Courses in English
Course Description

11 Applied Social Sciences

Meditation and Art

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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 approach to other target groups like children, youth as well as adults.

Stable mental constitution


The seminar will be held every other week for 2-class contact hours; there will be time for practical exercise, literature research and group discussion. The events will take place in the “Alte Pinakothek Munich”.

Credit earned through active participation, presentation and written assignment.

English

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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. Place: Alte Pinakothen Munich.