



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY *of* VIRGINIA



INSIGHT TIMER PLAYLIST FEATURES VIRTUAL MEDITATION ON THE LAWN

Mindful Moments for Spring Break and Beyond!

Tune-in to one of more than 40 brief, 5-15 minute meditations led by UVA community members. These recordings of the live Virtual Meditation on the Lawn sessions are suitable for listening to at any point in the day. Meditations cover diverse themes including cultivating joy, connecting with your body, relaxing into the present moment, reflecting on hope, and practicing true presence. Each meditation is facilitated by a UVA community leader including administrators, faculty, medical professionals, and contemplative instructors. Recordings can be accessed from the app's CSC page or from CSC's website. New recordings are uploaded to Insight Timer weekly. [VIEW THE PLAYLIST.](#)

SUPPORT CSC PROGRAMMING

Gifts to our Annual Fund support programs like Virtual Meditation on the Lawn. Thank you for your support!

DONATE \$25

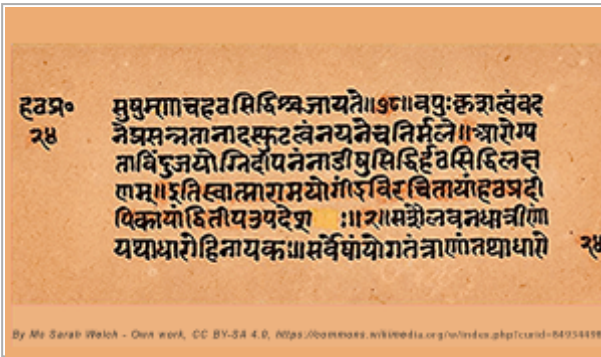
DONATE \$50

DONATE \$100

NEW BOOK!

Next Up: A Classic Yoga Text

John Bultman leads the discussion of the



second book featured in our (virtual) Spring Yoga Book Club, *Hatha (Yoga) Pradipika*. The work is an important fifteenth-century yoga text, authored by Svātmārāma and translated by Brian Dana Akers. Anyone interested in learning more about the history of yoga is invited to join at any point during the semester!

[LEARN MORE.](#)



INSIGHT TIMER BLOG HIGHLIGHTS UVA CLASSROOM

Building Students' Capacities for Awareness, Connection, and Care
UVA's Pia Adler used the Insight Timer app to introduce short, guided meditations and relaxation exercises to her students. She was introduced to the idea at the Contemplative Institute for Teaching and Learning, sponsored by CSC and the Center for Teaching Excellence (CTE).

[READ THE BLOG.](#)

CALENDAR

March 14: Virtual Meditation on the Lawn
led by Alicia López Operé
7:45-8:00am (ET). [Learn more & register](#)

March 18: Spring Yoga Book Club
9:00-9:50am (ET). [Learn more & register](#)

March 24: Ladies Night Resource Fair
6:00-8:00pm (ET). [Learn more](#)

April 1: Reflective Workshop: Practice Informed Pedagogy
Noon-1:30pm (ET). [Register](#)

April 2: UVA Presents: An Evening of Ghazals
7:00-9:00pm (ET). McLeod Hall Auditorium

April 14: Talk - Ben Williams: Historicizing Contemplative Pedagogy
4:00-5:30pm (ET). [Learn more](#)



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