CONTEMPLATIVE STUDIES MINOR

Required Course
REL 301 Introduction to the Study of Religion (4 units)

Elective Courses
Complete 12 units from the list below

- OT 100 Thrive: Foundations of Well-Being (1 unit)
  (Pre-approved substitutions)
- PHED 120a Yoga (1 Unit)
- PHED 120b Yoga (1 Unit)
- PHIL 168g The Meaning of Life (4 units)
  (Pre-approved substitutions)
- REL 136 Sense and Sensuality in Indian Religious Literature (4 units)
- REL 350: Drugs, Alcohol, Visions and Altered States in Religion (4 units)
  (Pre-approved substitutions)

Additional Coursework
One additional Religion (REL) or Jewish Studies (JS) course

Total units required for Contemplative Studies Minor: 20 units (16 units must be upper-division.)

Consult with School of Religion Department Director of Undergraduate Studies, or email Lisa Perkins at lkamrany@usc.edu for more information.