



## CONTEMPLATIVE SCIENCES CENTER UNIVERSITY *of* VIRGINIA



### **SO THIS IS 2021**

#### ***And What Have We Done?***

As another year comes to a close, we at the Contemplative Sciences Center want to express our deep appreciation for you, the UVA community and our partners, supporters, and friends across the country and around the world. Your generosity and engagement allowed us to advance our mission and even expand our outreach this year despite the many social, political, and public health challenges facing us all.

It was you who continually inspired us to pursue our work with greater dedication, resilience, and aspirations in 2021, starting with the record-breaking 371 undergraduates who attended the J-Term class “Buddhist Meditation and the Modern Secular World” co-taught by CSC Executive Director David Germano, and continuing with the

- [Student-athlete fellows](#) who taught their teammates mindfulness and well-being practices,
- Faculty who developed innovations in [contemplative teaching and learning](#),
- Charlottesville and Louisville elementary school teachers who implemented the [Compassionate Schools Program](#),
- [Virtual Meditation on the Lawn](#) facilitators and participants from near and far, and

- Colleagues at Stanford and CU Boulder who joined our new partnership in support of the [Dalai Lama Fellows](#) contemplative leadership program this year.

It was the belief of UVA leaders, alumni, and key partners in the possibilities of the [Contemplative Commons](#) that led us to break ground on this landmark facility in October.

It was the support of our board members and donors that enabled us to offer *free* virtual contemplative practice classes and resources to support the well-being of students, faculty, staff, and the public during the continued chaos of the pandemic, create responsive new initiatives like [Flourishing While Black](#), and make the wisdom of meditation experts [Roshi Joan Halifax](#), [George Mumford](#), and [Sharon Salzberg](#) accessible to so many at such a critical time.

And it was every person who participated in our programs or gave a dollar who helped our mission. To all, we humbly offer our gratitude. You can learn about the many other events and opportunities you made possible this year on our [website](#).

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## **WE'RE FEELING 2022**

### ***A Look Ahead***

We have many exciting announcements to share with you early in the new year! Stay tuned for

- The **release of a new virtual mindfulness course on Insight Timer** designed specifically for college students by UVA Associate Professor of Nursing and Compassionate Care Initiative facilitator Sam Green (free for the UVA community),
- The inaugural **Fitfest Well-Being Expo** showcasing resources for students across UVA,
- The launch of three new digital platforms: the [Student Flourishing at UVA](#) website, [Flourish App](#) for UVA students, and [University of Flourishing](#) library and resource portal,
- Initial publication of our new *Journal of Contemplative Studies*,

- The release of final results from the landmark [Compassionate Schools Project](#) five-year research study,
- The second annual [Contemplative Institute for Teaching and Learning](#),
- Developments in contemplative leadership and social innovation initiatives through our new tri-University partnership with the Stanford [Flourishing Project](#) and CU Boulder's [Renée Crown Wellness Institute](#),
- ...and much more!



## LAST MEDITATION OF 2021!

### *New Series Begins Jan. 24*

FEAP Consultant & Trauma Specialist [Ken Horne](#) facilitated our last Virtual Meditation on the Lawn of 2021 on Dec. 20. [Listen](#) to this session and others for a few moments of calm and contemplation before, during, or after the holiday break. Our Spring series of this free weekly group meditation runs Jan. 24-May 2, 2022.

[MORE](#)



## SUPPORT OUR PROGRAMS

### *Make a Gift to CSC*

The Contemplative Sciences Center relies almost entirely on philanthropy to support our programs, services, digital technology innovations, research, scholarship, and social innovations. Please support our mission of advancing contemplative education and individual and collective flourishing.

[MAKE A GIFT](#)

## CALENDAR

**THUR, DEC. 23, 2021**

**Deadline for Flourishing While Black Retreat Applications**



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UNIVERSITY of VIRGINIA



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