



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



Student Opportunity

Anindyo Roy: Creativity, Reflection, and Mindfulness

UVA students! Apply now for a fully funded three-hour immersive nature & art mindfulness experience with Anindyo Roy, taking place Sunday, November 13, 2022, from 2:00-5:00pm.

Anindyo Roy is Associate Professor Emeritus of English at Colby College. A scholar and researcher, he has mentored youth among the indigenous groups of the Eastern Himalayan foothills of India since 2007. By exploring the rich shamanic traditions and the varied forms of Buddhism prevalent in these regions he designs experiences that combine the power of the senses with contemplation, facilitating rich insights into human creativity and reflection. CSC is selecting 20 students to participate in this special opportunity.

Questions to be explored include: What are the sensory processes behind mindfulness? How do seeing, touching, smelling, and our other senses affect thinking, memory, and creativity? What is our relationship to the natural and built worlds?

[LEARN MORE & APPLY](#)

Make a gift to support student flourishing today!

DONATE \$25

DONATE \$50

DONATE \$100



BECOME A 2023 DALAI LAMA FELLOW!

Apply by Dec 1, 2022

Dalai Lama Fellows (DLF) is accepting applications for its 2023 contemplative leadership program. DLF supports young social changemakers who are working to address global challenges in local communities around the world.

[LEARN MORE & APPLY](#)

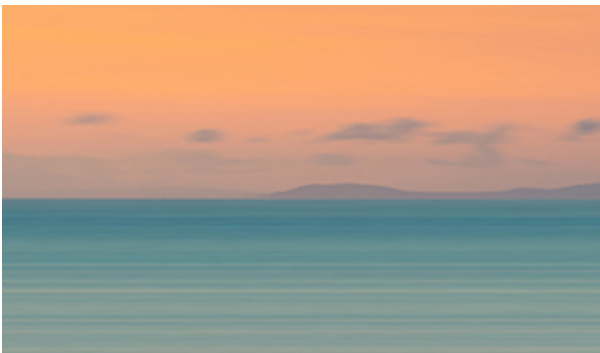


WEDNESDAY NIGHT OWL YOGA REBOOT

John Bultman to Lead

CSC's Ashtanga Program Manger, John Bultman is now leading the weekly Wednesday Night Owl class which combines elements from Hatha and Flow yoga styles. The class incorporates both active and restorative poses.

[LEARN MORE](#)



RESTORATIVE RETREAT FOR FACULTY

December 7, 2022

This restorative, half-day retreat will feature movement, stillness, and interpersonal experiences for rest and rejuvenation. Facilitated by Karolyn Kinane.

[LEARN MORE](#)

CALENDAR

UPCOMING EVENTS

November 7 - Virtual Meditation on the Lawn facilitated by Martha Rouleau

[Learn more](#)

November 13 - Creativity, Reflection, and Mindfulness in Our World

[Learn more](#)

December 7 - Restorative Contemplative Practice Retreat for Faculty

[Learn more](#)

CONTEMPLATIVE CLASSES

Monday-Thursdays - Night Owl Yoga

[Learn more](#)

Monday-Fridays - Mysore Ashtanga Yoga

[Learn more](#)

Mondays & Fridays - Mindfulness Meetup

Mondays / Fridays

Tuesdays - Santosha for Sisters

[Learn more](#)

Thursdays - T'ai Chi

[Learn more](#)

Fridays - Ashtanga Yoga Sanskrit Primary Series

[Learn more](#)



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PO Box 400290

Charlottesville, VA 22904-4290

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