

Core Curriculum

The Core Curriculum is comprised of foundational courses designed to foster academic depth and breadth within the Bachelor of Arts degree. The Core Curriculum requirements constitute 30 credits of the 120 total credits necessary to complete a Bachelor of Arts degree.

First-time college students are required to take COR113 *First-Year Seminar* in place of COR130 *Contemplative Learning Seminar* and COR150 *Diversity Seminar*. The Contemplative Learning Seminar and the Body/Mind Area Requirement must be taken at Naropa University. No transfer credit will be accepted or applied toward these Core requirements. Writing Seminar II cannot be fulfilled with any AP or CLEP scores. Only research-based writing courses will fulfill this Core Seminar.

Core Seminars (15 credits)

- COR130 *Contemplative Learning Seminar: Naropa's Roots and Branches* (3)
- COR150 *Diversity Seminar* (3)

And:

- COR110 *Writing Seminar I: Art of the Engaged Writer* (3)
- COR115 *Writing Seminar II: Art of the Scholar* (3)
- COR220 *Community-based Learning and Action* (3)

SUBTOTAL 15

Area Requirements (15 credits)

Artistic Process (choose 3 credits)

Courses in Artistic Process approach art forms as a practice, igniting one's creative possibilities through discovery, delight, and creating art in a contemplative way. The focus is on the self-expression of one's inner artist, infused with informed articulation of art as a means to engage with the world.

- ART101 *2-D Design: Art Techniques and Experimentation* (3)
- ART102 *Contemplative Ceramics: Form and Human Connection* (3)
- ART116 *Introduction to Photography* (3)
- ART125 *Introduction to Drawing* (3)
- ART132 *3-D Ephemeral Media* (3)
- ART155 *Figure Drawing* (3)
- ART180 *Sculpture* (3)
- ART245 *Introduction to Painting: Realism* (3)
- ART311 *Mixed Media* (3)
- ART385 *Advanced Studio Practice* (3)
- ART440 *Warrior Artist: Risk and Revelation in Studio Art* (3)
- ICOR140 *The Whole Human Being* (6)
- MUS230 *Improvisation* (3)
- MUS400 *Composition* (3)
- PAR210 *Acting Studio I* (3)
- PAR220 *Dance Studio I* (3)
- PAR222 *Dance of Africa* (3)
- PAR231 *Articulating Sound: Voice & Speech* (3)

- PAR301 *Acting Ensemble* (3)
- PAR302 *Dance Ensemble* (3)
- PAR330 *Verse Interpretation* (3)
- PAR331 *Prose Interpretation* (3)
- REL250 *Spirituality and Creative Expression* (3)
- TRA114 *Indian Devotional and Raga Singing* (3)
- TRA120 *Ikebana/Kado I* (3)
- WRI234 *Creative Reading and Writing* (3)

Body/Mind Practice (choose 3 credits)

The knowledge of life that comes from experiencing the unified wholeness of mind and body is both dynamic and direct. This is the meaning of "yoga"—that which fully joins mind and body. We train in developing this knowledge through disciplines emphasizing both stillness and movement, sound and silence. This training strengthens our capacity to feel sensation, heighten perception, appreciate impermanence, and remain open and responsive equally to pleasure and discomfort. Through such training, students deepen clarity of awareness, kindness toward themselves, and empathy for others. These gifts will support the aspiration to contribute to the world in a creative and skillful way.

- BSA335 *Contemplative Intercultural Studies* (3)
- PAR100 *Wisdom of the Body* (3)
- PAR230 *Preparing the Voice: Breathing Is Meaning* (3)
- PSYB208 *Embodying Process and the Individual* (3)
- PSYB255 *Body-Mind Centering* (3)
- REL158W *The Breeze of Simplicity: Meditation Weekend* (1)
- REL160 *Meditation Practicum I: Freeing the Mind* (3)
- REL255W *Opening the Heart: Meditation Weekend* (1)
- REL271 *Christian Prayer and Mystical Practices* (3)
- REL390W *Shambhala Training I* (1)
- REL391W *Shambhala Training II* (1)
- REL392W *Shambhala Training III* (1)
- TRA100 *Shambhala Meditation Practicum* (3)
- TRA105 *Taijiquan I: Beginning Form* (3)
- TRA110 *Aikido I* (3)
- TRA114 *Indian Devotional and Raga Singing* (3)
- TRA120 *Ikebana/Kado* (3)
- TRA133 *Yoga I* (3)
- EDU404 *Maitri and Mudra Space Awareness* (3)

Cultural & Historical Studies (choose 3 credits)

Understanding both our common humanity and our different histories is critical for effective living in today's world. Cultural and Historical Studies courses examine complex cultural practices—the meaning and practices of everyday life—and their relationship to power in historical and contemporary contexts. Courses in this area explore a range of diverse cultural experiences while building understanding and respect for profound political and social differences.

