

# RELI 285: The Buddhist Tradition: Southeast Asia and Sri Lanka



Theravada Buddhism, or “the doctrine of the elders,” is the main type of Buddhism practiced in Sri Lanka and in mainland Southeast Asia (Thailand, Cambodia, Laos, Myanmar). This course introduces students to the history, precepts and practices of the Theravada school and to key social, cultural, philosophical, and political realities that shape public life, personal practices and collective identities in majority Theravada Buddhist regions.

How do contemporary mindfulness practices relate to Buddhist meditation? What is a monk and what rules do they live by? What is the status of women in Buddhist cultures? What does a Buddha image do when it comes to life? This class will answer these questions and more using lectures, discussion, primary texts & articles, film, and a museum trip.

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M/W  
1:25PM-2:15PM

**General Education  
Requirements: Fulfills  
BN, CI**

