

Foundation Course in Buddhist Psychology

Course Syllabus

- No. of Modules – 5
- 50 Hours of Teaching (5*10)
- 10 Hours of Assignments (20marks per unit* 5 = 100 marks)
- Timings- 12- 2 pm & 3- 6 pm (2- 3pm- Lunch break)

Course Outcomes:

At the end of the course, the learner will be able to

- Describe the basic concepts and theories of Buddhist psychology
- Recognize the motivation of an awakened mind- Bodhichitta
- Integrating mindful movement with breath
- Providing introduction to Buddhist meditation

Module 1- Introduction to Expressive Arts, Mindful Movement & Breathing

Date- 29th & 30th January 2022

Teachers- Anubha Doshi, PallaviDeshmukh, KarishmaHarlalka

- Intention Setting & Merit dedication
- A tribute to Gautama Buddha - the source of the 2600-year wisdom legacy
- Cultivating the motivation of an awakened mind- Bodhichitta
- Introduction of the participants & Sacred circle with object
- Practicing Mindful movement with Breath
- Introduction to Buddhist meditation

Module 2- The 4 Immeasurables

Date- 5th & 6th February 2022

Teachers- Tripura Kashyap, Anubha Doshi

- Introduction to Brahmaviharas
 - Metta (loving Kindness)
 - Mudita (Sympathetic Joy)
 - Karuna (Compassion)
 - Upekha (Equanimity)
- Theory of Brahmaviharas



Alpeshia
Course Coordinator

- Experiencing seated meditation practices
- Embodied practices through therapeutic movement

Module 3- Neuroscience, Wellbeing & Resilience (Theory and Practice)

Date- 26th & 27th February 2022

Teachers- Anubha Doshi, Tripura Kashyap, KarishmaHarlalka

- Nature-Based Expressive Arts
- The science of Well-being
- Knowing the Richard Davidson's model: 4 pillars of wellbeing (Awareness, Connection, Insight and purpose)
- Practicing Mindful Movement with Breath
- Embodying the Paramitas (Generosity, Discipline, Patience, Exertion, Meditation and Wisdom)

Module 4- Buddhist Philosophy and its growing relevance in the Modern Age

Date- 12th & 13th March 2022

Teachers- Pallavi Deshmukh

- Understanding the Interdependence/Interconnectedness (through the lens of Dependent Origination and Emptiness)
- Knowing the idea of Impermanence
- Awareness of emotions in everyday life
- Studying The Path of the Sacred Warrior - Part 1 & Part 2
- Feeling Harmony and Joy

Module 5- Mindful awareness and its practice through Art

Date- 26th, 27th March 2022

Teachers- AvantikaMalhautra

- Artistic inquiry through meditative experiences
- Exploring the quality of presence
- Understanding Self-reflection as a resource in daily life



Albedia Course Coordinator