



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY *of* VIRGINIA



Contemplative Commons Groundbreaking

A New Building for a New Model of Higher Education

CSC, along with numerous UVA leaders, faculty, staff, students, and community members, celebrated the groundbreaking of the Contemplative Commons with an on-site ceremony on October 8, 2021. Attendants gathered on the former Dell basketball courts adjacent to Bavaro Hall to honor the building's future as a new university hub for promoting student flourishing in academic, co-curricular, and extracurricular activities, interdisciplinary collaboration and research, and Charlottesville community engagement. UVA President Jim Ryan, CSC Executive Director David Germano, and CSC Advisory Board members Paul Tudor Jones, Sonia Jones, and Jeff Walker were among the ceremony speakers.

[LEARN MORE](#)



Monday's Special Guest Meditation Features Devin Donovan

Join us Monday morning 10/18 for Virtual Meditation on the Lawn as we welcome a special guest, Devin Donovan, Associate Director of the Writing and Rhetoric Program in the Department of English. He'll lead the live meditation at 7:45am.

[LEARN MORE](#)

Flourishing While Black Program in Full Swing



Specifically designed for Black men and women, CSC's Flourishing While Black program provides a variety of accessible, beneficial classes and resources to promote flourishing among the Black student body at the University of Virginia.

[LEARN MORE](#)



A Place To Be Resiliency Rooms Across Grounds

The new Student Health and Wellness building has opened reflection rooms on the first floor to all students from 8am to 5pm. These rooms join a network of dedicated spaces across Grounds for students to sit quietly in stillness or practice other forms of contemplation that can help them de-stress and recenter themselves.

[LEARN MORE](#)

CALENDAR

Today and ongoing: Contemplative Classes

[Learn more & register](#)

Friday: Yoga Book Club

9:00-10:00am (ET). [Learn more & register](#)

Monday and ongoing: Virtual Meditation on the Lawn

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



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