



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY of VIRGINIA



**Registration is now open**

## **GENERATIVE CONTEMPLATION SYMPOSIUM: The Art and Science of Effortless and Self-Emergence Contemplative Practices**

Register for the Generative Contemplation Symposium hosted by CSC on April 20 and April 21, 2023 at UVA's Harrison-Small Auditorium.

The event will convene scientists, scholars, philosophers, and teacher-practitioners from around the world exploring the tension between effort and effortlessness within Indian and Tibetan Buddhism.

### ***About the Symposium***

Across the multi-millennial discourse on contemplative practices within Indian and Tibetan Buddhism, there is a pervasive tension that persists between practices that apply effort and those that are effortless. Recently this has emerged as an important framework for interdisciplinary engagement about enhanced cognitive performance.

The event promises to catalyze transdisciplinary research collaborations to advance a collective understanding of the underlying dynamics of contemplative practices.

Four panels will explore:

(I) Cognitive Effort and Control Practices, (II) Nondual Practices, (III) Dream and Illusion Practices. (IV) Self-Emergent Visionary Practices.

On April 20, from 7-10pm, registrants will also be able to view a **special screening of the film "Tukdam: Between Worlds,"** at Violet Crown cinema in downtown Charlottesville. In what Tibetans call tukdam, deceased meditators show no signs of death for days or weeks. Juxtaposing ground-breaking scientific research and Tibetan perspectives, this creative documentary challenges our notions of life and death, and where we draw the line between them.

**LEARN MORE & REGISTER**

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Make a gift to support student flourishing today!

DONATE \$25

DONATE \$50

DONATE \$100



## IN THE NEWS

### **57,000 Feet of Flourishing**

*UVA Today* recently highlighted CSC's Contemplative Commons in the publication's feature, "The Bigger Picture." The innovative space will offer transformative programming for students as well as the UVA and Charlottesville communities—with contemplative practice and human flourishing at its core. The Contemplative Commons is slated to open in early 2024.

[VIEW FEATURE](#)



## YOGA FOR CLIMBING

**March 16-April 20, 5:00-6:00pm**

Join Geologist and Certified Ashtanga Yoga Teacher John Bultman for an exploration of yoga techniques that support rock-climbing! In this class you'll also gain insight on ways to create a consistent yoga practice. Don't miss this small group training opportunity offered in partnership with UVA's IM-Rec Sports.

[LEARN MORE & REGISTER](#)



## YURIA CELIDWEN

***The Ethics of Belonging of Indigenous Contemplative Traditions: March 31, 3:00-5:00pm***

Celidwen, an Indigenous Nahua and Maya scholar from Mexico, will speak about the ways Indigenous contemplative traditions hold critical solutions to help meet pressing social and environmental injustices through deep cultural roots of contemplative wisdom. Holloway Hall, Bavaro Hall (116).

[LEARN MORE](#)



## CONTEMPLATIVE PRACTICES FOR HIGHER EDUCATION CONFERENCE

Join higher education professionals for this two-part event: an academic conference; and retreat at the Selu Conservancy. This 3-day conference is an opportunity for higher education

professionals, students, and others to gather and explore new contemplative practice methods across disciplines and domains.

[LEARN MORE & REGISTER](#)

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**CONTEMPLATIVE  
INSTITUTE FOR  
TEACHING & LEARNING  
2023: Regenerative Practice  
for Earth, Soul, and Syllabus**

Apply now to the 2023 institute taking place June 5-9 at the Sevenoaks Retreat Center. The event will foster an exploration of the ways nature-connection can enhance critical work of sustainability, climate justice, and professional resilience in higher education; and much more.

[LEARN MORE & REGISTER](#)

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## CALENDAR

### UPCOMING EVENTS

**February 17 - Open Grounds Symposium: Inclusion, Engagement, and Learning through Open Pedagogy and Open Educational Resources**

[Learn more](#)

**March 2-4 - Contemplative Practices for Higher Education Conference**

[Learn more](#)

**March 31 - Yuria Celidwen: The Ethics of Belonging of Indigenous Contemplative Traditions**

[Learn more](#)

**April 20 & 21 - Generative Contemplation Symposium**

[Learn more](#)

**June 5-9 - Institute for Teaching & Learning: Regenerative Practice for Earth, Soul, and Syllabus**

[Learn more](#)

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### CONTEMPLATIVE CLASSES

**Thursdays Beginning March 16 - Yoga for Climbing**

[Learn more](#)

**Monday-Thursdays - Night Owl Yoga**

[Learn more](#)

**Monday-Fridays - Ashtanga Yoga**

[Learn more](#)

## Fridays - Mindfulness Meetup

Learn more

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Charlottesville, VA 22904-4290  
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