

Continuing Studies

Meditation

RELCS-502X-IR02: Redlands, Tues & Thurs, 11–12:20pm, Sept 6 – Dec 8, 2016 (3 CEUs)

Open enrollment – no application or admission process required

Learn it today...apply it tomorrow

This course explores a variety of meditation techniques and contemplative practices proven to foster well-being of body, mind, and spirit, in a unique, inter-generational learning environment. Humor, clarity, compassion, and peacefulness set the tone for a fun and growth-oriented atmosphere. No prior experience required.

About the Instructor



Fran Grace serves as Professor of Religious Studies and Steward of the Meditation Room Program. She has pioneered a contemplative approach to education that incorporates questions of meaning, love, wisdom, and compassion. She finds inter-generational learning especially meaningful. 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. A life crisis unexpectedly revealed the inner mechanisms of healing, humor, and love to be available for all who seek. Out of gratitude, her dedication is to share with others what she has discovered through her research and experience.

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 Continuing Education Units (CEUs)

Tuition

\$350

Location

**University of Redlands,
Redlands Campus**

1200 E. Colton Ave.
Redlands, CA 92373
(909) 748-8868 (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