Courses in English
Course Description

Department	-- please choose from drop down list --
Course title	**Meditation and Art**
Hours per week (SWS)	3
Number of ECTS credits	5
Course objective	To get to know the benefits of serious meditation practice. Becoming more aware of our own mental activities. Increasing our level of concentration. Learning to look at art in a more unselfconsciously and deeper way and to pass on this appraoch to other target groups like children, youth as well as adults.
Prerequisites	Stable mental constitution
Recommended reading	Hodge, Susi (2018). The Short Story of Art. A Pocket Guide to Key Movements, Works, Themes & techniques. London: Laurence King Publishing. de Bruin, Andreas (2021). Mindfulness and Meditation at Universityt. 10 Years of the Munich Model. Bielefeld: transcript Verlag.
Teaching methods	Practical exercises
Assessment methods	Credit earned through active participation, presentation and written assignment.
Language of instruction	English
Name of lecturer	de Bruin
Email	de-bruin@hm.edu
Link	https://hm.edu/kontakte_de/contact_detail_866.de.html
Course content	Since the 1970's, neuroscientists have been particularly engaged in research on meditation and have found out that meditation not only relieves pressure on the mind and body, but can actually change brain functions. Meditation has a positive impact on concentration and supports unprejudiced perception. What can meditation imply when we are looking at a work of art? Which meditative techniques can be used in museums and galleries? And how can we learn to look at art in a more unselfconsciously and deeper way? The focus is on the Great Masters of painting. Material will be provided by the professor. Good English language skills required. Attendance mandatory.
Remarks	Location: Alte Pinakothek Munich