



Mindfulness: Theory and Practice ABSPG206

Subject Outline

'Mindfulness: Theory and Practice' examines the systems of meditative practice taught in Buddhist traditions, focusing on mindfulness as the key component in the Buddhist doctrinal framework. It explores the theoretical foundations for meditative practice as well as the practical methods and techniques of meditation and looks at the variety of applications of mindfulness in new contexts and environments.

This subject places emphasis on both theory and practice: primary and secondary sources on Buddhist meditation are studied and critically examined, and several techniques and aspects of mindfulness in practice are explored.

Venue/Location

NTI Wollongong, Australia

When does this subject take place

Lecture week: or 14 to 18 March 2016 (5 day block 9:00am-5:00pm)
10-14 October 2016 (5 day block 9:00am-5:00pm)

Who can Attend?

- Anyone can attend as a 'one-off' (non-award) student however students who do not have English as a first language must have at least IELTS 6.5 with no sub-band score less than 6.0 and obtained not more than two years before the date of enrolment.
- Students who wish to take this subject as part of NTI's Postgraduate Program in Health and Social Wellbeing (award students) must meet the entry requirements for the Graduate Program (including the English requirement listed above)

Frequently Asked Questions for more FAQ's visit www.nantien.edu.au/FAQ

- Do I have to be a Buddhist to attend?
 - No. Anyone can attend
- Do I have to pay?
 - Non-award students have to pay for the course (see our website address below for fees)
 - Award students (Grad Cert, Grad Dip and MA) can defer payment to FEEHelp

Subject Fees?

Please visit our fees page for:

- Domestic Students: <http://www.nantien.edu.au/content/fees-australian-domestic-students>
- International Students: <http://www.nantien.edu.au/content/fees-international-students>

Who Leads This Subject?

Lecturer/ Head of Program

Dr Tamara Ditrich

Recognition of Prior Learning

If you have already achieved University credits or learning from a recognised higher education institution, or significant experience in the area of the subject you are applying for, you may be eligible for Recognition of Prior Learning (RPL). Please refer to our Student Handbook for more information <http://www.nantien.edu.au/content/student-handbook-policies> or contact Student Services.

Credits/Level

Non-award students will not receive credit points unless they decide to continue with thier studies as part of a postgraduate award.

Successful completion of this subject will provide 6 credit points.

Course credit points requirements:

- Graduate Certificate Applied Buddhist Studies (24 credit points)
- Graduate Diploma Applied Buddhist Studies (48 credit points)
- Master of Arts - Applied Buddhist Studies (72 credit points)

How Do I Apply?

If you wish to apply for a Masters, Graduate Diploma or Graduate Certificate program, you can apply online here or download the application form

- <http://www.nantien.edu.au/content/online-application-admission-domestic-students>

If you wish to apply for a single subject/professional development or non-award subject, please download the subject application form

- <http://bit.ly/nonawardform>

Email to: enquiry@nantien.edu.au

Fax to: +61 2 4258 0701

Mail to: PO BOX 660, Unanderra, NSW, 2526, Australia

Application forms are also available from the Student Services Office, Nan Tien Institute 231 Nolan Street, Unanderra (Wollongong), NSW, Australia or can be emailed, faxed or mailed to you.

Enquiries

Faculty of Health, Nan Tien Institute NSW Australia

Head of Program: Associate Professor Leigh Wilson

+61 (2) 4258 0750

Email: l.wilson@nantien.edu.au

Student Services Office, Nan Tien Institute NSW Australia

Student Services Manager: Jolie Mao

+61 (2) 4258 0741

Email: enquiry@nantien.edu.au

Nan Tien Institute attempts to ensure that the information contained in this brochure is correct at the time of printing (December 2015), however details may be amended without notice by the Institute in response to changing circumstances or for any other reason. Applicants should check with the Institute at the time of application/enrolment for any updated information.



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