



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



YURIA CELIDWEN: THE ETHICS OF BELONGING

Indigenous Contemplative Traditions

March 31, 3:00-5:00pm, Holloway Hall, Bavaro Hall (116).

Yuria 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.

Celidwen's interdisciplinary approach intersects Indigenous studies, cultural psychology, and contemplative science to bridge Indigenous and Western methodologies for epistemological equity. Her research examines how the experience of self-transcendence in Indigenous contemplative traditions and its embodiment enhances prosocial and pro-environmental behavior towards what she suggests is an "ethics of belonging" (ethics, compassion, kindness, reverence, and a sense of awe, love, and sacredness).

[LEARN MORE](#)

Make a gift to support student flourishing today!

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Apply by March 17 to the CONTEMPLATIVE INSTITUTE FOR TEACHING & LEARNING: Regenerative Practice for Earth, Soul, and Syllabus

The institute, taking place June 5-9, 2023 at the Sevenoaks Retreat Center, aims to foster an exploration of the ways nature-connection can enhance critical work of

sustainability, climate justice, and resilience in higher education.

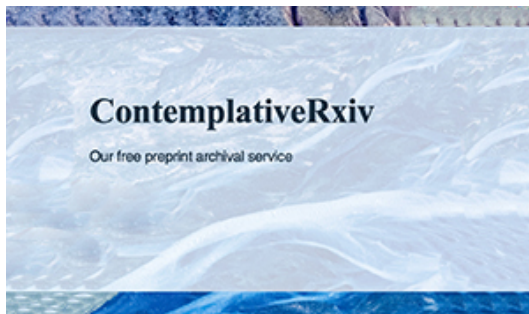
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TUKDAM and GENERATIVE CONTEMPLATION SYMPOSIUM

In concert with the [Generative Contemplation Symposium](#) being held April 20 & 21, 2023 the documentary, *Tukdam: Between Worlds* will be shown at the Violet Crown Cinema in Charlottesville on 4/20 at 7pm. Ticket price is included with symposium registration. Tickets go on sale to the public beginning 3/20.

[LEARN MORE](#)



FOR SCHOLARS: NEW PREPRINT SERVICE

Affords Collaboration, Access

Editors of CSC's Journal of Contemplative Studies are excited to announce *ContemplativeRxiv* a free pre- and post-print archival service to support a global community of scholars and to promote innovations in Contemplative Studies.

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IN THE NEWS



"Mindfulness Is as Effective as Medication in Treating Some Anxiety Disorders"

UVA Today featured CSC in an article highlighting the ways the UVA community and others can reduce stress and anxiety in their daily lives at UVA and beyond.

[READ THE STORY](#)



How to Help Our Youth Flourish

David Germano sat down with Utah Public Radio host Tom Williams for a discussion on Student Flourishing. David cites three major challenges to the mental health and wellness of today's youth and poses solutions to combat those challenges.

[LISTEN](#)

CALENDAR

UPCOMING EVENTS

March 31 - Yuria Celidwen: The Ethics of Belonging of Indigenous Contemplative Traditions
[Learn more](#)

April 20 - *Tukdam: Between Worlds*
[Learn more](#)

April 20 & 21 - Generative Contemplation Symposium: The Art and Science of Effortless and Self-Emergence Contemplative Practices
[Learn more](#)

June 5-9 - Institute for Teaching & Learning: Regenerative Practice for Earth, Soul, and Syllabus
[Learn more & apply by 3/17](#)

CONTEMPLATIVE CLASSES

Beginning March 16 - Yoga for Climbing
(Full) [Learn more](#)

Monday-Thursdays - Night Owl Yoga
[Learn more](#)

Monday-Fridays - Ashtanga Yoga
[Learn more](#)

Fridays - Mindfulness Meetup
[Learn more](#)



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