



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



The Second Annual Contemplative Speaker Series Begins Nov 1

CSC will host leading scholars, scientists, and practitioner-teachers in the study of contemplative practices for its 2023-24 Contemplative Research and Scholarship Speaker Series. We are delighted to announce the first two speakers, Alejandro Chaoul, the Huffington Foundation Endowed Director of The Jung Center's Mind Body Spirit Institute; and David L. McMahan, the Charles A. Dana Professor of Religious Studies at Franklin & Marshall College in Pennsylvania. We are grateful for the support of the Compassionate Care Initiative and the Virginia Center for the Study of Religion for their sponsorship.

NOV 1, 2023

ALEJANDRO CHAOWL

From the Himalayas to the Clinic: Ancient Tibetan Bön Yogic Practices and Applications in Contemporary Scientific Research

4:30-6:00pm (ET), New Cabell Hall 168

Sponsored by the Compassionate Care Initiative.

NOV 30, 2023

DAVID L. MCMAHAN

Contemplation and Culture: Self-Cultivation, Context, and Social Imaginaries

3:00-4:45pm (ET), Newcomb 481

Sponsored by the Virginia Center for the Study of Religion.

[LEARN MORE](#)



Meet the New Citizen Leaders Fellows!

We are thrilled to announce the 2023-24 cohort of the Citizen Leaders Fellowship (CLF) consisting of 17 students from the international, athletic, and transfer student communities.

Now in its fourth year, Fellows identify a need they observe within their communities and develop a program to address it. Initially created to help meet the unique needs of student athletes, the cross-Grounds effort has since expanded to encompass international students in 2021 and transfer students in 2023.

"We're focusing on these groups because they report facing some distinctive yet overlapping challenges," says Ellen Graves, the Fellowship's lead at the Contemplative Sciences Center. "For example, members from all three groups say that at times they feel isolated or lack a sense of belonging. However, those experiences are deeply nuanced. And who better to put forth solutions to those challenges than students from within these groups," Graves says.

Throughout the Fellowship students receive mentorship and coaching from the program's partners, UVA's International Students Office, the Office of Student-Athlete Development, the Enrollment Team, and the Contemplative Sciences Center.

Through a series of reflective activities, direct mentorship, and academic engagement, Fellows learn a combination of contemplative and ethnographic methods, dispositions, and practices to create change within themselves and the communities they care about. As students help their peers, the Fellowship simultaneously helps students in their daily lives at UVA and beyond.

Members of this year's cohort are working on projects related to storytelling, peer mentoring, creation of spaces of care, and enhancing well-being through the natural environment. Since its inception, fellows have created community-focused projects impacting the lives of 3,500 UVA students.

[LEARN MORE](#)

Make a gift to support Citizen Leaders Fellows!

DONATE \$25

DONATE \$50

DONATE \$100



SNEAK PEEK:

Ninfeo at the Contemplative Commons

Artist Wolfgang Buttress is creating a permanent art installation for the Contemplative Commons that will reflect the life of the Dell landscape in real time. The exhibit will be framed with glass blocks that are etched with organic materials found in the Dell and will include ambient sound and light.

[WATCH THE VIDEOS](#)



FAMILY WEEKEND

JOIN US!

On November 3 CSC will be leading tours of the Contemplative Commons and the adjacent Dell for UVA's Family Weekend.

Hard Hat Tour of the Contemplative Commons

12:00-1:00pm

This tour is now full. Stay tuned for future opportunities!

Mindful Walk at the Dell

1:30-2:30pm

Led by Anthony DeMauro and Ellen Graves

[LEARN MORE](#)



Generative Contemplative Symposium Videos Posted

Searchable Transcripts Available

We invite you to watch these creative interdisciplinary explorations between Buddhist Studies scholars, scientists, philosophers, and teacher-practitioners.

[VIEW THE VIDEOS](#)

CALENDAR

UPCOMING EVENTS

Nov 1 - Speaker Series: Alejandro Chaoul
From the Himalayas to the Clinic: Ancient Tibetan Bön Yogic Practices and Applications in Contemporary Scientific Research
[Learn more](#)

**Nov 3 - Tour of the Contemplative Commons;
Mindful Walk at the Dell**
[Learn more](#)

Nov 30 - Speaker Series: David L. McMahan
Contemplation and Culture: Self-Cultivation, Context, and Social Imaginaries

[Learn more](#)

CONTEMPLATIVE CLASSES

Monday-Thursday - Night Owl Yoga

[Learn more](#)

Monday-Friday - Ashtanga Yoga: Mysore-Style

[Learn more](#)

NOTEWORTHY

CSP Curriculum Available for Educators

[Learn more about *Flourish*](#)



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