TITLE OF COURSE: Making Friends with Yourself: Developing a Mindfulness Practice

INSTRUCTOR(S) NAME: Kara Traikoff

CONTACT INFO FOR INSTRUCTOR:
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COURSE MEETING TIMES: Thursdays (January 16 through March 5; two 4-week sessions) 9:30-11:30

COURSE MEETING LOCATION: Ruffatto Hall, Room 304

INSTRUCTOR BIO:
Kara Traikoff has been a part of the DU community for 10 years. She currently teaches undergraduate Wellness courses, leads weekly guided meditations for the Employee Wellness Program, and teaches Mindfulness Based Stress Reduction (MBSR) courses in collaboration with the Knoebel Institute for Healthy Aging. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.

CATALOG DESCRIPTION
"Mindfulness means the awareness that arises from paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." - Jon Kabat-Zinn

Have you ever felt that life was moving too fast? Or too slow? Have you ever had a moment when you could just be you and enjoy the experience you were having? The practice of mindfulness offers tools for tapping into our innate ability to feel well, whole, and live in the present. Whether you are brand new to these concepts or you are looking to reinvigorate your practice with a community of support, this class will provide foundational techniques in cultivating kindness, balance, and resiliency in your everyday life. The course will offer suggested home practice each week to develop and build continuity of practice. Emphasis will be placed on experiential learning, group practice, and dialogue throughout the 4-week series.

SYLLABUS
   Session #1 – Considering formal & informal practice
   Session #2 – Practicing attentional focus
   Session #3 – Interacting with life
   Session #4 – Encouraging self-compassion