- ANTH250 *Regional Seminar* (4)
- ART301 *World Art I: Ancient to Middle Ages* (3)
- ART351 *World Art II: Medieval and Modern Transformations* (3)

- BSA325 Traditional Culture and Contemporary Issues of Bhutan (3)
- EDU245 Multicultural Education and Contemplative Critical Pedagogy (3)
- ENV207 History of the Environmental Movement (3)
- ENV245 Geography: Pilgrimage and Sacred Landscape (3)
- ENV253 Environmental Economics (3)
- ENV257 Food Justice (3)
- LCOR120 Cultural Immersion: Nepal/India (6)
- LCOR126 Cultural Immersion: Latin America (6)
- MUS245 The Evolution of Western Music (3)
- MUS250 Music Cultures of the World (3)
- MUS260 Listening to Jazz (3)
- PAX250 Introduction to Peace and Conflict Studies (3)
- PAX335 Socially Engaged Spirituality (3)
- PAX340 Conflict Transformation: Theory and Practice (3)
- PAR240 Re-Thinking the History of Performance: From Antiquity to 1700s (3)
- PAR241 Art Movements of the 20th Century: The Movers, Shakers, and Rule Breakers (3)
- REL210 Religion & Mystical Experience (3)
- REL212 Queer Theory, Feminism, and Religion (3)
- REL348 Flight of the Swans: Dharma Comes West (3)
- REL355 Sanskrit in the Sacred Traditions of India (3)
- WRI210 Literary Studies (3)

Science & Sustainability (choose 3 credits)

Science connects us to the world in meaningful ways, expanding horizons of understanding and engaging the mystery of our universe. Courses in science and sustainability invite students to experience the complexity and beauty of natural systems through diverse modes of inquiry including empirical, observational, and quantitative/mathematical investigation. Science emphasizes direct observation, the importance of evaluating evidence to guide theory, and the application of theory to promote sustainability. Scientific literacy is essential to mature and active citizenship.

- ENV100 Physical Geography: Beholding the Body of the Earth (3)
- ENV223 Field Ecology (3)
- ENV236 Green Building (3)
- ENV260 Introduction to Permaculture (3)
- PSYB100 Anatomy (3)
- PSYB101 Introduction to Western Psychology (3)
- PSYB234 Perception (3)
- PSYB239 Nutrition (3)
- PSYB329 Approaches to Healing (3)

World Wisdom Traditions (choose 3 credits)

Through courses in World Wisdom Traditions, students inquire into the wisdom that resides in the religions of many different human communities. They investigate the relationship between their own experience and ancient and contemporary teachings, exploring the relevance of those teachings for their lives. Students in world wisdom courses develop knowledge of the complex histories, lineages, sacred texts and stories, rituals, and ethics of the world's wisdom traditions.

- BSA335 Contemplative Intercultural Studies (3)
- ENV245 Pilgrimage and Sacred Landscape (3)
- LCOR125 Wisdom Traditions of Nepal/India (6)
- REL150 Buddhist Journey of Transformation: An Introduction (3)
- REL210 Religion & Mystical Experience (3)
- REL229 Contemplative Judaism (3)
- REL240 Foundations of Buddhism (3)
- REL247 Embodying Sacred Wisdom: Modern Saints (3)
- REL250 Spirituality and Creative Expression (3)
- REL314 Contemplative Islam (3)
- REL323 Religious Experience in Africa (3)
- REL334 Hindu Yoga-Tantra (3)
- REL345 Zen Buddhism (3)
- REL346 Wisdom and Compassion: The Buddhist Path (3)
- REL349 Tibetan Buddhism (3)
- REL376 Inner Oral Tradition of the Torah (3)
- TRA252 Daoism and Chinese Traditions (3)
- TRA453 Yoga History, Theory and Philosophy (3)

Total Credits 30