

## **THE STRUCTURE OF “MEDITATION LABS”**

The courses in the Brown Contemplative Studies Program that involved critical first-person practices often contain required meditation labs, of “Medlabs.” These may be three times/week for 50 minutes each or twice a week for 80 minutes each or even once a week for 50 minutes. These are conceived of as integral parts of the course that complement the standard lecture discussion format times - often equally.

This model assumes the first type: three times/week for 50 minutes each:

- Introductory Yogic Practice concentrating on positions that make the muscles, ligaments, and joints involved in meditation for flexible (10 minutes)
- Working with the Contemplative Technique for the specific lab (20-30 min)
- Questions and Comments (5-10 minutes)
- Journaling on 4X6 notecards (5-10 min)