KSS 1509 - Meditation

Fall 2026 Syllabus, Section 01, CRN 41300,

Credit hours: 1

Instructor

Elizabeth Hoffman

Public Instructor Information

Instructor Title: Part-Time Faculty
Instructor Professional Qualifications: E-RYT-500 Yoga Teacher, YACEP and Certified Meditation Teacher
Instructor Office Location: Beeghly Center Rm# 307
Instructor Office Phone: 330-941-1904

Course Description

1509. Meditation. Overview of practical meditation theory, with diverse practices culled from the world's wisdom inheritance presented as guided meditation experiences. Historical perspective, along with relevant findings of current neuroscience research which support the efficacy of meditation are considered. The practices develop heightened awareness skills, whether practiced sitting, standing, walking, or supine. 1 s.h.

Course Readings

Group	Title	Author	ISBN
	No Readings		

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Intro to Meditation and Breath Awareness	
8/31	Implement Breath Awareness into Mindfulness Sitting Meditation	First Writing Assignment is Due
9/7	Progressive Relaxation	
9/14	Introduction to Walking Meditation	Homework #1 Due
9/21	Mantra Meditations	
9/28	Visualization Meditation	Homework #2 Due
10/5	Understanding the Body Scan Meditation	
10/12	Introduction to Autogenic Meditation	Homework #3 Due
10/19	Exploring Neuroscience and Loving Kindness	
10/26	Understanding Open Awareness Meditation	Homework #4 Due
11/2	Continuation of practices, Art as Meditation	
11/9	Introduction to Self Inquiry Meditation	Homework #5 Due
11/16	The Science Behind Gratitude	
11/23	Eating Meditation	
11/30	Finals week - Presentations	Final Writing Assignment Due

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.