

Curriculum

Introduction to Community Studies

Course No. CS 101

Department: Community Studies

Credits: 1.94

Description: This course introduces students to the history of “intentional community”, by studying the founding and development of American society; from the Quakers and Shakers to modern day “eco-villages” along with the history and aims of Mount Madonna Center. Students will begin to engage the concept of “community as a living system” through the daily practice of living, learning and working together. Through both their personal experience and shared study, students will learn basic principles and practices of generating and sustaining a sense of community with each other.

Contemplative Communities: The Value of Practice and Process of Self-Inquiry

Course No. CS 102

Department: Community Studies

Credits: 1.94

Description: Students will explore the process and dynamics of change within a contemplative community. They will be introduced to basic methods of reflective introspection, breath regulation and meditation practices. In class discussion, students will explore the potential benefits, challenges and implications of spiritual aim and practice for themselves and their community as a whole. They will also examine the history and role of ritual as a tool for self-knowledge through the life cycle.

Transformation Through the Practice of Yoga and Selfless Service

Course No. CS 103

Department: Community Studies

Credits: 1.94

Description: This course will help students develop an understanding of the important relationship between traditional spiritual practice and practical action in community life. Specifically, students will both study and practice spiritual disciplines and be given opportunity to relate the formal practice to action in the world through selfless service. The goal is to understand how the individual is enriched and transformed through both positive internal contemplation and external engagement as an active and giving member of community.

Healthy Living In Community

Course No. CS 104

Department: Community Studies

Credits: 1.94

Description: In an era of growing awareness of the need for practices of healthy living as a counter point to symptomatic treatment of disease as isolated from environment we offer this course on healthy living in community. This includes both an introduction to more traditional and holistic healing systems and exploration of how the creation and participation in community can be a context for greater health. Student will also explore, within the healing context of community, the confluence of the old and new, the familiar and unknown, through a study of binding wisdom traditions (eg. Ayurveda, Chinese medicine, shamanism) in relation to the transformative challenges of the present.

Effective Communication Skill Building

Course No. CS 105

Department: Community Studies

Credits: 1.84

Description: This course introduces students to communication and relationship building skills, as well as the concepts of developing authentic community through a variety of group processes. Students will explore methods of deep listening and reflection, learn how to recognize and communicate their own needs as well as clarify the needs of others. They will have the opportunity to practice effective tools for problem-solving, addressing criticism and confrontation and setting limits, and learn how to deal constructively with conflicts when they arise. They will also experience effective group building and visioning through methods such as the council process, appreciative inquiry, and world café. The goal is to empower students to organize, participate in and facilitate creative and successful community building processes through conscious and constructive communication.

Emerging Theories of Social Organizations

Course No. CS 106

Department: Community Studies

Credits: 1.8

Description: This course will introduce students to both ancient and modern thinking about how people organize to accomplish collective tasks. They will be exposed to and discuss modern organizational development theory and “new systems” thinking as well as traditional and indigenous systems of cooperative work. The goal is to help students develop the capacity to effectively participate in and facilitate cooperative endeavors in a way that encourages active participation on the part of others and the development of community.

Sustainable Futures: Commerce as an Ecological Endeavor

Course No. CS 107

Department: Community Studies

Credits: 1.8

Description: Students will gain an understanding of some traditional concepts of “right livelihood” and modern concepts of sustainable enterprise. We will examine traditional philosophical and spiritual foundations for the pursuit of meaningful work in an ethical and sustainable fashion and explore modern theories of sustainable and socially responsible commerce, for the purpose of supporting the healthy development of the larger community.

Responsible Leadership and Social Action

Course No. CS 107

Department: Community Studies

Credits: 1.8

Description: Students will explore a variety of leadership models, and consider the value and implication of each for the purpose of determining what supports and facilitates a healthy, sustainable society. Topics for discussion will include the philosophy and history of non-violence in social change. We will draw upon various spiritual traditions and practices to develop an understanding of how to creatively engage in the process of positive change within a community context.

Instructors/qualifications:

For the School of Community Studies, offering only a non-degree program, the majority of faculty members have degrees in relevant areas such as political science, education, and religious studies, as well as extensive experience in the field. That experience includes both actual operational responsibilities in a successful 28-year-old intentional community, as well as teaching experience in community studies programs at Mount Madonna Center.

Ronald Rajendra Bingham, Chief Financial Officer, Mount Madonna Center; Member, Board of Directors, Mount Madonna Center, 1998-present.

John Dayanand Diffenbaugh, B.A., UCSC, Religious Studies (cum laude), 1971, founding member of Mount Madonna Center resident community; Member, Board of Directors 1978-2000; Member, Mount Madonna Center Administration 1978-present; and Founder of and Instructor in the Mount Madonna Center Yoga, Service, and Community program, 1994-present.

Judith Sarada Diffenbaugh, Ph. D. (Education, Stanford University 1992), 1984-86 and 1991-Present; Principal, Mount Madonna School (a private, independent, accredited school serving students from pre-school through high school), and founding member of Mount Madonna Center resident community.

Gerald Brajesh Friedberg, Ph.D (Political Science, Harvard University, 1965), RYT500, member of the Mount Madonna Center resident community since 1978; Member, Mount Madonna Center Board of Directors 1981-2000; Member, Mount Madonna Center

Administration 1980-present; Instructor in Mount Madonna Center's Yoga, Service, and Community Program 1994-present.

Iris Kalpana Kachuck, Ph.D (Education, UC Berkeley), RYT500 (Registered Yoga Teacher, 500 Hour Level), Member, Board of Directors, Mount Madonna Center, 1980-present; Principal, Mount Madonna School, 1980-84; Member, Mount Madonna Center Personnel Committee 1985-present.

Sadanand Ward Mailliard, B.A., RYT500, founding member of Mount Madonna Center resident community; Member, Board of Directors 1978-present; President, The Hanuman Fellowship; Instructor in the Mount Madonna Center Yoga, Service, and Community program, 1994-present.

Ratna Jennifer Sturz, B.A., M.A., RYT500, Member of the Mount Madonna Center Board of Directors 1985-98; Instructor in Mount Madonna Center's Yoga, Service, and Community Program 1994-present.

And Other Instructors TBA.

Tuition and Fees, School of Community Studies

Tuition.....	\$1,500
Registration fee	\$ 100 (50% refundable if student withdraws before class commences, nonrefundable thereafter)
Application fee (nonrefundable).....	\$ 50
Book Fees	Not to exceed \$100.

Credits for: 225 Hour Certificate of Completion..... 15 credits, including lecture/discussion,
and practicum

Cost Per Credit \$100.