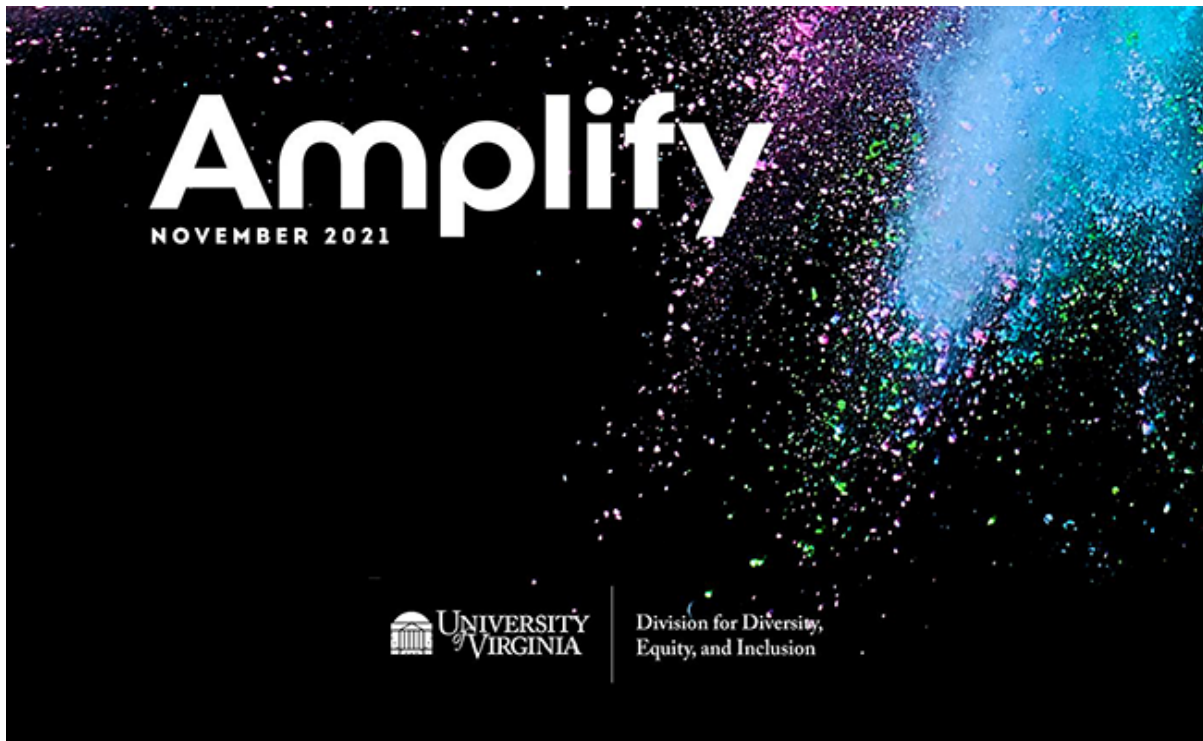




CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY of VIRGINIA



## Building Compassionate Schools in Charlottesville Helping K–5 Students Flourish

The center's innovative work with Charlottesville City Elementary Schools was recently featured in the inaugural issue of *Amplify*, a publication from UVA's Division for Diversity, Equity, and Inclusion. Read the article to learn how this collaborative project and research study among CSC, the School of Education and Human Development, and the Medical School is poised to help children across Virginia build resilience and the personal, social, and emotional skills to reach their highest potential. The article begins on page 21.

[READ](#)



## STUDENT OPPORTUNITY Flourishing While Black Retreat

CSC invites all Black UVA undergraduate and graduate students to apply for our first ever *Flourishing While Black* retreat on January 15, 2022. This consciously curated experience from 10am to 4pm at UVA's Morven Farm is free for participants and will include beginner-friendly yoga instruction, guided meditations, coloring sessions, drumming, and West African dance.

Transportation and lunch (from Pearl Island Catering) will be provided. Applications are due by **December 23, 2021**.

[LEARN MORE](#)

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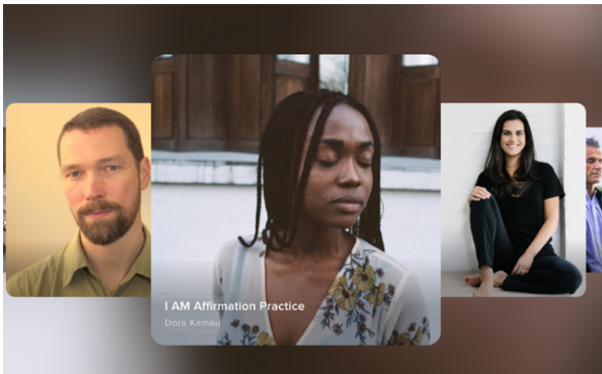
## ATTENTION SOCIAL CHANGE MAKERS

### Apply to DLF 2022!

Dalai Lama Fellows seeks 20-25 young social change makers and innovators from around the world for its 2022 fellowship cohort. Fellows in this one-year contemplative leadership program engage with an online curriculum, attend a weeklong assembly, receive personal coaching, pursue individual *compassion-in-action* projects, and join a growing global community of LifeLong Fellows.

[LEARN MORE & APPLY](#)

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## WELLNESS TIP

### Take Care Anywhere

Need a little stress relief? The InsightTimer mobile app can help. During your next work or study break, check out CSC's recommended Self-Care Playlist or listen to one of our original guided meditations in the app. CSC offers lots of guidance on getting the most out of InsightTimer as well as selecting the best meditations and recordings to improve relaxation, sleep, focus, and more. Follow CSC in the app to keep up with our newest content.

[LEARN MORE](#)

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## CALENDAR

### FRIDAY DEC 3

#### Mysore Yoga

6:30-7:30am (ET)

#### Yoga Book Club

9:00-10:00am (ET)

#### Mindfulness Meetups

10:00-11:00am (ET)

### SUNDAY DEC 5

#### Night Owl Yoga

8:00-9:00pm (ET)

**MONDAY DEC 6**

**Mysore Yoga**

6:30-8:30am (ET)

**Virtual Meditation on the Lawn**

7:45-8:00am (ET)

**T'ai Chi**

12:00-1:00pm (ET)

**Holding Space: Yoga & Meditation for All Bodies**

5:30-6:30pm (ET)

**Mindfulness Meetups**

7:00-8:00pm (ET)

**TUESDAY DEC 7**

**Mysore Yoga**

6:30-8:30am (ET)

**Night Owl Yoga**

8:00-9:00pm (ET)

**WEDNESDAY DEC 8**

**Mysore Yoga**

6:30-8:30am (ET)

**Yoga for Life**

5:30-6:30pm (ET)

**Night Owl Yoga**

8:00-9:00pm (ET)

**THURSDAY DEC 9**

**Mysore Yoga**

6:30-8:30am (ET)

**Night Owl Yoga**

8:00-9:00pm (ET)

**FRIDAY DEC 10**

**Mysore Yoga**

6:30-7:30am (ET)

**Ashtanga Yoga: Counted Led Primary Series**

7:30-9:00am (ET)

**MONDAY DEC 13 & DEC 20**

**Virtual Meditation on the Lawn**

7:45-8:00am (ET)



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