

The Science and Practice of Embodied Awareness

Spring 2026

with Jodi Supanich

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OFFICE HOURS: by appointment :)

This is a LIVE document and will likely be updated throughout the course

**PLEASE ALWAYS COME TO CLASS ON TIME WEARING COMFORTABLE
CLOTHES YOU CAN MOVE FREELY IN**

Text Books: please acquire these books as soon as possible either as ebooks, audio books or as old school books. Required!

“Why We Meditate: The Science and Practice of Clarity and Compassion” by Daniel Goleman and Tsoknyi Rinpoche

“Breath: The New Science of a Lost Art” by James Nestor

This course investigates the science and practice of embodied awareness. We will study the benefits of embodied awareness practices through direct experience. These practices will include breathwork, meditation, forest bathing, yoga (physical postures and deep relaxation), contemplative aerobics and somatics. We will also dive deeper into what western science has discovered about these practices impact the brain and body. Students will be highly encouraged to maintain a daily awareness practice of 5 minutes or more a day throughout the entire 12 week course.

Location, Time and Dates: Online and in the Washburn Meditation Center, Wednesdays from 1:30pm to 3:30pm October 1st - December 16th. No class Thanksgiving Week

“Do your practice and all is coming” ~Pattabhi Jois

The class schedule below tentatively outlines topics we will be covering each week. There will be weekly reading/listening.

Quizzes: There will be weekly quizzes available to help integrate the reading

Week by Week Tentative Schedule (i.e. this, like all phenomena, is subject to change):