

Holistic Health and Contemplative Well-Being Programs

1. Undergraduate Minor in Holistic Health and Contemplative Well-Being
2. Graduate Certificates in Holistic Health and Contemplative Well-Being (9 credit hours each):
 - Holism and Contemplative Health Care
 - Resilience and Well-Being Skills
 - Mindfulness and Centering Skills
 - Health and Wellness Coaching Skills

Scheduled Course Rotation (Updated September 2025)

---Please always consult WMU Course Offerings as the rotation is subject to change. -

<u>Fall Semester Courses:</u>	<u>Spring Semester Courses:</u>
*HOL 1000 Choices in Living (WES)	*HOL 1000 Choices in Living (WES)
HOL 2000 Choices in Global Living (WES)	HOL 2000 Choices in Global Living (WES)
*HOL 2701 The Resilient Mind (WES)	*HOL 2701 The Resilient Mind (WES)
*HOL 2801 Health and Well-Being (WES, HC only)	*HOL 2801 Health and Well-Being (WES, HC only)
HOL 3000 Practices in Integrative Care	HOL 3000 Practices in Integrative Care
*HOL 3350 Introduction to Stress Management (WES pending approval, Fall 26)	HOL 3305 Intro to Mindfulness Skills
*HOL 4850 Capstone in Holistic Health	*HOL 3350 Introduction to Stress Management (WES pending approval, Fall 26)
*HOL 4700 Relationship Centered Skills	HOL 4700 Relationship Centered Skills
HOL 5072 Mindfulness Theory & Skills	*HOL 4850 Capstone in Holistic Health
*HOL 5301 Meditation to Enhance Living	*HOL 5301 Meditation to Enhance Living
*HOL 5304 Yoga to Enhance Living	HOL 5304 Yoga to Enhance Living
HOL 5310 Intro to Holistic Health	*HOL 5300 Animal Assisted Services Practicum
HOL 5321 Intro to Holistic Health Coaching	HOL 5310 Intro to Holistic Health
HOL 5350 Holistic Approaches to Stress	HOL 5350 Holistic Approaches to Stress
HOL 5360 Wellness Skills for Health Professionals	HOL 5530 Holism, Illness, End of Life
*HOL 5390 Seminar in Animal Assisted Services	HOL 5360 Wellness Skills for Health Professionals
HOL 5550 Successful Aging/Holistic Perspectives	HOL 5602 Meditation Theory and Practice
*HOL 5604 Yoga Theory and Practice	*HOL 5604 Yoga Theory and Practice
	HOL 5650 Health and Wellness Coaching
	HOL 5850 Applied Mindfulness Skills (Spring '27)
*Traditional Classroom Section(s) Offered	*Traditional Classroom Section(s) Offered
<u>Summer I Session Courses (online only):</u>	<u>Summer II Session Courses (online only):</u>
HOL 1000 Choices in Living (WES)	HOL 1000 Choices in Living (WES)
HOL 2000 Choices in Global Living (WES)	HOL 2000 Choices in Global Living (WES)
HOL 3305 Intro to Mindfulness Skills	HOL 3350 Introduction to Stress Management
HOL 4700 Relationship Centered Skills	HOL 4700 Relationship Centered Skills
HOL 5304 Yoga to Enhance Living	HOL 5310 Intro to Holistic Health
HOL 5360 Wellness Skills for Health Professionals	HOL 5750 Resiliency Theory and Skills

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(Updated September 2025)**