

## The Scientific Basis of Mindfulness and Meditation

(Semester course, ½ unit, Grades 10, 11 and 12 - 6 periods/cycle)

This course will focus on the scientific evidence that supports the practices of mindfulness and meditation. In this course students will learn about the structure and function of their brain and understand how to strengthen the neural pathways that lead to focusing their attention and concentration. Meditation is an active training of the mind to improve awareness which aids practitioners with reducing stressors such as ruminating thoughts and anxiety. In addition to the brain based aspect of this course, daily meditation and mindfulness practices will be an important part of the curriculum. This course culminates with a final project.

