



CONTEMPLATIVE SCIENCES CENTER

UNIVERSITY *of* VIRGINIA



STUDENT OPPORTUNITY: BIPOC MINDFULNESS MEETUP

Designed with Black, Indigenous, and People of Color in Mind!

Drop in to this facilitated student group, part of CSC's Flourishing While Black program, and discover a safe space to engage in mindfulness practices on a weekly basis! Sessions meet on Wednesdays from 5:00-6:00pm (ET) and are led by Carrington Kernodle Epperson, CSC's Assistant Director of Contemplative Engagement and Charisse Minerva, a mindfulness trainer and justice activist. Classes begin with a short introduction followed by a mindfulness practice and close with a debriefing. Any UVA student looking to engage in mindfulness practices in a supportive space is welcome to join the group. The Flourishing While Black program was designed to increase community involvement, accessibility to resources, and leadership development with the University's Black students in mind. [LEARN MORE.](#)

SUPPORT CSC PROGRAMMING

Gifts to our Annual Fund support programs like Virtual Meditation on the Lawn. Thank you for your support!

DONATE \$25

DONATE \$50

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PRACTICE-INFORMED PEDAGOGY WITH KAROLYN KINANE

April 1, 2022 - Open to the Public

College instructors across this US are invited to attend "Reflective Workshop: Practice-informed Pedagogy." The session offers a reflective framework to center contemplative processes in support of critical thinking, creativity, ethical action, & more. Held over Zoom, 12:00-1:30pm ET.

[LEARN MORE.](#)



TALK: BEN WILLIAMS

**April 14, 2022 - Historicizing
Contemplative Pedagogy**

This in-person talk takes a cultural-historical look at Naropa University as a site for contemplative pedagogy, noting various streams of practice and defining creative tensions. It is being held in Nau Hall Room 342, from 4:00-5:30pm ET.

[LEARN MORE.](#)

CALENDAR

March 24: Ladies Night Resource Fair
6:00-8:00pm (ET). Slaughter Rec. [Learn more](#)

March 25: Spring Yoga Book Club
9:00-9:50am (ET). Online. [Learn more & register](#)

March 25: Embody Yourself
5:00-7:00pm (ET). Research Collaboration Corner. [Learn more](#)

March 28: Virtual Meditation on the Lawn
led by Chris Peterson
7:45-8:00am (ET). [Learn more & register](#)

April 1: Reflective Workshop: Practice-Informed Pedagogy
Noon-1:30pm (ET). Online. [Learn more & register](#)

April 2: UVA Presents: An Evening of Ghazals
7:00-9:00pm (ET). McLeod Hall Auditorium. [Learn more](#)

**April 7: Psychedelics & the Contemplative Path: David Germano -
"Dzokchen & Self-Emergent Experiences"**
8:00pm (ET). [Learn more & register](#) (*student discount available*)

**April 14: Talk - Ben Williams: Historicizing Contemplative
Pedagogy**

4:00-5:30pm (ET). Nau Hall Rm 342. [Learn more](#)

April 22: Stillness in Motion

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



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Charlottesville, VA 22904-4290
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