



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



**STUDENT CITIZEN LEADERS PRESENT:
FINAL PROJECTS FOCUSING ON ENGAGEMENT, POSITIVE
CHANGE**

First Public Event in the Contemplative Commons!

**Citizen Leader Fellows Final Presentations
Friday, April 26
3:00 - 5:00pm
Contemplative Commons, Convergence Hall**

Join us for the 2023-2024 Citizen Leader Fellows final presentations, the culmination of a year-long fellowship that builds leadership skills based upon compassion and self-awareness. Over the course of the program, international students, student athletes, and transfer students identified a pressing challenge to the well-being of their peers or larger communities and designed and implemented projects to combat those challenges with evidence-based tools. The event will be the first public gathering in the new Contemplative Commons. Citizen Leaders Fellowship is run through a partnership with the Contemplative Sciences Center, the International Studies Office, and UVA Athletics.

[LEARN MORE](#)



STUDENT OPPORTUNITY: EMBODIED ACTIVITIES IN MORVEN'S SPRAWLING LANDSCAPE

Morven Sustainability Lab's Student Days
April 26 and May 1
10:00am - 4:00pm

On April 26 and May 1 UVA students are invited to wander through the indoor and outdoor spaces of Morven's unique landscape or join CSC-led yoga, coloring; and a walk led by Morven's director and Professor of Landscape Architecture, Beth Meyer. Transportation provided.

[LEARN MORE](#)



CHILL WITH CAVMAN... AFTER THE FOURTH-YEAR "RUN WITH JIM"

Chill with Cavman
Tuesday, April 30
8:15am
The Lawn

Run, cheer, and chill! Join CSC for mindfulness and yoga with Cavman after the annual fourth-year "Run with Jim." Runners, non-runners, and cheerers are all welcome to "Chill with Cavman" on April 30, the last day of UVA classes.

[LEARN MORE](#)



SERIES: "What is Contemplation?" Contemplation and Islamic Traditions

"Contemplation for me is a cognitive, spiritual activity in which the mind, body, and spirit work in unison to transform the self." In CSC's *Journal of Contemplative Studies* interview, Muhammad Faruque spoke about contemplation within the Islamic tradition. Faruque, who is working on a book on Sufism, climate change, and ecological living, is the Inayat Malik Asst. Prof. and Taft Center Fellow at the

University of Cincinnati and a Visiting
Scholar at Harvard University.

[READ THE INTERVIEW](#)

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CALENDAR

UPCOMING EVENTS

**April 26 - Citizen Leaders Fellowship
Final Presentations**

[Learn more](#)

April 26 & May 1 - Morven Student Days

[Learn more](#)

**April 30 - Chill with Cavman
After "Run with Jim"**

[Learn more](#)

CONTEMPLATIVE CLASSES

Monday-Thursday - Night Owl Yoga

[Learn more](#)

Monday-Friday - Ashtanga Yoga: Mysore-Style

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