



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY *of* VIRGINIA



## **UVA Well-Being Expo**

### **Resource Fair, Fitness Challenges, & More!**

UVA students are invited to join us to meet the CIOs, student-led organizations, and UVA departments that support student health, well-being, and fitness *physically, mentally, socially, emotionally, academically, environmentally, and vocationally*. Find resources, get tips, and celebrate taking care of yourself and fellow Wahoos. Then stay for a mini well-being retreat incorporating music, fitness (for all), intention setting, and stress-relief to help revitalize your body and mind and boost your resilience for the rest of the semester.

**[LEARN MORE](#)**

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## SCHEDULE UPDATE

### Yoga Now In-Person!

As of November 1 all of our **ashtanga yoga** classes are back in the studio! Join our ashtanga yoga program manager, John Bultman, almost daily in MP3 at North Grounds Rec Center for Mysore-style sessions for all levels or his Counted Led Primary Series class. John is one of only a few ashtanga teachers worldwide to be certified by Sharath Jois, Director of KPJAYI, Krishna Pattabhi Jois Ashtanga Yoga Institute, Mysore, India.

[LEARN MORE](#)

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Photo by Anisha Hossain | The Cavalier Daily

## IN THE NEWS

### Student Mindfulness Meetups

Our Mindfulness Meetup Groups for undergraduate and graduate students, offered in partnership with CAPS, were recently featured in *The Cavalier Daily*. These student groups meet for one hour weekly with a qualified facilitator to engage in mindfulness practices in a safe and supportive space. The sessions are designed to help participants relieve stress, build resilience, and increase focus.

[READ THE ARTICLE](#)

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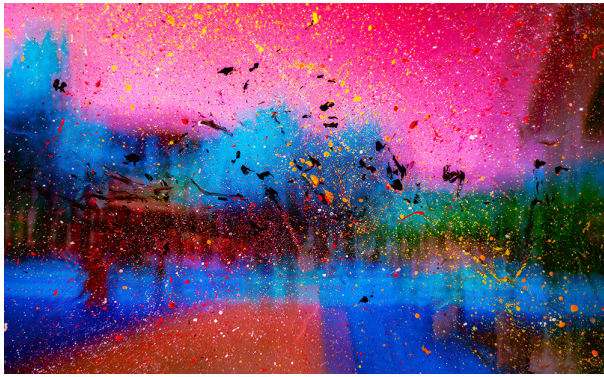
## SAVE THE DATE

### 2022 DLF Applications

Applications for the 2022 Dalai Lama Fellows program (DLF) will be released on **November 18, 2021** and may be submitted until **February 1, 2022**. DLF aims to cultivate and support an international movement of next generation social innovators to meet global challenges in locally adapted ways as they promote our planet's flourishing.

[LEARN MORE](#)

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## ACADEMIC OPPORTUNITY

### Contemplation & Creativity

During the spring semester, CSC's Karolyn Kinane will once again lead this unique 1-credit academic laboratory for exploring the connection between contemplation and creativity. The lab is offered as a co-requisite for UVA students taking one of three core courses in Dance, Public Speaking, and Music.

[LEARN MORE](#)

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## CALENDAR

### **Today and ongoing: Contemplative Classes**

[Learn more & register](#)

### **Friday: Yoga Book Club**

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

### **Monday and ongoing: Virtual Meditation on the Lawn**

7:45-8:00am (ET). [Learn more & register](#)



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Charlottesville, VA 22904-4290  
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