Meditation for Stress and Well-Being

Ancient Tibetan traditions define well-being as a holistic sense of wellness that encompasses body, energy-breath and mind. Scientific studies have shown that chronic stress can contribute to a lack of well-being, expressed in almost every biological system in our body. With a brief overview of the impact of stress, this course focuses on techniques that help you navigate through your stressors and counteract the “flight or fight” response with relaxation. In-class exercises demonstrate practices to unite your mind and its embodied energy with powerful Tibetan breathing, movement and sound techniques. This simple meditative routine can help you overcome the tendency to run from thought to thought, emotion to emotion and place to place in search of happiness. Incorporating these practices into your daily life may deepen your ability to attain a relaxed yet aware state of mind, a healthier lifestyle and a more peaceful outlook.

Note: You should wear loose, comfortable clothing and bring a cushion if choosing to sit on the floor.

Alejandro Chaoul, Ph.D., has trained with Tibetan lamas since 1989 and is an assistant professor and director of education in the integrative medicine program at The University of Texas MD Anderson Cancer Center. He is involved in research using Tibetan mind-body techniques with cancer patients and facilitates meditation for cancer patients and their caregivers, as well as staff and faculty. Dr. Chaoul is also associate faculty at the McGovern Center for Humanities and Ethics at The University of Texas Medical School at Houston. He holds a doctorate from Rice University focusing on Tibetan spiritual traditions.

To register for this class or browse all available courses, visit us at glasscock.rice.edu today.