



NEPAL

ARTS, DESIGN, & MINDFULNESS IN KATHMANDU

New in 2023! Based in Kathmandu at the foothills of the Himalayas, this innovative interdisciplinary program will empower students to re-design their lives with intention. The curriculum advances tools of mindfulness--meditation, awareness, curiosity--as the key to true knowledge, not merely productivity. Students will explore how to lead ethical, compassionate, and fulfilling lives as they engage with leading Nepalese artists, musicians, designers, activists, scholars, business and civic leaders, and visit sites of cultural, historical, and ecological significance.



COURSE(6 credits)

both undergraduate and graduate credits available



APPLICATION DEADLINE

March 1, 2023



PROGRAM FEE

Approx. \$4,960 + airfare, personal expenses. *Scholarships and passport reimbursement available!*



CONTACT

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TRAVEL DATES

May 20 - June 11, 2023



Global Education/Study Abroad

OFFICE OF INTERNATIONAL AFFAIRS

UNIVERSITY OF COLORADO
DENVER | ANSCHUTZ MEDICAL CAMPUS

