



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY *of* VIRGINIA



AN EMPTY FULL MOON: CONTEMPLATE THE COSMOS AT THE MCCORMICK OBSERVATORY

Join us for a fun night of astronomical observation and contemplative practice on September 9, 2022 from 9:00-10:00pm (ET) as we explore the cosmos, the moon, and the self. Led by CSC's John Bultman, the evening will begin with a brief contemplative practice followed by an exploration of the cosmos through UVA's historic 26-inch astrometric refractor telescope guided by Astronomy professor Ed Murphy.

[LEARN MORE & REGISTER](#)

Make a gift to support student flourishing today!

DONATE \$25

DONATE \$50

DONATE \$100



LILI POWELL KICKS OFF VIRTUAL MEDITATION ON THE LAWN

Join our global community on Sept. 12

Lili Powell will lead the first session of this series on Monday, 9/12 from 7:45-8:00am (ET). Powell is Associate Professor, Darden School of Business; and School of Nursing; Director, Compassionate Care Initiative.

[LEARN MORE & REGISTER](#)

CONTEMPLATIVE CLASS SPOTLIGHT

Sunset T'ai Chi on the Lawn

The continuous and flowing movements of T'ai Chi lower stress, promote resilience, and enhance concentration. Drop in to this



centuries-old martial art form on Thursdays from 6:30-7:30pm (ET). Co-sponsored with the Compassionate Care Initiative.

[LEARN MORE](#)



OPEN & EQUITABLE EDUCATION

Public Talk and Roundtable

We are thrilled to welcome Robin DeRosa for a two-part event on 9/14: A public talk at 3:30 pm (ET), "Stars and Constellations— Openness, Equity, & Teaching Toward an Unfamiliar Sky;" and a limited-seating roundtable on 9/15 at 11:00am (ET).

[LEARN MORE](#)

CALENDAR

CONTEMPLATIVE CLASSES – START DATES

September 1 - T'ai Chi
[Learn more](#)

September 3 - Contemplative Practice Faculty Group
[Join by 9/9. Learn more](#)

September 6 - Santosha for Sisters
[Learn more](#)

UPCOMING EVENTS

September 9 - An Empty Full Moon: Contemplative the Cosmos at the McCormick Observatory
[Learn more](#)

September 12 - Virtual Meditation on the Lawn facilitated by Lili Powell
[Learn more](#)

September 14 - Robin DeRosa:
"Stars and Constellations – Openness, Equity, and Teaching Toward an Unfamiliar Sky"
[Learn more](#)

October 1 - Mind & Body CIO Student Retreat
[Learn more](#)



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