



Course Title: Nature-Based Mindfulness: Developing Your Own Practice

Course Code: WELL 07

Instructor: Natasha Deganello Giraudie

Note About Live Attendance and Recording:

These class sessions will be recorded and will be available for 1 week.

However, if you are able to attend live you will be able to get the full benefit of the course and the student community.

Grade Options and Requirements:

- Credit/No Credit (CR/NC)
 - Students must attend and/or watch all class sessions. And listen to a minimum of 4 audio recordings per week.

**Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Tentative Weekly Outline:

Each day (except for the days we meet) you will receive an audio recording which you are invited to listen to outdoors. Through the recordings, students will be guided through a practice of up to 25 minutes per day. Each will be a combination of teachings, storytelling, meditation, poetry and more.

During our weekly gatherings, we will be exploring these themes:

- Deepening your Relationship with Nature: Developing your own Practice
- Opening to Nature Practice: Increasing opportunities to engage with nature.
- Grounding in Your Lineage: Feeling into your roots and consider how they flow through your branches.
- Embodying Clarity: Calming down the turbulence in your mind, for greater visibility and perspective.
- Dissolving Solitude: Recognizing yourself in nature in order to gain a better understanding of who you are.
- Responding Consciously: Becoming more purposeful and intentional in your responses.
- Soaking in Nature's Love: Filling yourself up with the Nourishment & Care of Nature

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St., Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650