

THE STRUCTURE OF “MEDITATION LABS”

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

Each Lab contains:

1. Introductory Yogic or Other Stretching Practice concentrating on making the muscles, ligaments, and joints involved in meditation more flexible
2. Working with the Contemplative Technique for the specific lab
3. Questions and Comments (5-10 minutes)
4. Journaling