



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY *of* VIRGINIA



## A NEW SEASON FOR VIRTUAL MEDITATION ON THE LAWN

### *Dean Solomon Introduces Spring Series*

A heartfelt thank you to [Ian Solomon, Dean of the Batten School of Public Policy](#), for leading UVA alumni, parents, faculty, staff, and friends through a few moments of reflection and resolve during Virtual Meditation on the Lawn on Monday, January 24. It was the first session of our Spring semester series of this program in which UVA faculty or staff or a special guest facilitates a 15-minute guided meditation online. Virtual Meditation on the Lawn sessions are brought to you live via Zoom webinar at 7:45am ET most Mondays during the semester. They are free to the UVA community and anyone else interested in pausing to cultivate mindfulness, compassion, resilience, and a sense of belonging with others so inclined. Past sessions may be viewed on our [YouTube channel](#) and listened to on the [Insight Timer](#) mobile app.

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## CONTEMPLATIVE CLASSES UNDERWAY

### *Learn Mind-Body Practices*

Our full semester lineup of contemplative practice classes will be in session starting the week of January 31. Some classes are in-person and require a UVA gym membership, while others are virtual and free to the community. CSC received funding from the UVA Parents Fund to support many of these classes.

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## ESPECIALLY FOR STUDENTS

### *Mindfulness Meetups*

All UVA undergrad and graduate students are encouraged to join weekly Mindfulness Meetups—groups of students who meet via Zoom for mindfulness practice with a facilitator. No experience is necessary. Once registered for a group, students may attend sessions on a drop-in basis. New this semester: a Mindfulness Meetup especially for BIPOC (Black, Indigenous, People of Color) students.

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## FOR FACULTY

### *Weekly Well-Being Sessions*

We invite all UVA faculty and instructors to join our Contemplative Practice Faculty Group. The group meets weekly via Zoom for brief mind-body practices such as mindfulness, gentle movement, and observation. Spring semester sessions will be held on Wednesdays, 12pm–12:15pm ET, beginning Feb. 9. To join the group, please email **Karolyn Kinane** at [kk7av@virginia.edu](mailto:kk7av@virginia.edu) by Feb. 4.

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## LAST CALL

### *DLF Applications Due Feb. 1*

There is one week left to submit a 2022 Dalai Lama Fellows (DLF) application. DLF is a one-year leadership program for young social innovators from around the world. During the program fellows learn to integrate contemplative work and intentional personal transformation with their efforts to bring about positive change in communities and the more-than-human world.

[LEARN MORE & APPLY](#)

## CALENDAR

**January 31: Virtual Meditation on the Lawn  
led by Cawood Fitzhugh**

**7:45-8:00am (ET). [Learn more & register](#)**

**January 31: Contemplative Inquiry, Pedagogy and Practice**

**3:30-5:00pm (ET). [Learn more & register](#)**

**February 7: Virtual Meditation on the Lawn  
led by Anthony DeMauro**

**7:45-8:00am (ET). [Learn more & register](#)**



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