



# Improve Lives Through Mindfulness

## Earn a Master's Degree in Mindfulness Studies

Mindfulness enhances people's wellbeing and improves their effectiveness in all kinds of settings, from boardrooms and offices to classrooms and clinics. Deepen your capacity to lead mindfully with a master's in Mindfulness Studies from Lesley University, the first program of its kind in the nation.

*At Lesley, mindfulness is more than a curriculum. It's a culture. Within the Graduate School of Arts and Social Sciences, mindfulness is a part of daily life. It's how we approach leadership and collaboration. It's part of our institutional DNA.*

*Take time to explore the benefits of mindfulness to your profession and practice.*

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Learn more at: [lesley.edu/mindfulness-studies](https://lesley.edu/mindfulness-studies)



Lesley University is committed to advancing the study and practice of mindfulness, as we continue to see mindfulness making increasingly significant contributions to the fields of education, psychology, communications, conflict resolution, leadership, cognitive science, and more.

## Students in the Master of Arts in Mindfulness Studies Program

- › Will earn 36 credits of graduate-level coursework in the philosophy, practice, and applications of mindfulness
- › Complete a semester-long mindful internship in their community
- › Engage in regular mindfulness practice, including a week-long silent retreat
- › Complete a Master's Thesis Capstone Project

## Core Course Descriptions

### Mindfulness: Theory and Practice (GINTD 6042)

This course engages students in the theory and practice of mindfulness meditation. Mindfulness draws on the wisdom of our minds and bodies to develop calm, concentration, and insight. Students engage in several forms of mindfulness practice, and discuss related literature, including studies reporting on potential benefits of practice to improve health, to enhance overall well-being, and to promote neuroplasticity. Students focus on the applications of these practices in their daily, academic, and/or professional lives. Usually offered fall semester.

### Mindful Leadership and Social Engagement (GINTD 6048)

This course provides students with an opportunity to explore how Buddhist ideas underlying mindfulness can be extended into the realm of leadership and engagement with the contemporary world. Students will gain a nuanced understanding of principles of mindful leadership through close readings of translations of classical Buddhist teachings and current mindfulness texts. Students will investigate the meaning of these teachings in direct experience and apply them to social, cultural, historical, organizational, and political case studies. Usually offered spring semester.

### Mindful Communications: Theory and Practice of Insight Dialogue (GINTD 6047)

This Mindfulness Studies course is designed to examine and critique the theory, practice, and potential of Insight Dialogue, or interpersonal mindfulness, and its roots in the Buddhist concept of “right speech.” Implications of Insight Dialogue for enhancing communication, including in difficult conversations, will be examined. Insight Dialogue will be contextualized within examination of prominent philosophies of dialogue and dialogic practices intended to promote communication across race, class, gender, and ideology. Usually offered spring semester.

### Foundation of Contemplative Process: The Buddhist Traditions (GINTD 6049)

the course operates as a philosophical, historical, and crosscultural survey of the Buddhist traditions as they are found in South Asia and East Asia. Particular attention will be paid to the development of the Buddhist ascetic tradition, philosophical issues such as the “no self” doctrine, the historical role of women, and the migration of Buddhism to the west and the difference/similarities between these schools and their Asian counterparts. Usually offered fall semester.

### Insight Meditation Retreat: Toward Concentration and Wisdom (GINTD 6057)

At the center of this course is a week-long silent meditation retreat intended to systematically deepen students' practice of insight meditation. The retreat builds on the meditation practice undertaken in Mindfulness: Theory and Practice (GINTD 6042). Students engage in analysis of, and critical reflection upon, oral and written mindfulness teachings, synthesizing these with the development of their own formal meditation practice and practice in daily life for the benefit of self and others.

### Mindful Internship: Mindfulness as Social Engagement (GINTD 6056)

In this course, students integrate theoretical perspectives and formal mindfulness practice with social engagement, as interns serving in community settings. In applying their mindfulness training, students draw on foundational concepts of required courses (especially Mindful Leadership and Social Engagement) and their electives. In serving as mindful citizens in a service capacity, students deepen their ability to sustain mindfulness in interactions with diverse populations, while engaging in ongoing examination of their daily life.