



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY *of* VIRGINIA



2022
DALAI LAMA FELLOWS



MEET THE 2022 DALAI LAMA FELLOWS!

22 Social Innovators from 17 Countries

Dalai Lama Fellows (DLF) has selected a new cohort of emerging changemakers for its 2022 fellowship program. The 22 young leaders from 17 different countries are working on a variety of social innovation projects that promote the flourishing of their communities. A few of this year's projects include ecology education in Peru, anti-radicalization efforts in Uganda, and sexual health advocacy in the United Arab Emirates.

The fellowship will help these young leaders cultivate self-awareness, resilience, and compassion; broaden their cultural perspectives; engage in efficacious ways with complex systems; and situate their work within local communities in sustainable ways. Fellows will integrate contemplation and intentional personal transformation with efforts to bring about positive change in the human and more-than-human world.

DLF is co-stewarded by the University of Virginia's Contemplative Sciences Center, the University of Colorado Boulder's Renée Crown Wellness Institute, and Stanford University's Stanford Flourishing Project. Since its inception in 2010, DLF has served 215

changemakers from 53 different countries.

[LEARN MORE](#)

Make a gift to support the Dalai Lama Fellows program today!

DONATE \$25

DONATE \$50

DONATE \$100



NEW FACULTY RESOURCE: CONTEMPLATIVE LAB CURRICULUM

Open-Resource Materials for Teachers

We are thrilled to announce the publication of the Contemplative Lab Curriculum website to support faculty in integrating contemplative pedagogy into the classroom. The resource provides contemplative unit overviews, weekly topics, suggested activities, and resources for further study in support of student inquiry and creativity. Instructors are invited to use the materials to achieve their own learning objectives.

[GO TO THE WEBSITE](#)



CONTEMPLATIVE AND OPEN PEDAGOGIES

Trusting Ourselves and One Another

After attending the 2021 Contemplative Institute for Teaching & Learning, Associate Professor of French Claire Lyu was inspired to propose a new kind of final project in her class on French Romanticism. "It was a gift and not a transactional assignment. I remember having tears in my eyes—these are the moments when teaching really has meaning, why I came into this profession in the first place. And it took me this long to discover that."

[READ THE FULL STORY](#)



CELEBRATING OUR STUDENT INTERNS

It Takes a Village!


Over the course of the 2021-2022 school year our team of 34 student interns has helped further CSC's mission to promote

flourishing in a myriad of ways: from writing articles, to providing important feedback about programming; to photographing events, and much more. We sat down with one student, Joy Cuffee, and learned how her discovery of mindfulness practices while attending UVA has impacted her life.





[READ MORE](#)

CALENDAR

August 8-12: Contemplative Institute for Teaching & Learning
Learn more & register



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