Experience Meditation

OSHER 239-001
Times: 6:00 PM – 7:30 PM
Location: Annex, see bldg. doors for room #
Instructor: Donna Shattuck, Ph.D.

Course Description:
What is meditation? How do I begin this ancient practice? Or if I have a practice what can I do to make it fresh and new?

We will read about meditation, talk about it but most importantly we will practice. If you are a beginner, this class will give you an opportunity to explore meditation and test whether it could be useful for you to add the practice to your life. If you are experienced, this class will offer you the space and time to deepen your practice and perhaps introduce you to some new aspects to energize your practice.

Learning Objectives:
Beginners will be introduced to a variety of meditation practices some or all of which they may decide to continue to practice. Experienced meditators may learn new practices or deepen their current practice. All will have an opportunity to share their experience.

Methods of Instruction:
This will be a discussion and practice class. I do not plan to lecture but I will prepare a “lesson” for each class meeting. The lessons will be based on mindfulness meditation as taught by Jon Kabat-Zinn. The most important part of each class will be the time set aside to practice meditation. The discussions before and after the meditation practice will always include time for the students to share their experience of what works or doesn’t work for them.

Suggested text:
Wherever You Go There You Are by Jon Kabat-Zinn

About me:
I have no formal training as a meditation instructor, but I have practiced meditation for more than 20 years. My formal training is as a geneticist and I worked in the biotechnology industry for my entire career. I bring to meditation practice a bias because I am a scientist. My bias is that experimentation is key. One must try to meditate, remember and preferably record what happens and then review and perhaps discuss your experience. In the class we will follow this method in several ways so that you can decide if it is useful to you to practice meditation.

The best way to reach me is email donna.shattuck@gmail.com if you prefer to call, my number is 801 949-8208.