

Contemplative practices resources

On the page

Barbezat, Daniel and Mirabai Bush, *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning*, Jossey-Bass, 2015

Garde, *Contemplative Practices and Anti-Oppressive Pedagogies for Higher Education: Bridging the Disciplines*, Routledge, 2022

Magee, Rhonda V. *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*, Penguin, 2019

Arthur Zajonc, Megan Scribner, and Parker Palmer, *The Heart of Higher Education: A Call to Renewal*, John Wiley & Sons, 2010

On the web

Contemplative Pedagogy Resources, UMass Amherst Center for Teaching and Learning:

<https://www.umass.edu/ctl/communities/contemplative-pedagogy/contemplative-pedagogy-resources>

Contemplative Practices for Anti-Oppression Pedagogy, Beth Berila, St. Cloud State University:

contemplativepracticesforantioppressionpedagogy.com