



- 3) Unpack mind-body interactions, psycho-spiritual experiences, and potential liberative transformation paths and goals.
- 4) Explore the effects of mind-body practices on health, well-being, and human flourishing.
- 5) Discuss how mind-body practices support and nurture one's own personal development and how to integrate these practices into counseling, psychotherapy, trainings, and the academy.

Evidence-based research and phenomenological qualitative research studies that have assessed the effects of mind-body practices on health, well-being, and spiritual/mystical experiences will be given special attention in form of student projects and papers. This course is highly experiential and stresses engagement and study of various mind-body practices and spiritualities.

The course is part of the [UF Certificate in Spirituality and Health](#).

Course info: <https://www.ufmindfulness.org/uf-grad-undergrad-courses>