



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



CSC Launches Journal of Contemplative Studies Open for Submissions

We are thrilled to announce that the *Journal of Contemplative Studies* (JCS), a new peer-reviewed, open access digital journal, is now accepting submissions.

The journal publishes original research and scholarship on topics related to contemplation with a focus on humanities-based studies, in the most capacious sense, and transdisciplinary scholarship with a humanistic core.

The mission of JCS is to provide an academic forum for specialists to publish rigorous, innovative, humanities-based scholarship on contemplation, and to promote interconnections across disciplines, perspectives, and traditions.

[LEARN MORE](#)

Make a gift to support student flourishing today!

DONATE \$25

DONATE \$50

DONATE \$100



BENITA MAYO TO LEAD VIRTUAL MEDITATION ON THE LAWN

Join us on Oct. 10, 2022

Benita Mayo, yoga instructor and 2021 Equity Center Community Fellow-in-Residence, will facilitate the next session of this series on Monday, 10/10 from 7:45-8:00am (ET). Learn more and view the full schedule at the link below.

[LEARN MORE & REGISTER](#)



WORKSHOP: VALUES AND YOUR ACADEMIC / PROFESSIONAL JOURNEY

October 12, 2022
3:30-5:00pm

How do your values connect to your academic, professional, and/or personal life? This session will help participants define and explore their values in order to move through life with increased awareness and intention.

[LEARN MORE & REGISTER](#)



TRANSFORMATIVE LISTENING

A multi-disciplinary and multi-school partnership

CSC is part of a working group supported by the Institute of the Humanities and Global Cultures to explore theories and practices of listening in order to understand the transformative power of listening on individual and systemic levels.

[LEARN MORE](#)

CALENDAR

UPCOMING EVENTS

October 10 - Virtual Meditation on the Lawn facilitated by Benita Mayo

[Learn more](#)

October 12 - Values & Your Academic/Professional Journey

[Learn more](#)

CONTEMPLATIVE CLASSES

Monday-Thursdays - Night Owl Yoga

[Learn more](#)

Monday-Fridays - Mysore Ashtanga Yoga

[Learn more](#)

Mondays - Mindfulness Meetup

[Learn more](#)

Tuesdays - Santosha for Sisters

[Learn more](#)

Thursdays - T'ai Chi

[Learn more](#)

Fridays - Ashtanga Yoga Sanskrit Primary Series

[Learn more](#)





CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



[EXPLORE CSC](#)

[CONTACT](#)

[SUBSCRIBE](#)

[GIVE](#)

Copyright © 2022 Contemplative Sciences Center at UVA. All rights reserved.
PO Box 400290
Charlottesville, VA 22904-4290
[view in browser](#)

[Unsubscribe](#)