



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



Curious About the Contemplative Sciences Center and What Happens in the Contemplative Commons?

Or maybe just wondering, "What's that buoy doing in the Dell Pond?"

We've got answers. And a **video**. (Spoiler: it's both informative and entertaining—with a few fun cameos!).

Check out the FAQs below for more specifics as well!

FAQs

Q: What's inside the Contemplative Commons?

A: The Contemplative Commons is more than just a beautiful new building on Grounds, it's a hub for learning, connection, and reflection.

Alongside **ongoing CSC programming**, you'll find:

- **Art on View** - Contemplation-inspired works woven into the building itself
- **NINFEO** - An immersive light-and-sound installation by artist Wolfgang Buttress
- **The Conservatory** - A sound and light studio featuring works from nature by Matthew Burtner
- **The Willow** - An open, unprogrammed space for quiet reflection
- **View ongoing programming and events here**

Q: Who is the Contemplative Commons for?

A: Everyone! UVA students, faculty, staff, Charlottesville community members, and visitors are all welcome. Most programs are free and open to the public.

Learn more

Q: How do the Contemplative Sciences Center and the Contemplative Commons differ?

A: Think of the Contemplative Commons as the home, and the Contemplative Sciences Center (CSC) as the heartbeat inside it. CSC is the UVA organization that brings the building to life through research, teaching, and programming dedicated to wellbeing and human flourishing.

Learn more

Q: What exactly is Contemplation?

A: Great question! Explore diverse answers in the CSC *Journal of Contemplative Studies* **interview series**, featuring 24 voices from distinct traditions and perspectives.

Q: Is it possible to reserve space at the Contemplative Commons?

A: Yes, you may submit a request through our **form**.

Q: How can I contact the Contemplative Sciences Center?

A: Reach out by emailing us at csc@virginia.edu. You may submit a request for a tour through our **form**. View the **website** for more contact details.

Whether you're new to Grounds, a longtime community member, or simply curious, we invite you to stop by, explore, and experience contemplation in action.

SENSE MAKING

A Symposium on Contemplative Technologies

SENSEmaking:

A Symposium on Contemplative Technologies | October 9-10, 2025

Contemplative Commons, University of Virginia

Free for the UVA community | Open to the public | Registration required

The Contemplative Sciences Center presents SENSEmaking, a two-day public symposium, to be held October 9-10, exploring contemplative practices, immersive technology, and the senses.

The symposium is an incubator of ideas and experiences designed to catalyze cutting-edge research on how contemplative practices and immersive technologies can revitalize the human capacity for sensemaking. The event features public talks, art exhibits, and receptions. The symposium is free for the UVA community: students, faculty, and staff.

SENSEmaking brings together a diverse transdisciplinary community, including:

- Scholars of religion, philosophy, and history
- Scientists in psychology, medicine, and neuroscience
- Artists, technologists, and makers
- Contemplative practitioners from a range of traditions

[Learn More and Register](#)



Participate in a Research Study

The Contemplative Sciences Center's **CIRCL: Contemplative Innovation + Research Co-Lab** is a dynamically experimental collaboratory in UVA's Contemplative Commons, plus an interdisciplinary network of research faculty on Grounds and beyond dedicated to investigating practices and experiences of human transformation. CIRCL is seeking participants for two studies. a) Meditation in Nature Study; and b) Lucid Dreaming, Lucid Waking: Virtual Reality Study.

Meditation in Nature Study

CSC's research team seeks adults aged 18-24 to participate in a study exploring the link between environments and meditation. This is a paid opportunity.

Learn more and apply

Lucid Dreaming, Lucid Waking: Virtual Reality Study

CSC's research team seeks adults aged 18-70 to participate in a study exploring contemplative experiences in Virtual Reality (VR), sleep health, and cognitive flexibility. This is a paid opportunity.

Learn more and apply



Dalai Lama Fellows Gather from Around the Globe

Thirty-eight young leaders from 16 different countries gathered at the Garrison Institute in New York this past July for the annual **Dalai Lama Fellows** (DLF) Contemplative Leadership Assembly. This event was hosted by DLF staff and faculty from both University of Virginia's Contemplative Sciences Center and University of Colorado Boulder's Renée Crown Wellness Institute. The annual Assembly is part of a one-year fellowship that integrates contemplation and social-emotional skills—including self-awareness, resilience, and compassion—with leadership and social change projects. *[Pictured: Fellows from the 2025 summer leadership assembly].* **[Learn more about Dalai Lama Fellows.](#)**



Compassionate Schools Project Celebrates Expansion

The Compassionate Schools Project is expanding in the U.S. and internationally. Following are highlights from 2024-2025:

- CSP created *Flourishing Students Group*, a small group adaptation of the *Flourish* curriculum
- CSP continued in 20 schools in JCPs following the 7-year CSP research study [published in **Prevention Science**]
- CSP conducted the **4th Annual Educator Retreat**
- The Backside Learning Center at Churchill Downs **joined CSP**
- Montessori School of Louisville teachers received *Flourish* training
- Charlottesville City Schools initiated plans for *Flourish* integration.
- Buffalo Grove, IL and Waterloo, IA schools continued delivering *Flourish*
- Shekou International School in Shenzhen, China completed its third year teaching *Flourish*
- CSP began collaborations with schools in Argentina, Spain, and Japan to integrate *Flourish*
- CSC, University of Tennessee, and Knox County Schools partnered to pilot and expand *Flourishing Students Group* delivery
- CSP was invited to present at Mind and Life's 2025 Summer Research Institute
- *Flourish* was included in a published review of 12 School-Based Mindfulness Programs [**Prevention Science**]

[Pictured: "Portraits of Our Best Selves" by JCPs students]

UPCOMING PROGRAMMING HIGHLIGHTS

Mondays - Fridays: Ashtanga Yoga

Wednesdays - Yoga for the Reluctant

Fridays - Chai & Chats

Fridays - Rest Fest
Sound Bath, T'ai Chi, & Yoga

August 28 - Webinar - Intensity to Vitality: Flourishing Through Chronic *Too-Muchness*

August 30 - Beyond the Noise: Flourishing Through Life's Uncertainties

September 5 Exploring Contemplation & Art with Meg Hitchcock

Fall 2025 -
Karsh Institute Civic Cornerstone Fellowship

September 18 - Save the Date: SALON

September 19-20 - For Students: Contemplation Under the Cosmos

October 9-10 - SENSEmaking: A Symposium on Contemplative Technologies

All Events

Give here to support the Contemplative Sciences Center at UVA and programming opportunities at the Contemplative Commons.

GIVE



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EXPLORE CSC

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