



CONTEMPLATIVE ACTIVITIES

SPRING 2018 FREE WEEKLY OFFERINGS

MONDAY

- 10:30 am - 12 pm | Mindfulness Group** | Student Health, Lg. Group Rm | CAPS, Baozhen Xie | 8-week series, must apply to join: bx2w@virginia.edu
- 12 - 1 pm | Mindfulness Monday** | Clemons 220 | CSC, Anthony Demauro, Leslie Hubbard
- 12:15 - 12:45 pm | Meditation** | McLeod 2025 | CCI, Michael Swanberg/Julie Connelly
- 5 - 6 pm | Yoga** | McLeod 2010 | 1/29-5/1 | CCI, Esther Lozano
- 7:30 - 8:30 pm | Yoga** | Munford Klazzroom | 1/22 - 4/30 | IRC, Ariana Piacquadio
- 8 - 9 pm | Mindfulness Monday** | Clemons 220 | CSC, Anthony Demauro, Leslie Hubbard

TUESDAY

- 12 - 1 pm | Relax & Recharge with Alexander Technique** | Clemons 220 | CSC, Sandra Bain Cushman
- 2 - 2:45 pm | Yoga @ Curry** | Ruffner Hall 281 | 1/23 - 5/1 | Curry, Fran Romo
- 4 - 5 pm | Contemplation in Motion** | Clemons 220 | CSC, Brad Stoller
- 5:30 - 6:30 pm | Meditation** | McLeod 2025 | CCI, Sam Green
- 5:30 - 6:30 pm | Biofeedback Resilience Lab** | Clemons 220 | CSC, Geoff Cox
- 7:30 - 8:30 pm | Yoga** | *UYOGA, Kauri Dynes | For location, email uyoga@virginia.edu
- 8 - 9 pm | CSC Free Night Owl Yoga** | AFC MP1 | CSC/IM-Rec, Shaaron Honeycutt
- 8 - 9 pm | Candlelight Restorative Yoga** | Clemons 220 | CSC, Elyse Cooner

WEDNESDAY

- 6 - 7 am | Meditation** | McLeod 2025 | CCI, Jonathan Bartels
- 12 - 1 pm | Restorative Yin Yoga** | Clemons 220 | CSC, Elyse Cooner
- 2 - 2:30 pm | Mindfulness@Curry** | Ruffner 281 | 1/24 - 5/2 | Curry, Anthony DeMauro
- 4 - 5 pm | Cultivating Resilience Series** | Clemons 220 | 3/14-4/4 only | CSC, Tim Davis
- 5:30 - 6:30 pm | T'ai Chi** | Clemons 220 | CSC, Hiromi Johnson
- 8 - 9 pm | *Contemplation@UVA Weekly Meeting** | Clemons 220
- 8 - 9 pm | CSC Free Night Owl Yoga** | AFC MP1 | CSC/IM-Rec, Kauri Dynes

THURSDAY

- 12 - 1 pm | Intro to Mindfulness Meditation** | Clemons 220 | CSC, Elyse Cooner
- 12 - 1 pm | Yoga** | McLeod 2010 | 1/29-5/1 | CCI, Teddi Sipe/Mala Cunningham
- 4 - 5 pm | Self-Care Essentials** | Clemons 220 | CSC, Juliet Trail
- 5 - 6 pm | T'ai Chi** | McLeod 2010 | CSC/CCI, Hiromi Johnson
- 5:30 - 6:30 pm | Beginner Yoga Series** | Clemons 220 | 1/25-3/1 only | CSC, Erin Henshaw
- 8 - 9 pm | Stress Relief Study Break** | Clemons 220 | CSC, Erin Henshaw
- 8 - 9 pm | CSC Free Night Owl Yoga** | AFC MP1 | CSC/IM-Rec, Zoe Ward

FRIDAY

- 11 am - 12 pm | Mindfulness Hour** | Student Health, Lg. Group Rm | CAPS, Nicole Ruzek | *Contact facilitator before joining* (nar7r@virginia.edu).
- 12 - 1 pm | QiGong** | Clemons 220 | CSC, Geoff Cox
- 4:30 - 5:30 pm | Yoga** | McLeod 2010 | 1/29-5/1 | CCI, Dorothe Bach

SATURDAY

- 11 am - 12 pm | Meditative Art Tours** | Feb 10, Mar 10, Apr date TBD | Fralin Museum, June Heintz | *Reservations required:* (museumoutreach@virginia.edu)

SUNDAY

- 4 - 5:30 pm | Yoga Workshop Series** | Clemons 220 | CSC, Various (see CSC website for dates and full details)
- 5:30 - 8 pm | Meditation, Sunday Practice** | Free Vegetarian Dinner | **Bhakti Yoga Club* | Email for rides & location: uva.byc@gmail.com
- 8 - 9 pm | Heartfulness Meditation** | Clemons 220 | CSC, **Hoo's Zen*, Various

HOST ORGANIZATION ACRONYMS:

- CAPS:** Counseling & Psychological Services
- CCI:** Compassionate Care Initiative, School of Nursing
- CSC:** Contemplative Sciences Center of UVA
- IRC:** International Residential College

28 additional CSC yoga classes available **MON-SUN** in partnership with IM-Rec Sports with purchase of **Group Exercise Pass/Mysore Ashtanga Yoga Pass**

(Schedule: <http://recsports.virginia.edu/?q=group-exercise-schedule>)

Spring 2018 weekly programming generally runs Jan 21 - May 1. Please check with host of drop-in program to confirm exact dates or to be notified of any class cancellations. *Denotes Student Group.

Drop-In Contemplative Practice Spaces: Clemons 220, Gibson 204, McLeod 2025, & 2nd Fl. Studio at 1515 University Ave.

Further details can be found on Contemplative Sciences Center website: <http://www.uvacontemplation.org>