

**Concentrate Prerequisites: Effortless Mastery
Fall 2019-Summer 2020**

Eligible PROM Concentration Courses	
<i>*Note: Students must commit to the minimum requirements of this minor in order to apply courses as an area of concentration.*</i>	
COURSE	PREREQUISITES
The following are required courses (3 credits each):	
PSEM-200: Effortless Mastery 1 (3 cr)	None
PSEM-300: Effortless Mastery 2 (3 cr)	PSEM-200 and written approval of course instructor
Somatic Discipline elective (choose 3 courses, 1 credit each):	
PSH-238: Awareness Training for Musicians (1 cr)	None
PSH-338: Awareness Training for Musicians 2 (1 cr)	PSH-238
PSH-240: Body Mapping for Musicians (1 cr)	None
PSH-242: Body Mapping for Musicians 2 (1 cr)	PSH-240
PSH-260: Tai Chi Chuan for Musicians 1 (1 cr)	None
PSH-360: Tai Chi Chuan for Musicians 2 (1 cr)	PSH-260
PSH-250: Yoga for Musicians 1 (1 cr)	None
PSH-252: Yoga for Musicians 2 (1 cr)	PSH-250

Effortless Mastery Institute Electives (choose one course from the following or an additional Somatic Discipline elective from the above list):	
ILGT-119: Guitar Style Skills Lab: Qigong for Guitar Performance (1 cr; check section number during registration)	None
PSH-263: Qigong, Musicianship, and Master of Creativity (1 cr)	None