



RICE

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# Tibetan Meditation: Cultivating Peace

Stress is a normal part of life, but allowing it to become a way of life can threaten mental, physical and emotional health. Fortunately, meditation can transform your relationship with stress, allowing you to experience life's challenges with greater awareness and ease. In this short, interactive course, Tibetan meditation expert Alejandro Chaoul, Ph.D., teaches you in-class practices that can help you navigate through your stressors and counteract the "flight or fight" response with the relaxation response. Learning to be calm and focused through meditative techniques can enhance openness and alertness and help you overcome anger, attachment and confusion. Incorporating these practices into daily life may foster a healthier lifestyle, more compassionate relationships and a greater sense of inner peace.

## CO-SPONSORS

Ligmincha Texas Institute for the Tibetan Meditative and Healing Arts  
Rice University Chao Center for Asian Studies  
Rice University Department of Religion

**Note:** This course is offered for educational purposes only. Please consult with the professional of your choosing if you are seeking specific therapeutic or medical advice. Participants should wear loose, comfortable clothing and bring a cushion if choosing to sit on the floor.

To register for this class or browse all available courses, visit us at [glasscock.rice.edu/personal](https://glasscock.rice.edu/personal).



## INSTRUCTOR

**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. He has taught meditation courses at the Glasscock School of Continuing Studies since 1999. Dr. Chaoul is also adjunct faculty at the McGovern Center of Humanities and Ethics at The University of Texas Medical School. He holds a doctorate from Rice University focusing on Tibetan spiritual traditions.



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<b>SCHEDULE</b>	<b>March 2 and March 9, 2018</b> Two Fridays 5–7 p.m.
<b>FEE</b>	<b>\$108</b> <b>\$97</b> for Rice alumni
<b>CEUs</b>	<b>0.4</b>
<b>FORMAT</b>	<b>On Campus, Limited Enrollment</b>

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