redlands.edu

(909) 748-8868

Practical

Degree-applicable

**No application or admission
process required**