SPECIAL NOTE:
This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):
Please check with the LCC bookstore http://www.labette.edu/bookstore for the required texts for this class.

COURSE NUMBER:          SPEC 125
COURSE TITLE:            TOPICS IN PERSONAL ENRICHMENT
                        BEGINNING MEDITATION FOR RELAXATION
SEMESTER CREDIT HOURS:  .5 - 5
DEPARTMENT:             Special Interest
DIVISION:               Workforce Education/Community Service
PREREQUISITE:           None

COURSE DESCRIPTION:
This course will offer a variety of stress reduction techniques, guided meditations, and breathing exercises to increase relaxation and promote health and wellness in the midst of daily life.

COURSE OUTCOMES AND COMPETENCIES:
The student who successfully completes this course will be able to choose from a variety of stress-reduction techniques to promote self-awareness and reduce stress in his/her daily life.